



A STUDY ON NUTRITIONAL AWARENESS AMONG MBBS AND B.SC NURSING STUDENTS OF A TERTIARY CARE HOSPITAL, BHUBANESWAR

Physiology

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KEYWORDS

INTRODUCTION

- Food is an indispensable factor which has impact on health.
- Students are a critical target group because of their lifestyle behavior are shaped mainly in the college days which might continue throughout their life.
- Therefore nutrition education programs and nutritional activities in college should be recommended among students to promote healthy lifestyle.
- Dietary awareness and decisions of healthy eating, are usually hard to change in later part of life, which may lead to obesity and non communicable diseases(NCD) shows the importance of the nutritional educational programs

Methodology

A cross sectional study on nutritional awareness was conducted on 196 number of study participants out of which 96(49%) were 1st professional MBBS students and 100(51%) were 1st year B.Sc Nursing students. The study instrument was through pre tested questionnaires. As it was a medical college based study, a sample size of 196 was taken through convenience sampling technique. The period of the study was from 1st January 2025 to 31st January 2025.

Inclusion Criteria:- Those students who gave their consent for the study.

Exclusion Criteria:- The students who did not give their consent and remained absent during the study period.

Objective:- To know the level of awareness on major nutrients which are good for health.

Statistical Analysis:- M.S.Excell and chi-square test were used for statistical analysis.

RESULTS

Out of total 196 number of MBBS study participants, 51 (53%) were boys and 45(47%) were girls and out of 100 number of B.Sc Nursing study participants 24% were boys and 76% were girls. Out of total 196 study participants 44(22.4%) belongs to high income group, 106(54.1%) belongs to middle income group and 46(23.5) belongs to low income group. After statistical analysis with 95% confidence limit, it was seen that there was no significant difference between the MBBS and B.Sc Nursing students on awareness of food nutrients, food contents where as there was significant difference on awareness of healthy food and drinks.

Sex-wise Classification of the Study Participants :-

STREAM	MALE	FEMALE	TOTAL
MBBS	51	45	96
B.Sc Nursing	24	76	100
TOTAL	75	121	196

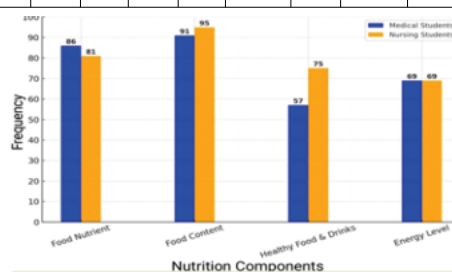
Socio-economic Classification of Study Participants :-

Socio Economic Status	MBBS Male	MBBS Female	Total MBBS	B.Sc (N) Males	B.Sc (N) Females	Total B.Sc (N)	Total
H.I.G	22	16	38	2	4	6	44 (22.4%)

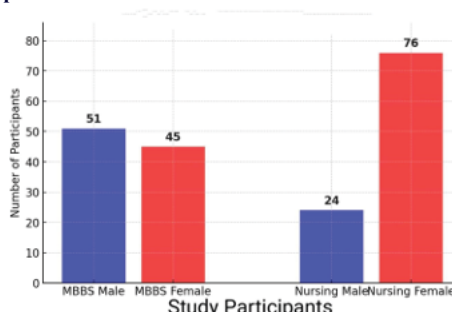
M.I.G	25	24	49	14	43	57	106 (54.1%)
L.I.G	4	5	9	8	29	37	46 (23.5%)
TOTAL	51	45		24	76		

Distribution of Nutritional Knowledge and the Statistical Analysis:-

	MB BS Male	MB BS Female	B.Sc (N) Male	B.Sc (N) Female	Total MBBS	Total B.Sc (N)	Chi-Square (X ²)	P-Value	Statistical Significance
Food Nutrients	45	41	19	62	86	81	2.86	>0.05	Not Significant
Food Contents	48	43	22	73	91	95	0.004	>0.05	Not Significant
Healthy Food And Drinks	30	27	19	56	57	75	5.43	<0.05	Significant
Energy Level	36	33	16	53	69	69	0.19	>0.05	Not Significant



Bar Diagram showing Sex-wise Distribution of the Study Participants:-



Bar Diagram Showing Awareness Level of the Study Participants on Major Nutritional Levels:-

CONCLUSION

After the statistical analysis with 95% confidence limit it was seen that there was no significant difference between the MBBS and B.Sc

(Nursing) students on awareness of food nutrients, food contents and healthy food and drinks where as there was significant difference on awareness of healthy food and drinks .

Implications: As the sample size is less it needs a further robust study to get more appropriate findings..

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