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To study on evaluate the perception of environmental contaminations health & nutrition behaviour to improve risk communication

Komal Singh and Dt. Sarita Iraj

Abstract

Nutrition interventions are an effective way to improve the dietary habits and lifestyle choices and reduce the risk of chronic disease. Risk communication is a discipline that can be used to develop targeted nutrition interventions that will yield positive behavior change. The purpose of this study was to examine knowledge, risk perception, and actions concerning environmental pollutants and nutrition behavior Objective of the study to study the environmental exposure and nutritional behaviour and health of the people. The families of 66% people were affected by the environmental and the families of 33% people were not affected by the environment. During the survey, respondents' motivation to protect themselves from environmental pollution and work with others to reduce community pollution is associated with motivation to adopt environmental, health, risk and other lifestyle behaviours that contribute to health. Improve and reduce the impact of environmental risks.

Keywords: Risk perception, food safety, diet, contaminants, pesticide residues, technology, risk communication

Introduction

The term habits refer to the product of learning rather than a reflex and instinct, which denote unlearned behavior at tendencies. Johnes (1952) defines "habit as a customary pattern of behavior either cognitive or emotional response predictable according to the condition that operate at the time of learning or the underlying acquired set." Pietrasinski (1961) refers to study habits and study skills as two different things adding that study skill is first formed and is then transformed by practice into habit" Defining study habits refers to the studying of something, which requires accurate repetition of acquired study skills susceptible to auto mobilization. Which are permanent study elements. Defective study habits often result, in poor academic performance. Even among the naturally bright students.

"Education aims at topping the potentialities of an individual to the maximum.

Efforts are made to make the teaching-learning process most effective Sometimes we hear that some student in bright and intelligent still he/she does not score good marks. Such instances show that many school children work for below than that could be expected of their level of intellectual functioning. Consequently a great deal of intellectual potential is wasted. School performances constitute another aspect of cognitive growth. About three decades back the excellence in academic performance was viewed in terms of scores alone irrespective of the basic potential. An under achiever is one whose academic performances falls below the normative range of his potentialities. By under achievement see refer to that level of attainment which does not measure up to the potential capabilities of individual. There are many factors responsible for under achievement like, motivation, study habits, attitude towards teacher, attitude towards education, school and home back ground, concentration, mental conflicts, level of aspiration, self-confidence, examination fear etc.

In other words the qualitative aspect of study is more important than quantitative aspect, that is, if the style of study is good then it may yield better results as compared to the little devoted to it. Another important aspect is to have a right and positive attitude. An attitude is taken to be the readiness to act in a certain way expressed by a person's words, gestures or facial expressions.

A teacher must take account of learner’s attitudes and if necessary, build up new Healthy People report in 1979 stated there is virtually no major chronic disease to which environmental factors do not contribute, either directly or indirectly (Dixon, Hendrickson, Ercolano, Quackenbush, & Dixon., According to the World Health Organization, globally one quarter of all deaths can be attributed to environmental conditions and are responsible for one third of all child deaths. In the U.S. about 13% of total deaths can be attributed to the environment, specifically cardiovascular disease, neuropsychiatric disorders, cancers, asthma, and musculoskeletal diseases. A workshop entitled “Environmental determinants: identification, management and communication of health risks” was held in Trento, Italy. It focused on sharing regional experiences from Italy. As risk communication is central to WHO’s work in environment and health, the workshop provided an opportunity to reflect on the current state of affairs, examining case examples from the environmental health domain. Risk communication is a challenging task because, depending on the target audience, some risks appear more alarming than others. Perception of risk varies according to target, gender, value system and the way in which the different risks are presented. Reactions to risks also depend on the different types of risk: they can be voluntary or involuntary, natural or man-made or possess other characteristics. To communicate risk in an effective way, it is important to understand the reasons behind these variations, perceptions and biases. Many age-related chronic diseases are associated with an underlying presence of oxidative stress and inflammation. Healthy dietary practices and increased physical activity have long been recognized to prevent or reduce the progression of chronic diseases. With the risk of developing chronic diseases closely linked to certain environment factors the University of Kentucky Superfund Research Center (UK-SRC) explores the complex relationships among chronic disease, inflammation, and the environment. Specifically, the UK-SRC studies the hypothesis that unhealthy dietary practices exacerbate a person’s vulnerability to the negative health effects of environmental pollution. UK-SRC research findings to date have shown that nutrition differentially affects environmental pollution-driven oxidative stress and inflammation. Risk perception is a core factor influencing individuals’ responses to risk events. The so-called environmental risk perception denotes the intuitive judgment of individuals or social groups about environmental issues characterized with high complexity and uncertainty. In general, risk characteristics (e.g., occurrence probability, degree of injury, uncertainty, and continuum of the aftermath), discrepancy of individual characteristics, and social psychological factors (e.g., trust, justice perception, political view, value, and identity) are the three main dimensions that affect public’s risk perception. Domingo JL, *et al.*, (2016) [4] According to It may, therefore, allow for the prevention of undesirable environmental, economic and health-related outcomes. Finn S. *et al.*, (2017) [2] To Studied on Environmental health literacy is an emerging and continually evolving field that combines elements from different disciplines, including health literacy, risk communication, environmental health, communications research, and safety culture. Cubadda F. *et al.*, (2021) [6] According to allow consumers to make informed dietary choices and help risk managers and policy makers protect public health effectively, scientific risk-benefit assessments and their communication must reflect all aspects relevant to consumers' health. Lindsey Marti (2022) [5] According to

develop effective risk and safety information, it is important to know the environmental health literacy (EHL) of the community members of the audience that will receive the communications. However, there is no established measure of EHL.

Material and Method

Science mythology of necessary for successful study as it directly to words to detail of method and techniques device and procedure applied conducting research." To study on evaluate the perception of environmental contamination health and nutrition behaviour to improve risk communication."

Research design

The area of Sultanpur district purposively selected has been study. Trusted study has been easily accessible for the researchers for collection data.

Selection of area

Sultanpur district will be selected for primary data collection.

Selection of sample size

Total 60 people, respondents selected for primary data collection.

Method of collection data

Survey method is will be adopted in order to collection of data from the selected respondent with the help of the survey with questionnaire schedule. The schedule will include accept which led to fulfilment of the objective of this study. Schedule will include the following.

Statistical analysis

The data of orbitant from various parameters will be analysed by appropriate statistical method. Appropriate statistical analysis, were used percentage graphical method means & other statistical tools will be used.

Total number of respondents

$$\text{Percentage\%} = \frac{n}{N} \times 100$$

n =Number of respondents

N= Total number of observation

Table 1: Distribution of respondent on the basis of their someone in your family affected by environmental hazards

Your family affected by environmental hazards	Frequency N=60	Percentage (%)
Yes	20	33.3
No	40	66.6
Total	60	100

Above shows the table that (33.3%) respondent were Yes whereas (66.6%) respondent were No.

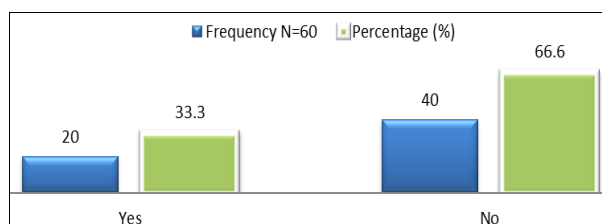


Fig 1: Distribution of respondent on the basis of their intake someone in your family affected by environmental hazard.

Table 2: Distribution of respondent on the basis of their time of this create awareness in your neighbourhood about the impact of environmental exposure on health and nutrition

Time of this program convenient for you	Frequency N=60	Percentage (%)
Yes	60	100
No	0	0
Total	60	100

Above shows the table that (100%) respondent were Yes whereas, (0%) respondent were No.

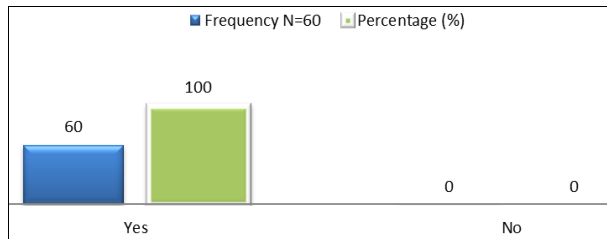


Fig 2: Distribution of respondent on the basis of their time of this create awareness in your neighbourhood about the impact of environmental exposure on health and nutrition

Conclusion

Oral questionnaire this interview method was selected for the research, which includes information about people's exposure to environmental exposure and nutritional behavior and health. In the result obtained from the statistical analysis, the sultanpur district study concluded that people had good environmental risk behavior and nutritional behavior. While 100% of respondents believed that it is good thing to have information about environmental risk and nutritional behaviors that are beneficial to our health.

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