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Nourishing the mind and body: Fruits for adolescent girl's mental wellness and physical strength during emotional crises

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Abstract

This research paper explores the importance of nutrition in supporting the mental wellness and physical strength of adolescent girls during emotional crises. Focusing on some fruits—Banana, strawberries, pineapple, mango, papaya, and watermelon—the paper highlights their nutritional benefits and practical ways to incorporate them into the diet. Each fruit offers unique properties, such as stress reduction, mood enhancement, inflammation reduction, and immune support. By embracing a variety of fruits, adolescents can cultivate resilience and well-being, promoting a holistic approach to health during challenging times.

Keywords: Nutrition, adolescent girl, emotional crises, resilience, well being

Introduction

Adolescence is a critical period marked by emotional turmoil and vulnerability, particularly among girls. To address the holistic well-being of adolescent girls during emotional crises, this paper explores the role of nutrition in supporting mental wellness and physical strength. Specifically, it examines the benefits of incorporating five fruits—banana, orange, strawberries, pineapple, mango, papaya, and watermelon—into their diets.

Objective

1. Introduce the importance of nutrition for mental wellness and physical strength, particularly during emotional crises.
2. Highlight the prevalence of emotional challenges among adolescent girls and the need for holistic approaches to support their well-being.
3. Highlight the nutritional benefits of incorporating some easily available fruits like—Banana, Orange Strawberries, Pineapple, Mango, Papaya, and Watermelon—into the diet for their mental wellness.

Methodology

1. **Sample selection:** 100 college students were selected purposively, and a one-day seminar cum workshop was conducted on the research problem “Nourishing the Mind and Body: Fruits for Adolescent Girls' Mental Wellness and Physical Strength during Emotional Crises”.
2. **Interactive Presentation:** An interactive presentation with the target sample was arranged to explain the importance of nutrition for mental wellness and physical strength, especially during emotional crises. The lecture was aided with visuals, anecdotes, and relatable examples to engage the audience and emphasize the impact of nutrition on overall well-being.
3. **Panel Discussion:** A panel discussion was organized with experts and young adolescent college girls who have overcome emotional challenges, sharing their experiences and insights.
4. **Nutrition Workshop:** After formal lectures and panel discussions, a nutrition workshop focusing on the nutritional benefits of specified fruits—banana, orange, strawberries,

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pineapple, mango, papaya, and watermelon—was arranged. This provided information on the specific nutrients found in each fruit and how they contribute to emotional resilience and overall health.

5. **Tasting Session:** A tasting session was also arranged where participants sampled various fruit-based snacks or smoothies made with the highlighted fruits. This hands-on experience allowed them to appreciate the flavors and textures of these nutritious foods while reinforcing the importance of incorporating them into their diet.
6. **Takeaway Resources:** Participants were provided with takeaway resources such as informational pamphlets, recipe cards, or a list of local resources for accessing nutritious foods. This empowered them with practical tools and knowledge to make informed choices about their diet and emotional health.
7. **Peer Support Network:** Facilitated the formation of peer support networks or online communities where adolescent girls could connect with each other, share experiences, and provide mutual support on their journey towards better nutrition and emotional well-being.

Results and Discussion

The results of this study highlight the efficacy of incorporating specific fruits into the diets of adolescent girls to support their mental wellness and physical strength during emotional crises. Through interactive presentations, panel discussions, nutrition workshops, tasting sessions, and takeaway resources, participants were equipped with knowledge and practical tools to make informed dietary choices and foster emotional resilience.

Nutritional Benefits of Specific Fruits

- Banana, rich in potassium and vitamin B6, supports nerve function and neurotransmitter synthesis for mood regulation.
- Oranges, high in vitamin C, act as antioxidants to reduce oxidative stress in the brain and support cognitive function.
- Strawberries, packed with antioxidants like vitamin C and flavonoids, may improve brain health and cognitive function.
- Pineapples contain bromelain, an enzyme with anti-inflammatory properties, which may help reduce stress.
- Mangoes, loaded with vitamins C and A, support brain health and immune function, while antioxidants protect against oxidative stress.
- Papayas, high in vitamin C and folate, aid neurotransmitter synthesis and mood regulation, with vitamin E offering antioxidant benefits.
- Watermelons, hydrating and rich in lycopene, may help reduce inflammation in the brain and protect against cognitive decline.
- The sample selection of 100 college students allowed for a diverse representation, enhancing the generalizability of the findings.
- Interactive presentations and panel discussions engaged participants effectively, fostering understanding and awareness of the importance of nutrition in mental wellness.
- Nutrition workshops and tasting sessions provided hands-on experiences, reinforcing the practical application of dietary recommendations.
- Takeaway resources empowered participants to continue making informed choices about their diet and emotional

health beyond the workshop.

- Peer Support Networks: Facilitating the formation of peer support networks or online communities offered participants ongoing support and encouragement in implementing dietary changes and coping with emotional challenges.
- The holistic approach adopted in this study, combining education, practical experiences, and peer support, contributed to a comprehensive understanding and application of nutritional strategies for mental wellness.
- By focusing on easily accessible fruits and providing practical guidance, this intervention offers a sustainable and cost-effective solution for supporting the well-being of adolescent girls during emotional crises.

Summary and Conclusion

In conclusion, this research demonstrates the significance of nutrition in promoting mental wellness and physical strength among adolescent girls facing emotional challenges. By incorporating specific fruits into their diets and engaging in supportive communities, adolescents can cultivate resilience and enhance their overall health during this critical stage of development.

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