



International Journal of Home Science

ISSN: 2395-7476

IJHS 2024; 10(1): 264-267

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www.homesciencejournal.com

Received: 26-01-2024

Accepted: 30-02-2024

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Mid-day meal scheme and parental attitude on this scheme: A study in Hazaribagh district

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Abstract

Malnutrition affects physical as well as mental growth. To overcome from malnutrition among children, government has implemented mid-day meal programs in all the government schools. The main objective of present research is to know the role of mid-day meal in relation to fulfil the nutritional need of students and the attitude of parents in relation to mid-day meal scheme both in urban and rural area. The sample of 240 parents and their children were selected. After the selection of sample personal data questionnaire / schedule was applied on them. All School administration and 100% students and parents of both area agree with the fact that students attendance increased due mid-day meal, they take enough meal and their hunger satisfied fully. Here responses collected from students regarding all above facts presented above indicates positive response of successful implementation of mid-day meal scheme and improvement in nutritional status as well as improvement in their education.

Keywords: Malnutrition, Malnutrition, government, administration implementation

1. Introduction

The Nutritional status of primary school children in India is poor as 44 percent girls and school children are still suffering from underweight (NFHS-3 2006) ^[14]. Malnutrition is widely Prevalent among Indian children as well as in other developing countries. Malnutrition affects physical as well as mental growth. Many factors affecting the nutrition status of school age children, including child related factors such as age, sex, birth order, birth weight, dietary pattern. The growth and development of children mainly dependent on nutrition hence it plays a vital role in the growth and development of children. The school age is the prime time to build up and body stores of many nutrients in preparation for rapid growth of children. Malnutrition due to inadequate nutrition during childhood may lead to reduced work capacity, growth retardation and poor mental and social development.

In India hunger and under nourishment is the problem of 21% of total population (207 million). Most of Children have the worst eating habits they also have a habit of usually skip a meal particularly breakfast. Eating disorder lack of habit of time management and lack of nutritional awareness are the reason of missing breakfast.

Balance diet defined as diet which contains different types of food (from all food groups) in proper quantities, quality and proportion that needs for all the purpose according to body requirement.

To overcome from malnutrition among children, government has implemented mid-day meal programs in all the government schools. The prime objective of this program is to improve the nutrition status as well as educational improvement among school going children.

The national program of nutritional support to primary education (NP-NSPE) was launched as a centrally sponsored scheme on 15 August 1995, initially in 2408 blocks in the country. By the year 1997-98 the NP-NSPE was introduced in all blocks of the country.

The program supplies free lunches on working days for children in primary and upper primary classes in government, government aided local body education guarantee scheme, and alternate innovative education centers, special training centers and Madras's and maktabas supported under the sarva Shiksha Abhiyan.

The mid-day meal program is covered by the National food security Act 2013. The Legal backing of the Indian School Meal program is similar to the legal backing provided in the US through the National school program lunch Act.

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Supreme Court of India in the year 2001, given direction to all the state govt. and union territories to implement MDM scheme. The main aim of this scheme is to provide cooked meal and currently covers nearly 12 crore children. The mid-day meal program in India is a program covering primary school children to Improve nutrition.

The scheme guidelines envisage to provide cooked Mid-day meal to every child at upper primary level 700 calories and 20 gm of protein at primary level with 450 calories and 12 gm of protein. To full fill such amount of protein and calories at upper primary child from cooking 100 gm rice/flour 20 gm pulses and 50 gm vegetables and 5 gm in addition to adequate quantities of micronutrients such as iron and Folic Acid.

Attitude is an inner thought or feeling which seen as expression of an individual or group towards an object, may be expressed in terms of behavior, a system of norms, etc., which learned or communicated easily. Since attitude may be changed according to situation or environment or through interaction and perception of the object.

Parental attitude also effects the process of midday meal scheme and recognized as more important for the provision of the child to stay in safe place, which also provide place and opportunity for social interaction or a reduction in the mother's time to spend for child care and protection. Poor families both in rural and urban areas may be reluctant to claim free school meals because they need free cooked lunch as their mothers are not free in areas for their individual child. They also enjoy their lunch in group of same communities no class feeling.

The parental attitude helps to take the child out of the scheme if he or she dislikes the meals, which guide the catering planners in schools being more prone to make meal according to their taste and choice on easily available convenience foods which are attractive to children instead of less popular but healthier food.

2. Objective of Research work

1. To know the role of mid-day meal in relation to fulfil the nutritional need of students.
2. To know the attitude of parents in relation to mid-day meal scheme both in urban and rural area.

3. Review of literature: School age (6-10years of age), also known as middle childhood age. After infancy fourth developmental in one's life span is stage of toddler and preschool stages.

The Government of India deigned a scheme of Mid-day meal is a school meal program mainly for the improvement in the nutrition status and education of school age children nationwide Rajan - Chettiparambil (July 2007)^[2].

The Nutritional status of primary school children in India is poor as 44 percent girls and school children are still suffering from under weight (NFHS-3 2006)^[14].

India has 42 percent of the world's underweight children (A world Bank 2008). 58.6% the age group 6-9 years of the children and 77.9 percent the age group 10-13 of the children of are under weight (National Nutrition monitoring Bureau), (National Institute of Nutrition (NIN), ICMR).

Like Iodine deficiency disorder, iron deficiency Anemia, Vitamin A deficiency and many other nutritional and micronutrients deficiencies among young children causing deficiency disorder, which is treat to the health of the nation. To overcome from all these universal immunization program started by the Government like oral rehydration therapy and integrated child development program have had a

considerable impact on improvement of nutritional status and make child survival easier.

India started on August 15, 1995 a National program for nutritional support as the largest school based nutritional program in the world for primary education, popularly known as mid-day meal (MDM) program.

For the upper and lower primary school children (1st to 8th standards), MDM is intended to eliminate the classroom hunger which helps in increase enrollment as well as improving the nutritional status. MDM enhances students social integration and inculcate good food habits in children. Under nutrition a main cause for impairs Physical as well as mental behavioral development of millions of children and lastly if it's not protected is a major cause of child death.

In the Global hunger Index India stands on 25th position with 46% of underweight children below 5 years of age. (State of world children, 2008).

In India under nutrition is highly prevalent among rural children. (NNMB, NIN, ICMR 2002)^[15].

Due to intermittent supply and poor quality of food, even mid-day meal program of the govt. running for more than a decade under nutrition a high prevalence problem in state of India continues. (Union Audit Report. Performance Audit Report no. - 13 of 2008).

A year after new legislation for the school meals system was introduced, parents' attitude on the school meals system were obtained for 6468 English and 1977 Scottish parents in 1981 in U. k uptake. 29.6% in the English and UK of school meals was 54.5% Scottish areas respectively. The main factor in England of high price for school meals was a question of child would take a midday meal at school or not.

4. Hypothesises

- a) Mid-day meal scheme plays a vital role in fulfilling the nutritional need of school children.
- b) Mid-day meal scheme plays a vital role in hunger satisfaction of school children.
- c) Mid-day meal scheme running more better in rural areas compare to urban areas
- d) The parental attitude of urban area is better than rural area on midday meal scheme.

5. Methodology

The present research will be based on both analytical and descriptive study of various facts.

- a) **Selection of sample:** The sample of 240 parents and their children were selected. The children studying in government schools both in urban and rural areas, takes midday day meal.
- b) **Selection of School:** 10 primary / middle schools were selected from urban and rural areas. Five primary/middle from rural and five from urban areas.

Tools: The given tools were used for present research: Three tools were used in the study.

- a) **Questionnaire / Schedule:** was prepared for knowing the parental attitude on Midday Meal Scheme under study.
- b) **Questionnaire / Schedule:** was prepared for assessing the role of Mid- Day Meal Scheme in various schools under study.
- c) **Questionnaire / Schedule:** was prepared for dietary survey of Mid-Day Meal in various schools under study.

Data collection: After the selection of sample personal data questionnaire / schedule was applied on them. The tools

mentioned earlier were applied on selected sample based on different criteria.

6. Results and Discussion

There were five schools namely Primary School Rudu, Middle School Dumron, Madhyamik Vidylay Sirsi, Madhyamik Vidylay Briyath and Madhyamik Vidylay Boga from Hazaribag. All schools from rural area and of five Ichak block. Schools from urban areas of Hazaribag namely Saint Robert Boys Middle School Hazaribag, Saint Robert Girls Middle School Hazaribag, K.B. Middle School, Hazaribag, Yadunath Girls Middle School, Hazaribag and Annanda Middle School Hazaribag. All schools of urban area of Sadar block Hazaribag. Total numbers of students of all five schools 25, 25, 25, 25 and 20 both in rural and urban area taken under study. Total numbers of students of all five schools of rural area respectively 54, 397, 68, 246 and 215. Total no. of teachers Male of all five schools respectively 02, 07, 01, 04 and 02. and Female of all five schools respectively 01, 03, 00, 05 and 04. The most important point Madhyamik Vidylay, Sirsi have 215 students and 01 male teacher which causes difficulties in

Total numbers of students of all five schools respectively 810, 1610, 250, 225 and 292. Total no. of teachers Male of all five schools respectively 07, 04, 00, 00 and 11 and Female of all five schools respectively 07, 21, 03, 05 and 00. Total no. of

students taken under study were of all five schools respectively 25, 25, 25, 25 and 20. The most important point only one school k. B. Middle School, Hazaribag have 03 teachers and 250 students here also the teaching process is very difficult in such situation.

The detail idea about factors affects the attendance of students in all five schools under study in rural area (Ichak Block of Hazaribag) as well as in all five schools under study in urban area (Sadar Block of Hazaribag) taken under study and their school administration of both area rural and urban agree with mid-day meal motivates students to come school which increases the attendance. Even school administration of five school of both area agree that they satisfied with mid-day meal implementation and present research also support regarding 100 percent students and parents agree that they satisfied with mid-day meal implementation. Therefore this is clear fact mid meal program have a positive impact and successful Scheme for improvement in education and nutritional status.

Mostly all School Administration of both area agree with the fact of satisfactory quantity and quality of Mid-Day meal provided by Government but in few school where the large number of students and school administration facing problem to fulfil the demand but they are trying to manage and made effort to increase the fund.

Table 1: Weekly plan of Food (Cooked) given in mid-day meal.

Monday	Rice, Dal, Green-Vegetables
Tuesday	Rice, Chhola, and Salad
Wednesday	Green-Vegetables/ Soya bin Bari, Rice, Dal, Ragi Ladoo
Thursday	Rice, Dal, Green-Vegetables Bhujjiya and Chokha.
Friday	Rice, Dal, Green-Vegetables, Boiled Egg or Seasonal fruits.
Saturday	Khichari with Green-Vegetables, Boiled Egg, Anchar, panper

Table 1 shows the Details of Weekly plan of food (cooked) given in mid-day meal.

Table 2: Details of cooked food given in mid-day meal.

S. L.	Name of Food Stuff	Daily	Some Days Only	Never
1.	Rice	✓		
2.	Dal	✓		
3.	Green- Vegetables	✓		
4.	Khichari		✓	
5.	Fruits		✓	
6.	Milk		✓	
7.	Kheer			
8.	Egg		✓	
9.	Meat			✓
10.	Fish			✓

Table 2 shows the Details of Weekly plan of food stuffs given in mid-day meal.

Here responses collected from students regarding all above facts presented above indicates positive response of successful implementation of mid-day meal scheme.

100% students and parents agree with the fact that they take enough meal and their hunger satisfied with mid-day meal. Here responses collected from students regarding all above facts presented above indicates positive response of successful implementation of mid-day meal scheme.

7. Conclusion

India started on August 15, 1995 a National program for nutritional support as the largest school based nutritional

program in the world for primary education, popularly known as mid-day meal (MDM) program. The parental attitude helps to take the child out of the scheme if he or she dislikes the meals, which guide the catering planners in schools being more prone to make meal according to their taste and choice on easily available convenience foods which are attractive to children instead of less popular but healthier food. School administration of both area rural and urban agree with mid-day meal motivates students to come school which increases the attendance. Even school administration of five schools of both areas agrees that they satisfied with mid-day meal implementation and present research also support regarding 100 percent students and parents agree that they satisfied with mid-day meal implementation. Therefore this is clear fact mid meal program have a positive impact and successful Scheme for improvement in education and nutritional status.

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