



## INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE AND MANAGEMENT

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**THE PROBLEM OF MAL NUTRITION IN TRIBAL SOCIETY  
(WITH SPECIAL REFERENCE TO MELGHAT REGION OF AMRAVATI DISTRICT)**

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**ABSTRACT**

*Today's children's are citizen of tomorrow .Today's youth are leader of tomorrow. The strength of our nation relies on them. But problem like malnutrition becomes obstacles in the way of progress. The problem like malnutrition is seen in Melghat among the tribal of Amravati District. There are many factors behind this problem .malnutrition is the condition that results from taking on unbalanced diet in which certain nutrients are lacking in express or in the wrong proportions. The world health organization expresses malnutrition as the gravest single treat to the world's public health. They have suggested many measures for the reduction of this problem only for production of food grains is not essential, besides this the food grains should have nutritional value. Because of lack of nutrition, this problem is arising in large amount. Technology should be launched in agriculture. The development of irrigation is very essential. According to the world health organization, malnutrition is by far the biggest contributor to child mortality present in half of all cases. Malnourished children grow up with worse health & lower educational achievement. Malnutrition was previously seen as something that exacerbates the problems of diseases. Whole Melghat is surrounded by the problem of malnutrition. 45,000 Children dying each year due to malnutrition in Maharashtra, only around 12,000 are severe malnutrition cases. The remaining 33,000 children's succumb due to mild or moderate malnutrition. It is only duty of government but also N.G.O's and people endeavor to bring out next generation of our country from dark horse like malnutrition.*

**KEYWORDS**

Malnutrition, Tribal, Amravati, Melghat.

**INTRODUCTION**

Tribal society is known for its features about living, culture and traditions. The society is away from all facilities of civilized life. Among all problems of this society, the major problem is malnutrition among children of this society. This problem occurs from many reasons. To identify the various reasons of malnutrition among the children of tribal society, THE PROBLEM OF MAL NUTRITION IN TRIBAL SOCIETY with special reference to Melghat Region of Amravati District is taken as the topic for research.

Malnutrition is the condition that results from taking an unbalanced diet in which certain nutrients are lacking, in excess (too high an intake), or in the wrong proportions. A number of different nutrition disorders may arise, depending on which nutrients are under or overabundant in the diet. The World Health Organization cites malnutrition as the gravest single threat to the world's public health. Improving nutrition is widely regarded as the most effective form of aid. Emergency measures include providing deficient micronutrients through fortified sachet powders, such as peanut butter, or directly through supplements. The famine relief model increasingly used by aid groups calls for giving cash or cash vouchers to the hungry to pay local farmers instead of buying food from donor countries, often required by law, as it wastes money on transport costs. Long term measures include investing in modern agriculture in places that lack them, such as fertilizers and irrigation, which largely eradicated hunger in the developed world. However, World Bank strictures restrict government subsidies for farmers and the spread of fertilizer use is hampered by some environmental groups. According to the World Health Organization, malnutrition is by far the biggest contributor to child mortality, present in half of all cases. Underweight births and inter-uterine growth restrictions cause 2.2 million child deaths a year. Poor or non-existent breastfeeding causes another 1.4 million. Other deficiencies, such as lack of vitamin A or zinc, for example, account for 1 million. Malnutrition in the first two years is irreversible. Malnourished children grow up with worse health and lower educational achievements. Their own children also tend to be smaller. Malnutrition was previously seen as something that exacerbates the problems of diseases as measles, pneumonia and diarrhea. But malnutrition actually causes diseases as well, and can be fatal in its own right. After the age of two or three years, the effects of chronic malnutrition in a baby will be irreversible. This means that to break the intergenerational transmission of poverty and malnutrition, it is essential that children at risk must be reached during their first two years of life. Of the estimated 45,000 children dying each year due to malnutrition in Maharashtra, only around 12,000 are severe malnutrition cases. The remaining 33,000 children succumb due to mild or moderate malnutrition. Also, malnutrition is the underlying cause in about 480 of the 2,850 maternal deaths each year in the state. Despite this high prevalence of malnutrition, the state government spends just 0.08% of its gross domestic product on the Integrated Child Development Scheme (ICDS) and the mid-day meal program.

**RESEARCH AREA**

For this study the area was selected in the district of Amravati, namely Melghat. In this area most population of tribal's and their children occurs the malnutrition problem. Amravati district lies between 20.30deg. to 21.50deg North latitude and 76.35deg to 78.27deg East longitude. The district is bounded on the North of Madhya Pradesh on the East by Nagpur and Wardha districts and on the South and South West by Yavatmal, Akola and Buldhana district of Maharashtra state. The district is divided into two parts 1) Plain Zone comprising of Amravati, Achalpur, Warud, Chandur Rly. Daryapur, Anjangaon Surji, Chandur Bazar, Morshi, Tiwsa, Bhatkuli and Nandgaon, Khandeswar tahsils and 2) Hilly zones comprising of Chikhaldara and Western plateau of Dharni Tahsil.

**OBJECTIVE OF STUDY**

The chief objective of the study is to examine the reasons of malnutrition problem in tribal of melghat region of Amravati district,

**IMPORTANCE OF STUDY**

The importance of the study lies in the fact that it may be useful for administrators and policy decision makers engaged in making the policy and planning for tribes of melghat for malnutrition problem.

**SAMPLE METHOD**

A sample of 120 tribal family, using simple random sampling design, was drawn from the melghat region of amravati district for the study. Out of 120 respondents the 82 respondents gave response to questionnaires.

**DATA COLLECTION METHOD**

For the present study data was collected by primary sources and secondary source. In the primary source by the help of questioners data was collected. In the questioners 13 questions was asked to the responded in the form of statements. Each statement was given five options. In secondary source with the help of published and unpublished related matter data was collected.

**VARIABLES**

Variables are the conditions or characteristics that the experimenter manipulates, controls, or observes. A variable is any entity that can take on different values. Anything that can vary can be considered a variable. For instance, age can be considered a variable because age can take different values for different people or for the same person at different times. Similarly, country can be considered a variable because a person's country can be assigned a value. Variables aren't always 'quantitative' or numerical. The variable 'gender' consists of two text values: 'male' and 'female'. We can, if it is useful, assign quantitative values instead of (or in place of) the text values, but we don't have to assign numbers in order for something to be a variable. It's also important to realize that variables aren't only things that we measure in the traditional sense. For instance, in much social research and in program evaluation, we consider the treatment or program to be made up of one or more variables (i.e., the 'cause' can be considered a variable). An attribute is a specific value on a variable. For instance, the variable sex or gender has two attributes: male and female. Or, the variable agreement might be defined as having five attributes:

1 = strongly disagree, 2 = disagree, 3 = neutral/UD, 4 = agree, 5 = strongly agree

For the Study of the given subject, survey Method was employed. For explaining my vision concerning to this subject I have taken simple random sample Through this method, We reach on expected result. For analysis The Likert Method was employed. According to above explanation about variables, for the study 120 tribal families was a variables.

**STATISTICAL ANALYSIS OF DATA**

Collected data was analyzed by percentage and chi-square method. For the study of this topic, following statements was given:

1. Marriage at an early age.
2. Lack of nutritious diet.
3. Minimum age difference between two children.
4. Lack of nutritious and ample food results in deterioration of fetal growth.
5. Insufficient Breast-feeding resulting malnutrition.
6. Scarcity of pure drinking water.
7. Lack of transportation facility.
8. Local employment is available on a small scale.
9. They do not trust Government policy.
10. Less attention towards health and hygiene.
11. The tribal's are not motivated strongly to accept family planning.
12. They have a very low literacy level.

The pregnant mothers are quite ignorant about the care to be taken during pregnancy and child birth, delivery and post-delivery.

**TABLE 1: MARRIAGE AT AN EARLY AGE**

Opening	No. of Respondent	Percentage
01. SA	44	53.66%
02. A	11	13.41%
03. UD	12	14.63%
04. DA	08	09.76%
05. SD	07	08.54%
06. Total	82	100.00%

From above table, 'Marriage at an early age.' A table has been made 53.66% [44 Respondent] are strongly agree, 13.41% [11 Respondent] are agree, 14.63% [12 Respondent] are undecided, 09.76% [08 Respondent] are disagree, 08.54% [07 Respondent] are Strongly Disagree. After studying this, 53.66% (44 Respondent) are strongly agreed. About the statement, 'Marriage at an early age.'

	SA	A	UD	DA	SD	TOTAL
fo	44	11	12	08	07	82
fe	16.40	16.40	16.40	16.40	16.40	82
(fo-fe)	27.60	-5.40	-4.40	-8.40	-9.40	
(fo-fe) <sup>2</sup>	762	9.16	19.36	70.56	88.36	
(fo-fe) <sup>2</sup> /fe	46.46	1.78	1.19	4.30	5.39	

Formula :  $\chi^2 = \sum \frac{(fo-fe)^2}{fe}$

fo - Observed frequency  
fe - expected frequency

$\chi^2 = 46.46 + 1.78 + 1.19 + 4.30 + 5.39 = 59.12$

df = (C-1)(R-1)

= (5-1)(2-1)

= 04

df= Degree of Freedom

C=Column

R=Row

From above table, when the (df) is 04 & Significant level is 0.01. Given  $\chi^2$  table value is 13.28 & Calculated  $\chi^2$  value is 59.12 Calculated  $\chi^2$  Value is more. For this reason on 0.01 levels, it is significant

**CONCLUSION**

From statistical Analysis of received data, obtained/Calculated value of  $\chi^2$  of the statements respectively 59.12, 70.80, 89.59, 118.12, 112.87, 113.25, 101.17 and given table value of  $\chi^2$  is 13.28 at 1 df. Hence all statements related to this study are significant at 0.01 level.

So main conclusion of from the study are Marriage of tribal woman at an early age. There is lack of nutritious diet as well as from the study it is found that there is minimum age difference between two children and Lack of nutritious and ample food results in deterioration of fetal growth. In the area of tribal there is scarcity of pure drinking water is scarcity of pure drinking water as well as local employment is available on a small scale. The tribal of Melghat do not trust government policies.

**RECOMMENDATIONS**

1) Most of the people of tribal region are unaware of the different schemes that are implemented by the government. These people are dispassionate about treatment. So it is necessary to explain the importance about health care to them. In the tribal region, parents do not take the proper care of their children because of poverty, lack of knowledge and superstitions. So it is necessary to educate the parents. And also it is necessary to explain the utility about the diet of their children, feeding, and cleanliness and about to bring the child to health center for treatment if it is ill.

In the tribal region main reasons of the infant mortality because of malnutrition are the health of woman (mother) is not so good and the fault in uterus. So the children have to face the death. For that it is necessary to take care of the health of the mothers in this region, nutritious diet and the main thing is that to improve the status of woman in the society. If the care is taken in such a way, the health of woman should be improved. So the health of child means the next generation should be improved. Such enlightenment is very necessary for the tribal region. Government has to take the proper use of different Medias for the awakening. To take the health camp in the tribal region, radio, T.V., to send voluntary workers and *dai* to every house and hamlet and give the information about health, to give the information through posters, etc. are such programmer that have to reach to downtrodden of the tribe.

2) It is necessary to appoint a literate woman as *Arogya Sevika* in every remote and very remote tribal village and hamlet, considering 'Health Service to Every Village' is as a human right.

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