

Effectiveness of ICDS Nutrition Scheme on Girls in Alappuzha Municipality, Alappuzha District

Sreekutty Selvaraj.*, Preemy P Thachil

Department of Economics,
Sree Sankara college, Kalady

*Email: sreekuttyselvaraj994@gmail.com

Abstract

The paper analyse the “Effectiveness of ICDS nutrition scheme on adolescent Girls in Alappuzha Municipality.” Today, ICDS Scheme represents one of the world’s largest and most unique programmes for early childhood development. It is also aimed at addressing malnutrition, health and also development needs of young children, pregnant and nursing mothers. Through this study, it can be understood that ICDS schemes in Alappuzha municipality area have given adequate attention to the supplementary nutrition through enough food, iron and folate supplements, and iron and iodine fortified foods etc. It has been improved the functioning of Anganwadis in the study area.

Keywords: Adolescent , Alappuzha Municipality, Anganwadis, ICDS programs

Introduction

Adolescence is the transitional phase of growth and development between childhood and adulthood. The World Health Organization (WHO) defines an adolescent as any person between ages 10 and 19. It is a unique stage of human development and an important time for laying the foundations of good health. Adolescents experience rapid physical, cognitive and psychosocial growth. According to WHO reports “To grow and develop in good health, adolescents need information, including age-appropriate comprehensive sexuality education; opportunities to develop life skills; health services that are acceptable, equitable, appropriate and effective; and safe and supportive environments. They also need opportunities to meaningfully participate in the design and delivery of interventions to improve and maintain their health. Expanding such opportunities is key to responding to adolescents’ specific needs and rights.” As a part of this, to provide physical and mental health assistance, the government provides them with services and schemes through ICDS programme.

The importance of the ICDS programme is expanding, and it tackles all issues confronting girls and women who require an effective programme to advance their potential and attain self-development. In this situation, a study is required to determine the effectiveness of ICDS programmes and services on adolescent girls that the government has recommended and executed through Anganwadis.

Objectives

- To study the effectiveness of ICDS scheme on adolescent girls in Alappuzha Municipality Area.
 - To study the Role and Importance of Anganwadi centres to provide basic health care in the study area
-

Methodology

- The study was conducted on three Anganwadis (Centre number 163, 20, 16) in Alappuzha Municipality Area, Alappuzha District and they were selected through Random Sampling
- Selection of location survey: Alappuzha Municipality was selected by the method of purposive sampling.
- Selection of Respondents: 30 respondents from each of the three Anganwadis were selected based on Simple Random Sampling.
- Data Sources: Data was collected based on both primary and secondary source. Primary data was collected based on the questionnaire and detailed verbal discussion. Secondary data was collected from Anganwadi centres and regarding documents in the respective Municipality area.

Analysis and findings

It involves the content of the scheme and discuss whether the components of the scheme are accessible to the adolescent girls. The sample size of 30 registered adolescent girls was selected from 3 Anganwadis in Arattuvazhy ward (49) under Alappuzha Municipality.

Table 1 shows distribution of respondent on the basis of height and weight. Anemia, lack of adequate height/weight is factors which can lead to complication in future. Majority of adolescent girls in Arattuvazhy ward were belonging in between 151-160 cm of height. Considering the weight of respondents, 43% of girls were found in between 45 and 55 of weight, 40% were between 40 and 45 about 10% were belonging to 55-60 kg of weight.

Table 1. Distribution of respondent on the basis of Height and Weight

Height	No. of Respondents (%)	Weight	No. of Respondents (%)
130-140	9(30%)	30-40	2(6.666667%)
141-150	7(23.33333%)	40-45	12(40%)
151-160	12(40%)	45-55	13(43.33333%)
160 Above	2(6.67%)	55-60	3(10%)

source: Primary data

Table 2. Details of Illness

Illness continuously	No of respondent	percentage
Eating disorder	2	6.67%
Stomach pain	9	30%
Breath problem	2	6.67%
Anemia	1	3.33%
No problem	16	53.33%

Table 2 reveals that 53 % of the adolescent have no illness at present. About 6% of the adolescent girls suffering due to eating disorder and Breath problem. Approximately 30 % suffering due to stomach pain and only 3% suffering from Anaemia

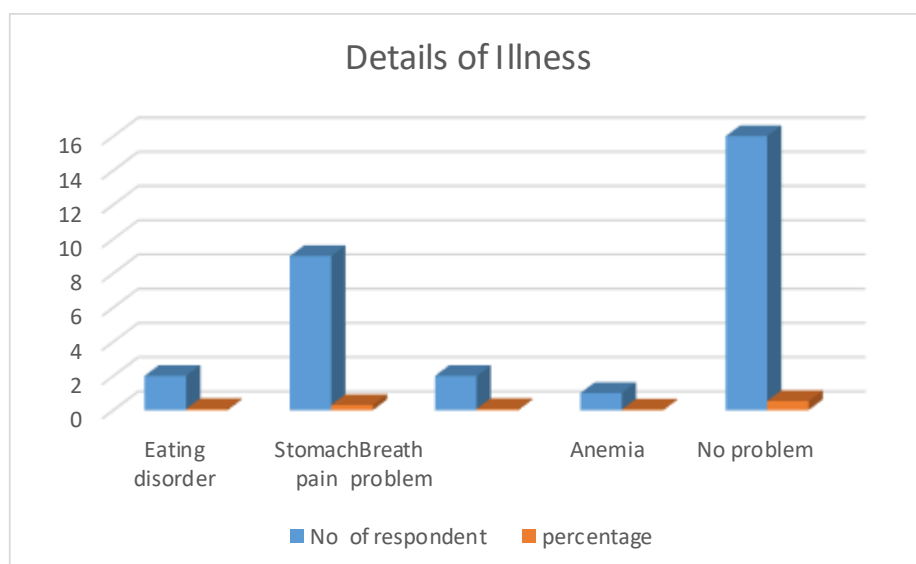


Figure 1: Details of illness

Table 3. Distribution of sample respondents on the basis of participation

No of adolescent	Attending Meeting	Not attending Meeting
30	24 (80%)	6(20%)

source: primary data

Table 3 shows distribution of sample respondents on the basis of participation. Out of 30 adolescent girls, about 80% of them were participated the meetings conducted by the anganwadi centres. Nearly 20% are not attending the meeting.

The main reasons for irregular participation of the meetings are most of the sample respondents are students. Therefore, they have no time to attend the meetings and busy with academic activities

Table 4. Impact assessment of the programme

Type of programme	No. of girls attended the programme	Improved	<i>Not improved</i>
Nutritional class	30(100%)	30(100%)	0
Health camp	26(86.66667%)	22(73.33333%)	4(10%)
Personality development	29(96.66667%)	29(96.66667%)	0
Career guidance	30(100%)	30(100%)	0
Maternal development classes	29(96.66667%)	29(96.66667%)	0

source: primary data

Table 4 shows the type of programmes for the adolescent girls through ICDS and its effectiveness. Among the sample respondents 100% adolescent girls are attending Nutritional Class, 87% participating Health Camp, 97% attended personality development, and 100% and 97% are respectively attending career guidance and maternal health care classes.

Table 5. Status of sample respondents on the basis of food in take

No of girls getting nutritional food	No of girls collecting food regularly	Getting adequate food	Getting quality food
30	24(80%)	26(86.66667%)	28.(93.33333)

Source: Primary data

The table 5 shows that 80% of the adolescent girls collecting nutritional food regularly through anganwadies. About 26 adolescences argued that they can get adequate food and 28 adolescents can get quality food through anganwadies. ICDS play an important role in promoting adolescent health and development through various services.

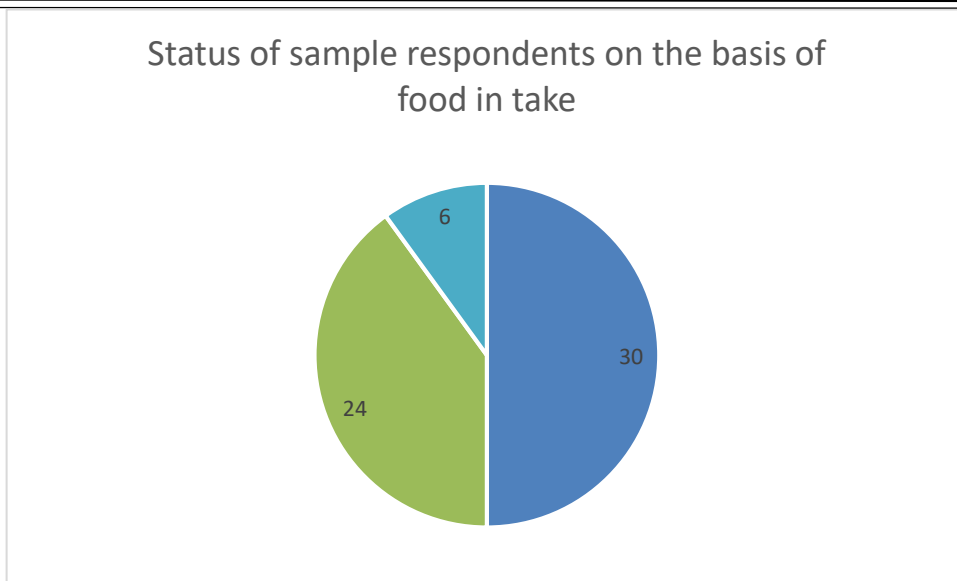


Figure 2: Status of Sample respondents on the basis of food in take

Table 6. Distribution on the basis of attitude towards ICDS Programme

Opinion about the ICDS programme	Number of respondents
Good	22(73.33%)
Average	8(26.67%)
Poor	0

Source:
Primary data

From the table 6, about 73% of the adolescents have the opinion that ICDS programme is good and 27% that respond that ICDS programme is an average. ICDS was implemented to offer several potential benefits to adolescence. In practice the scheme helps adolescents to become healthy citizen of India in some extent.

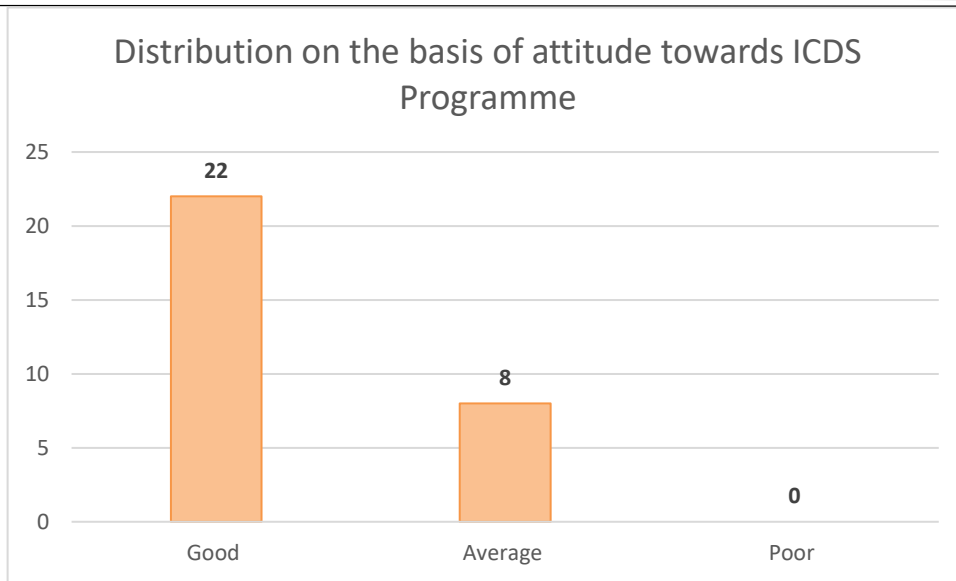


Figure 3: Distribution on the basis of attitude towards ICDS program

Conclusion

The study was primarily focusing on the effectiveness of ICDS scheme on adolescent girls in Alappuzha Municipality area and the extend of accessibility of the scheme. The major finding of the study are that the scheme has larger benefits among the adolescent age group. It helps them to increase the awareness about critical aspects in the society. It also helps them to develop their personality, attitude and perspective awards themselves and to the society. Adolescent girls are facing many health problems such as anaemia, underweight and malnutrition. : ICDS scheme helps to improve the health and nutritional status od adolescent girls. Most of the adolescent girls are actively participated the nutritional classes. Anganwadi centres are the backbone of ICDS project. The importance of the ICDS program is expanding, and it addresses all aspects of children and women who need an efficient programme to advance their potential and attain self-development. From the study, it is clear that the ICDS scheme makes a remarkable difference in the society.

References

- Anand K, Kant S, Kapoor SK. (2002), Nutritional status of adolescent school children in rural north India. *Indian Pediatr* 39: 449-52.
- Kanani SJ, Poojara RH. (2000), Supplementation with iron and folic acid enhances growth in adolescent Indian girls. *J Nutr.* 130 Suppl: S452-5
- Kapoor G, Aneja S. (1992) Nutritional disorders in adolescent girls. *Indian Pediatr* 29: 969-73.
- Kumari R, Singh R, Dubey A. (1990) Growing up in rural India: problems and needs of adolescent girls. New Delhi: Radiant,; 66-71.
- Senderowitz, J. (1995). Adolescent health: Reassessing the passage to adulthood (World Bank Discussion Paper No. 272). World Bank