



A Study To Assess The Level Of Knowledge On Benefits Of Amla Among Adolescent Girls In St. Antony's Matriculation Higher Secondary School At Kumbakonam, Thanjavur (Dt).

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ABSTRACT

A Quantitative research approach, descriptive study was conducted to assess the level of knowledge on benefits of Amla among adolescent girls in St. Antony's Matriculation Higher Secondary School at Kumbakonam in Thanjavur (DT). The Purposive sampling technique was used. Data collected by structured questionnaire from 50 samples. The results showed that 50% of them had moderately adequate knowledge, 26% of them inadequate knowledge and 24% of them having adequate knowledge.

Keywords: Knowledge, Benefits of Amla, Adolescent Girls.

INTRODUCTION:

Amla (emblica officinalia) is otherwise called as an Indian gooseberry. It is from the phyllanthacea family of trees. It is an important horticultural crop of aid zone which is being grown in India and also it is rich source of Vitamin C compare to all the fruits which is used commonly in Medicine, Food and Beaty industry.

STATEMENT OF THE PROBLEM:

A study to assess the level of knowledge on benefits of Amla among adolescent girls in St. Antony's Matriculation Higher Secondary School at Kumbakonam, Thanjavur (Dt).

OBJECTIVES:

- ❖ To assess the level of knowledge on benefits of Amla among adolescent girls.
- ❖ To find out the association between the level of knowledge with their selected demographic variables.

HYPOTHESIS:

There is a significant difference between the level of knowledge on benefits of Amla among adolescent girls with their selected demographic variables.

METHODOLOGY:

A descriptive study was conducted among adolescent girls. Quantitative approach and structured tools were used. In this study structured tools, section- A comprised of demographic variables like age, religion, type of family, siblings, parent's educational status and section – B consists of 25 structured questionnaires regarding benefits of Amla. A written permission was obtained from the Principal, St. Antony's Matriculation Higher Secondary School. Samples were selected by purposive sampling technique from 50 samples. Data were collected after received informed consent from each participant by structured questionnaire. Collected data was analysed by descriptive statistics which is on the basis of objectives and hypothesis and Chi- square test was used to find out the association between demographic variables with the level of knowledge on benefits of Amla among adolescent girls.

RESULTS AND DISCUSSION

Table:1 : Percentage analysis of demographic variables on benefits of Amla among adolescent girls.
n=50

Demographic Variables		No. of Respondents	Percentage
Age (in years)	12 - 13	-	-
	14-15	-	-
	16-17	50	100%
	18-19	-	-
Religion	Hindu	38	76%
	Christian	04	08%
	Muslim	08	16%
Type of family	Nuclear Family	37	74%
	Joint Family	13	26%
Siblings	Nil	07	14%
	One	30	60%
	Two	08	16%

	Above two	05	10%
Parent's Educational status	Illiterate	-	-
	Primary Education	04	08%
	Higher Education	46	92%
	Degree / Post Graduate	-	-

Table-1 showed that, all the age group of samples was 16-17 years.

Regarding religion, most of them 76% belongs Hindu, 08% of the respondents are Christian, followed by 16% are Muslim.

Then family type, 74% of the respondents are nuclear family and 26% of them are joint family.

Next siblings, 60% of the respondents are having one sibling, 16% of them are having two, 10% of respondents are having more than two and 14% of them are not having sibling.

About parent's education, majority 92% of the respondents were studied higher education and 08% of the respondents were completed primary education.

Table : 2

The percentage analysis the level of knowledge on benefits of Amla among adolescent girls.

Knowledge Score	No. of Respondents	Percentage
Inadequate	13	26%
Moderately Adequate	25	50%
Adequate	12	24%
Total No. of Respondents	50	100%

Table – 2 reveals that, 50% of the adolescents are having moderately adequate knowledge, 26% of adolescents are having inadequate knowledge and 24% of adolescents are having adequate knowledge on benefits of Amla.

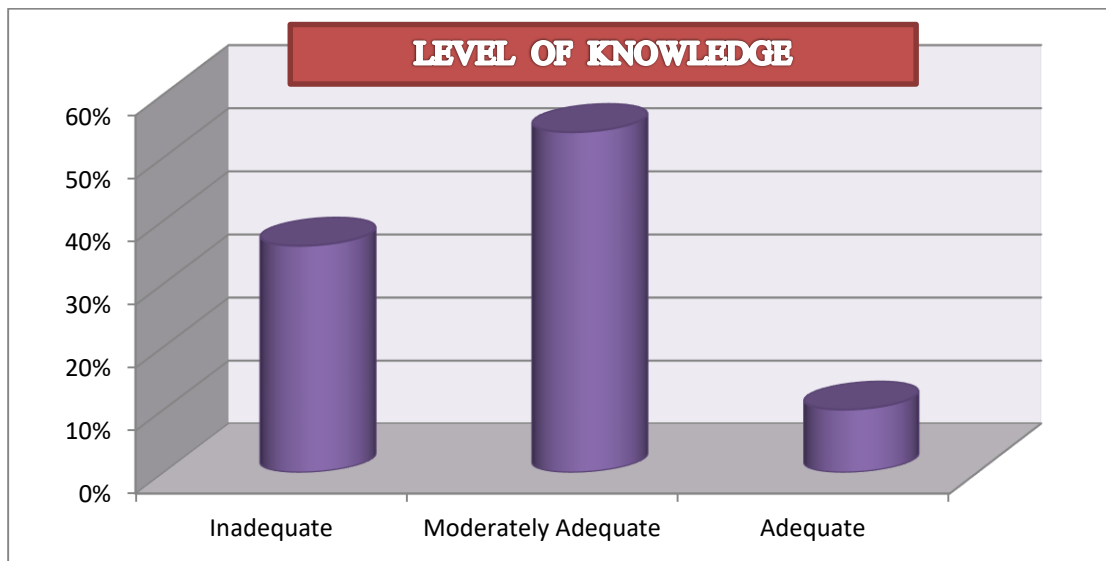


Fig : 1 shows the level of knowledge on benefits of Amla among adolescent girls.

Table : 3

Mean and Standard Deviation of knowledge score on benefits of Amla among adolescent girls.

Variables	Mean Score	Standard Deviation	N
Knowledge	13.86	3.78	50

Table – 3 shows that, the mean score is 13.86 and standard deviation is 3.78 among 50 adolescents.

Table: 4

Association between the level of knowledge on benefits of Amla among adolescent girls with their demographic variables.

Demographic Variables		Inadequate		Moderately adequate		Adequate		Chi - Square	Result
		No. Res	%	No. Res	%	No. Res	%		
Age (in years)	12 - 13	-	-	-	-	-	-	-	-
	14-15	-	-	-	-	-	-		
	16-17	13	100%	25	100%	12	100%		
	18-19	-	-	-	-	-	-		
Religion	Hindu	09	69%	18	72%	11	92%	10.945* d.f=4 p =0.027	S
	Christian	01	8%	07	28%	-	-		
	Muslim	03	23%	-	-	1	8%		
Type of family	Nuclear Family	08	61%	19	76%	10	83%	1.645* d.f=2 p =0.439	NS
	Joint Family	05	39%	06	24%	02	17%		
Siblings	Nil	01	8%	04	44%	02	17%	6.810* d.f=6	NS
	One	10	76%	11	24%	09	75%		

	Two	01	8%	06	16%	01	8%	p =0.339	
	Above two	01	8%	04	72%	-	-		
Parent's Educational status	Illiterate	-	-	-	-	-	-	1.589* d.f=2 p =0.452	NS
	Primary Education	01	8%	03	12%	-	-		
	Higher Education	12	92%	22	88%	12	100%		
	Degree / Post Graduate	-	-	-	-	-	-		

*5% significant level (NS- Not Significant, S-Significant)

The Table – 4 showed that, there is a significant association between the levels of knowledge on benefits of Amla with their religion. But the demographic factors such as type of family, siblings and parent's educational status are not having significant association between level of knowledge among adolescent girls.

CONCLUSION

The researcher concluded that it is very essential to improve the level of knowledge on benefits of Amla among adolescent girls because majority of the adolescents were not having adequate knowledge on benefits of Amla.

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