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Ashly Rajendran
B.Sc Nursing, Sree Narayana
Nursing College, Nellore,
Andhra Pradesh, India

Dr. Indira S
Department of Medical and
Surgical Nursing, Narayana
College of Nursing, Nellore,
Andhra Pradesh, India

B Kavitha
Department of Community
Health Nursing, Narayana
College of Nursing, Nellore,
Andhra Pradesh, India

Correspondence
Ashly Rajendran
B.Sc nursing, Sree Narayana
Nursing College, Nellore,
Andhra Pradesh, India

Knowledge regarding under-utilized green leafy vegetables among rural women

Ashly Rajendran, Dr. Indira S and B Kavitha

Abstract

Green leafy vegetables are an important of any diet. They proved fiber, essential vitamins and minerals like iron, calcium and magnesium and add to any meal. They provide protection against diseases like high cholesterol, heart diseases, and diabetes etc. Indian cuisine is noted for its use of green leafy vegetable that are commonly called "Saag ". Saag is a generic term used for a variety of greens like spinach, mustard leaves and amaranth.

Aim: To assess the level of knowledge regarding underutilized green leafy vegetable among rural women.

Material and method: Study conducted by using the descriptive research design, using nonprobability Convenience sampling technique.

Statistical Analysis Used: The collected data was organized, tabulated, analyzed and interpreted by using descriptive and inferential statistics based on the objectives of the study.

Results and Conclusion: Shows that with regard to level of knowledge regarding underutilized green leafy vegetables among rural women 3 (10%) had B+ grade, 3 (10%) had B grade and 24(80%) had D grade.

Keywords: Knowledge, green leafy vegetables, rural area, women

Introduction

Green leafy vegetables are an important of any diet. They proved fiber, essential vitamins and minerals like iron, calcium and magnesium and add to any meal. They provide protection against diseases like high cholesterol, heart diseases, and diabetes etc. Indian cuisine is noted for its use of green leafy vegetable that are commonly called "Saag ". Saag is a generic term used for a variety of greens like spinach, mustard leaves and amaranth ^[1].

Green leafy vegetables are vegetables of a locality which originated from an area may or may not be confined to that particular region. They account for about 10% of the world higher plants often regarded as weed. Some Green leafy vegetables grow in the wild and are readily available in the field as they do not require any formal cultivation. Although they can be raised comparatively at lower management cost and on poor marginal soil, they have remained underutilized, due to lack of their nutritional values in favor of the exotic one.

Most of the rural women is unaware about the nutritional importance of underutilized vegetables crops, their uses in health care, and many products are prepared by them which are used in income generation and employment. Level of nutrition knowledge and attitude are the important factor that influences the dietary practice. Nutrition knowledge may impress dietary practice directly or via nutrition attitude. Dietary behavior may further become pattern of food intake and impresses one's nutrient intake ^[2].

Women are the backbone of the development of rural and national economies. They comprise 43% of the world's agricultural labor force, which rises to 70% in some countries. Africa, 80% of the agricultural production comes from small farmers, who are mostly rural women. Women comprise the largest percentage of workforce in the agricultural sector, but do not have access and control over all land and productive resources ^[3].

Objectives of the study

1. To assess the level of knowledge regarding underutilized green leafy vegetable among rural women.

- To find out the association between the level of knowledge regarding underutilized green leafy vegetables among rural women with their selected socio demographic variables.

Detailed research plan

Research Approach: A quantitative research approach was adopted to the study

Research design: Descriptive research design was used for the present study.

Settings: The study was conducted in Venkatachalam Nellore. It is a rural area with 61,277 populations. It includes 24793 were males and 21432 were females. It is located in 15-20km away from Nellore. It consists of one Community Health Center. The facilities that available are swarna bharath trust, five upper and lower primary schools, Intermediate College and one Engineering College.

Sample Size: The sample size for this study was 30 rural women who are residing in vekatachalam at Nellore.

Sample Technique: The samples were selected by using nonprobability Convenience sampling technique.

Variables: The variable of the study includes demographic variables and research variables.

Demographic Variables: Age, religion, education, occupation, family income, marital status, type of family, dietary pattern.

Research variables: The knowledge of rural women regarding underutilized green leafy vegetables.

Results and discussion

Table 1: Frequency and percentage distribution of level of knowledge regarding underutilized green leafy vegetables among rural women.

Level of knowledge	Rural women	
	Frequency (f)	Percentage (%)
B +	3	10%
B	3	10%
D	24	80%
Total	30	100

Table-1: Shows that with regard to level of knowledge regarding underutilized green leafy vegetables among rural women 3 (10%) had B+ grade, 3 (10%) had B grade and 24(80%) had D grade.

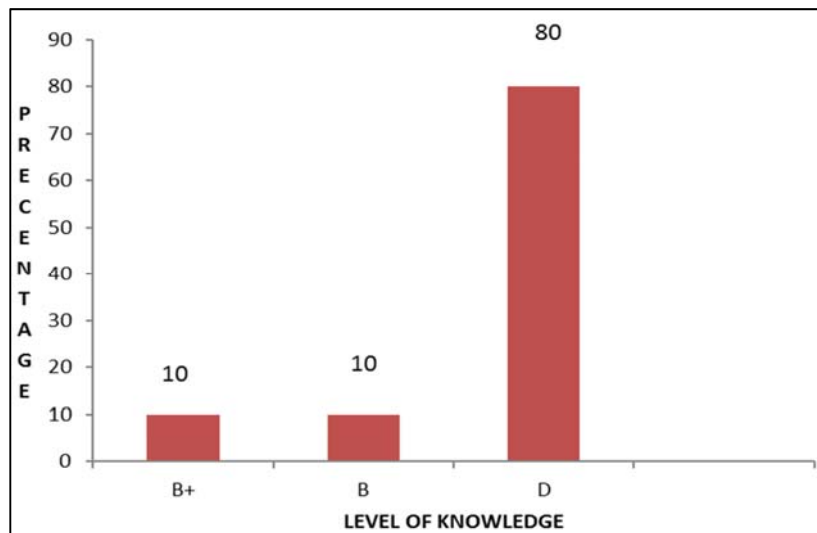


Fig 1: Percentage distribution of level of knowledge regarding underutilized green leafy vegetable among rural women.

Table 2: Mean and standard deviation of knowledge regarding underutilized green leafy vegetable among rural women.

Sample	Mean	Standard deviation
Rural women	13.5	5.25

Table-2: Shows the mean knowledge score and standard deviation. The mean knowledge score was 13.5 with standard deviation of 5.25.

Association between level of knowledge regarding underutilized green leafy vegetables among rural women with their selected socio demographic variables.

In association between the level of knowledge regarding underutilized green leafy vegetables among rural women has significant association with their selected socio demographic variables such as Education, occupation, type of family, dietary pattern and no significant association with age, religion, marital status.

Nursing implication

Nursing administration: The nursing administration should develop certain plans and policies to be improve the awareness of underutilized green leafy vegetables.

Nursing education: Nursing education help the women to develop more insight on new contents which will enable them in the awareness on underutilized green leafy vegetables.

Nursing research: Researcher should aim on the level of knowledge regarding underutilized green leafy vegetables among rural women more studies can be done to improve attitude, and knowledge regarding underutilized green leafy vegetables among rural women.

Nursing practice: Nursing practice should develop proper skill of awareness regarding underutilized green leafy

vegetables among rural women in education role of nursing students could be implicated and implemented in nursing practice.

Conclusion

The study concluded that, out of 30 rural women 3(10%) had B+ grade, 3 (10%) had B grade and 24 (80%) had D grade knowledge regarding underutilized green leafy vegetables.

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