



A STUDY OF DAILY CHORES PATTERN OF CHILDREN OF SARVODAYA SCHOOLS AT THE ELEMENTARY LEVEL IN SOUTH-WEST DISTRICT OF DELHI

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Abstract: *The eating pattern of students places a very important role for their physical and mental growth and hence strikes their attitude towards studies. In view of this, a study was carried out on eating pattern of the students studying at the elementary Level in Sarvodaya Vidyalayas of GNCT, Delhi. For this purpose, as many as 39 Sarvodaya Schools were randomly selected from the district. A questionnaire related this study was administered on 950 students of these schools at the elementary level. The findings of this study may be helpful in dealing many issues related to scholastic achievements arising out of their poor physical and mental growth.*

Key Words: *Attitude towards studies, Questionnaire, Administered, Elementary level, Scholastic achievements and Mental growth.*

1. INTRODUCTION:

The science of physiology has added immensely to our general knowledge of the child's physical growth and what is of special value, of the effects of mental efforts upon the development of nervous system. Moreover, the eating pattern of the child, his/her daily choice and the timing for going to bed and getting up in the morning play a significant role in striking his/her attitude towards study. Hence there is a need today to study children with the truly scientific spirit—the spirit that is essentially required as an aid for a teacher to have better result both in the classroom and outside it.

1.1. ABOUT THE STUDY AREA

The South-West district of Govt of NCT Delhi is the largest district covering an area of about 420 km² which is in fact 28.32% of the total area of NCT. This district has been divided into two districts i.e., South-West-A and South-West-B. It has a population of 17.49 Lac, which constitutes 12.69.00 % of the total population of Delhi. Geographically, the district is located in the outer part of Delhi spreading over the south and southwest part of the state. Administratively the district South West is divided into three tahsils; Najafgarh, Vasant Vihar and Delhi Cantonment. Currently the district is divided into two parts i.e., South West 'A' and South West 'B' so as to ensure proper academic administration of the district.

1.2. OBJECTIVES:

- To know the time pattern of the children's sleeping and getting up.
- To study their morning activities at home before going to school.
- To identify the kind of food they take before and after going to Schools.
- To determine their eating habits both quantitatively and qualitatively.



2. METHODOLOGY:

A questionnaire, developed by the investigators, was administered on 950 children of Sarvodaya Vidyalayas of South -West districts, Delhi. All 39 Sarvodaya Vidyalayas and children studying at the elementary level were taken randomly as sample from the district. The whole analysis was carried out on the sample.

3. ANALYSIS AND INTERPRETATION:

Student's Sleeping Time –Pattern

Table -1 shows that a majority of students go to bed before 10.00 PM while 40.60% of them before 9.00 PM and 41.60% between 9.00 PM and 10.00 PM. Apart from this, 12.07%, 4.50%, and 0.60% of students go to bed between 10.00 PM -11.00 PM, 11.00 PM-12.00 PM & after 12.00 PM mid night respectively.

Table-1

Student Sleeping Time Patterns

Timing	No. of students	% of the total students
Before 9.00 PM	382	40.60
9.00 PM -10.00 PM	398	41.60
10.00 PM -11.00 PM	127	12.07
11.00 PM -12.00 PM	043	04.50
After 12.00 PM	005	00.60
Total	950	100.00

Getting-Up Timing

As for the time of their getting up in the morning is concerned, the table-2 indicates only 12.30% of the students get up before 5.00 AM. However, a majority of the students' getup between 5.00 AM – 6.00AM and between 6.00 AM -7.00 AM with 41.70% and 35.60% respectively. Only a small number 10.40% of the total students get up after 7.00 AM in the morning.

Table-2

Getting-Up Timing

Timing	No. of students	% of the total students
Before 5.00 AM	126	12.30
5.00 AM -6.00 AM	390	41.70
6.00 AM -7.00 AM	336	35.60
After 7.00 AM	098	10.40
Total	950	100.00

Student's Morning Habit before their Going to the School

The details of the morning habit of the children before going to the school is given in the table 3, which includes going to toilet, drinking and eating whatever before they leave for the school. While 80.90% of them go to toilet, 14.00% of them are not in habit of doing the same and 4.70% did not make any response. Like wise a good majority of them i.e., 83.50% of the total students drinks some liquid (Water, Tea/Coffee, Milk, etc.), while a little over 10.00% of the sampled do not take anything. However, 4.70% students did not make any response. As far as eating habit (Biscuits, Bread Fresh food etc.) is concerned 78.80% of students under study do not take anything as compared to 16.90% who do not take anything while 5.3% of them did not give any response.

Table -3

Morning Habits before Going to the School

S.No.	Morning Habits	No. of responding children					
		Yes	%	No	%	No Response	%
1	Going to toilets	768	80.90	137	14.40	45	4.70
2	Drinking anything	795	83.50	110	11.80	45	4.70
3	Eating anything	743	78.80	158	16.90	49	5.30



Eating Pattern of the Children

Table-4 gives about the eating pattern of the children of the district South-West. About 79.00% of the population does take their food at home while 10.30% of the students take it on their way to the school and 10.70% children eat in the irrespective schools because they wake up late in the morning but reached schools before time.

Table – 4

Eating Pattern of the Children

S.No.	Eating Pattern	No. of students	% of the total students
1	Eating at home	751	79.00
2	Eating in the School	102	10.70
3	Eating on the way to schools	097	10.30
	Total	950	100.00

Eating and Drinking Items in Morning before Going to the School

The table -5 shows the details of the eating and drinking items which students take before leaving for their respective schools. Regarding eating items, 23.80% of the students eat Biscuits /fan while 25.10% of them take bread /slice. It reveals that 14.80% of them take left-over food from the previous night and 18.30% of them take fresh food like Roti, Rice, etc. while 16.70% of the total students take freshly prepared vegetables and 'dals' etc. As far as drinking items are concerned, 18.20% of the total students drink water only while 36.70% of them take tea/coffee and 39.20% take milk before going to the school. Among 5.90% of the total students take curds, fruits, lemon and cold drink etc as mentioned in table - 5.

Table– 5

Eating and Drinking Items in Morning before Going to the School

S.No.	Eating items	% of Responds	Drinking Materials	% of Responds
1	Biscuits, fans etc	23.80	Water	18.20
2	Bread slice etc	25.10	Tea/Coffee	36.70
3	Left-over from the previous night	14.80	Milk	39.20
4	Food (fresh) 'Roti', rice etc.	19.60	Curd fruits, juice, etc.	03.20
5	Freshly cooked (vegetables, 'dal')	16.70	Cold drinks	02.70
	Total	100.00	Total	100.00

Pattern of Freshly and Cooked Food before Going to the School

The details of majority of students who get freshly cooked ready at home before they leave for their respective schools are given in table-6. As per the table-6, almost 77% students of the total students get freshly cooked food ready at home before going to the school while about 18% of them do not get freshly cooked food at home because their working parents leave the house in the morning in search of job. Besides, there are 9.70% of the students who get cooked food at home before they leave for schools as compared to a majority of the students (86.80%) who do not get cooked food at home. Only 3.50% students of the total population under survey have failed to give any response.

Table–6

Pattern of Freshly Cooked Food before Going to the School

S.No.	Categories	No. of responding children					
		Yes	%	No	%	No Response	%
1	Freshly cooked food ready at home	728	76.70	168	17.70	54	5.60
2	Children who cooked food at home	092	09.70	826	86.80	32	3.50



How Children of the Schools get Eating Items?

The Table-7 indicates how the children of the schools get eating items. It is clear from the table that about 67.00% of the total students bring eatable items to school by themselves and only 27.00% of them do not bring eating items in the schools while almost 6.00% students were not able to give any response. Regarding those children whose guardian bring them food at school are only 11.50% of the total students. On the contrary 86.40% of the students do not receive food at the school from their guardians. They bring eating item on their own. Significantly only 2.10% of them gave no response.

Table-7

How Children Get Eating Items

S.No.	Get Eating items	No. of responding children					
		Yes	%	No	%	No response	%
1.	Bringing eating items on their own	620	66.70	261	27.10	60	6.20
2.	Getting food from someone during school hours	110	11.50	820	86.40	20	2.10

Feeling Hungry during School Hours and its Effect

The details of the students feeling hungry during school's hours is given in the Table-8. It is evident from the table that 75.70% of the total sampled students feel hungry during the school hours as compared to 20.90% of the schools who do not have such a feeling during this period while 3.40 % of the students gave no answer. A majority of the students i.e., the 83.10% of the sample do not leave the school because of hunger. However, a small number of them i.e., 12.70% do leave their schools in between due to hunger because they come in the school with no sufficient food materials

Table-8

Feeling Hungry during School Hours and Its Effect

S.No.	Category	No. of students	% of responds	Effect of hungry	No. of students	% of the students
1	Feeling hungry	720	75.40	Early Leaving school	117	12.70
2	Not feeling hungry	199	20.90	Not leaving school	793	83.10
3	No response	031	03.40	No response	040	4.20
	Total	950	3.40	Total	950	100.00

Frequency of their feeling hungry:

The Table-9 gives a period wise analysis of the students who feel hungry during school hours. In this regard, it may be noted that 37.50% of the students feel hungry almost everyday while 42.30% of them feel hungry daily and 12.30%, 1.6% and 5.40% of them feel hungry 2 or 3 times a week once a week and occasionally respectively. It is also observed that there are 71.20% of the total students who feel hungry in the early afternoon. while 15.20% of the student feel hungry in the late morning while 5.80% of them feel early in the morning. Only 4.80% student feel hungry in the late afternoon as given in Table 9.

Table-9

Frequency of Their Feeling Hungry

S.No.	Hungry Frequency	% of the students	Hungry timings	% of the total students
1	Almost everyday	37.50	Early morning	05.80
2	Most day	43.20	Late morning	15.20
3	Once a week	01.60	Early afternoon	71.20
4	Two or three times a week	12.30	Late afternoon	04.80



5	Occasionally	05.40	In between	03.00
	Total	100.00	Total	100.00

Eating Pattern on Reaching Home

The detail account of the children's eating pattern on reaching home is described in table- 10. It is clear from the table that a majority of the students i.e., the 55.00% of the sample do have fresh 'rotis' or 'rice' with 'sabjee' and 'dal' on reaching their home from their respective schools while 22.70% of the sampled students do get fresh 'rotis' with 'salt' or 'pickles'. A small number of students responded i.e., 12.70% have to live on biscuits /fan or bread or 'leftover' from previous night and other things too.

Table –10

Eating Pattern on Reaching Home

S.No.	Eating Pattern	No. of students	% of the total children
1	Fresh rotis or rice with sabjee or dal etc.	523	55.00
2	Fresh rotis or rice with salt, or pickle etc.	218	22.70
3	Leftover previous night	055	05.80
4	Biscuits, fans, or bread etc.	117	12.70
5	Other	037	03.80
	Total	950	100.00

Status of Food on Reaching Home:

The Table-11 shows that 78.00% of the sampled students get cooked food ready on reaching their homes. However, only 22.00% of the sampled students had to wait for the food to be cooked. This may be due to parents working outside and coming late at home. The break-up of cooking pattern is also described in the same table. The table explained that the food being either cooked by the students after reaching home or already cooked by someone in the family. Out of the 208 students, about 72.00% of them did not cook food whereas 28.00% of them cooked food after reaching their home from the schools.

Table –11

Status of Food on Children Reaching Home

S. No.	Food Status	No. of children	% of the total students	Cooking Pattern*	No. of children	% of the total students
1	Ready	742	78.00	Self	058	28.00
2	To be cooked	208	22.00	Someone else	150	72.00
	Total	950	100.00	Total	208	100.00

4. Findings of the Study :

- The majority of the students (83.20%) of the total sample go to bed before 10.00 PM. It was observed that most of the students i.e., 77.00% get up in the morning between 5.00 AM to 7.00 AM.
- As for the children's morning habit before their going to the schools, 80.90% go to the toilet, 83.50% drink take some liquid (water, tea milk, juice etc.) and 78.80% of them eat something (biscuits, breads, fresh food, leftover from previous night). About 76.00% of the students take only tea and milk while only 33.00% of students eat freshly food and vegetables in the morning.
- It was also observed that 10.30% of the total students take food on the way to the schools. Rests of them do it at their home.
- Freshly food ready at home is available to 76.70% of the total students before they go to schools and the students who cook the food at home before going to school is only 10.00% of the total sample.
- About 67.00% children of the total sample bring something to eat while about 27.00% students of the study area do not bring anything to eat in the school. Only 12.00% students get food from home by their parents during school hours.



- The children who feel hungry during school hrs are about 75.00% of the total sample in the south-west district of Delhi. About 81.00% of them either feel hungry almost everyday or most of the day in school. It is also noticed that 71.20% feel hungry in the early afternoon while 15.20% student feel hungry during late morning.
- It is observed that only 13.00% of the total no of the students in the study area leave the school due to hunger and remaining 83.00% students do not leave the school due to hunger in the district.
- About 78.00% of the total student which was under sample in the district south west of Delhi are eating fresh 'rotis' or rice with 'dal' or 'sabjee' or 'pickles' etc after reaching home from the schools.
- It is worth mentioning that about 28.00% students cook their food by themselves after reaching home because their parents are out of the home for their livelihood and 72.00% of students get food by someone else after reaching home.

5. CONCLUSIONS:

The findings of this study may be helpful in dealing many issues arising out of poor physical and mental growth of the children. These could further be utilized as valuable resources for evolving future strategies in improving the elementary education in the district as well as state. The daily chores pattern of the students somehow or the other affect their academic and non-academic performances. Hence, the data may be useful in ascertaining the impact of daily chores pattern of students towards their scholastic achievements.

References:

1. District Census Handbook, Delhi, Year 2001.