

# Analysis of Nutritional Perception of School Going Teenage Girls: The Socio-Personal and Managerial Estimates

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**Abstract**—The Indian economy is undergoing a faster transformation, wherein the rural sector has become the most conspicuous indicator of this kind of evolution as well as social mutation. Any kind of transformation, both at micro and macro levels, needs a nutritional support. Health and nutrition, for any economy, are the basic providers of corporeal skills, psychic competence, educational mettle and much required capability to endure stress and drudgery. The teenage school going girls can be considered a unique age and gender category, wherein the issues of nutritional management and care encompass a lot of physiological, reproductive, genetic and psychosomatic factors and perceptions. Thirteen (13) to nineteen (19) has been the age category of the girls who are undergoing and experiencing adolescent menstrual cycle, agony and curiosity, joy and stress, skepticism and grace of earning a status of womanhood from that of childhood. This part of the life needs an immense parental support, nutritional management and care and of course a congenial social ecology to support and sustain these transformations. The present study has envisaged a score of agro-ecological and socio-economic factors exerting direct and indirect effect on hygiene and health status of teenage school going girls. It has been depicted that the social ecology of each of the respondents, as a whole or in segment, direct and indirectly characterizes the health status and hygiene levels with both intra group and between group variability. A micro-level strategy has thus been called for, resultant to this empirical study, to derive target oriented intervention for the school going girls thriving with poor and impoverished social echelons and ecological squandering.

**Keywords:** BMI, hygiene, nutrition, perception, social ecology, teenage Girls.