

Academic Performance and Nutritional Status – A Case Study on College Students in North Tripura.

Dr. Santanu Ghosh,¹ Dr. Sambhunath Rakshit², Dr. Manik Bhattacharya³

1 (Department of Human Physiology/Government Degree College, Dharmamagar, North Tripura.)

2 (Principal/Government Degree College, Dharmamagar, North Tripura.)

3 (Department of Economics/Government Degree College, Dharmamagar, North Tripura.)

Abstract: *The development of any nation or community depends largely on the quality of education of such a nation. Understanding the nature of the causal relationship between health and education is important to determine the exact relation between them. The mechanism by which health and nutrition influence educational achievement is not well established, but poor health and malnutrition in early childhood may affect cognitive abilities, necessary for learning process and consequently educational achievement. This study shows that first, firstly, the tribal students have lower BMI values than their nontribal counterparts which may be due to dietary differences – tribal students have less access to convenience foods and as such may have less consumption of these type of empty calorie containing foods. Also the academic achievements of tribal students are a little lower than their nontribal counterparts which again comes out in the regression and negative correlation of BMI with academic achievement.*

I. Introduction

The development of any nation or community depends largely on the quality of education of such a nation. It is generally believed that the basis for any true development must commence with the development of human resources [1]. It has been argued that health is an important factor for academic achievement at school [2,3] and in higher education [4]. Consequently, in the context of universities or colleges, promoting the health and well-being of all members means promoting effective learning [5]. A systematic literature review to examine whether school health programmes improved academic success provided positive evidence for at least some programmes [6]. Similarly, another review showed positive associations between parameters of health (e.g., school-based physical activities) and academic outcomes/performance [6]. Chronic malnutrition experienced during early life inhibits growth, retards mental development, and reduces motivation and energy level, causing a reduction of educational attainments and delay in school entry [2]. Understanding the nature of the causal relationship between health and education is important to determine the exact relation between them. From a policy point of view, understanding the relationship between health and education is essential to formulate new possible policy interventions targeted to the improvement of children's status in developing countries. Given the growing importance of the potential strong connection between nutrition and schooling in developing countries the analysis presented in this work makes progress in sorting out such a causal relationship. Furthermore, investments in health is expected to have positive effects on education since the returns from investment in education last for many periods and health status is positively correlated with life expectancy. The mechanism by which health and nutrition influence educational achievement is not well established, but poor health and malnutrition in early childhood may affect cognitive abilities, necessary for learning process and consequently educational achievement. This study hopes to find out the answer to the relationship between the nutritional status of the students and its effect on their academic status and also suggest modalities of overcoming those problems performance in a sample of college students in Dharmamagar district in North Tripura which has hitherto not been documented by any worker. The study has its own set of limitations. Firstly, considering the epidemiological nature of the study, the sample size is small. Secondly, it represents only a fraction of the students of a particular college in North Tripura and thus is not suited to be extrapolated to the whole student population without undertaking a comprehensive large scale survey. Thirdly, due to paucity of funds and manpower, the researcher had to depend upon the students self provided information to the questionnaire.

II. Literature Review

Malnutrition is a major problem in both developed and developing countries and deficiencies in some nutrients have been reported to cause diseases which could lead to impaired cognitive development [5]. Other studies have related lifestyle of students, particularly breakfast consumption, to their cognitive abilities as reflected in their academic performance [6-8]. However, most of these studies have excluded young adults in the tertiary institution. Undernourished children have been shown to have decreased attendance, attention, and

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