

## A COMPARATIVE STUDY ON THE NUTRITIONAL STATUS OF ADOLESCENTS IN RESIDENTIAL SCHOOL OF SOUTH CANARA

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### **ABSTRACT**

*World Health Organization categorizes the ages from 10 to 19 as the adolescent age group. (WHO, 2017) Adolescence is the period of gradual transition from childhood to adulthood. There is a rapid rate of growth spurts occurring accompanied by major physiological, psychological and social changes. Adolescence is the time of puberty changes. Rapid skeletal growth and increase in height takes place (WHO, 2017), total bone mass increases (JM Rees et al, 1989), hormonal changes occur leading to development of sexual maturation. Psychological aspect of adolescent's development is a phase where they learn to establish their own beliefs, values and what they want to accomplish out of life. They constantly self-evaluate and begin to set long term goals, try to achieve emotional and social independence and develop a sense of self identity. Socially, they struggle for independence from parents but at the same time peer acceptance and relationships become important.*

*Being in transition, adolescents may no longer receive the attention and care given to children. However, during this period of accelerated growth, nutrient needs are the greatest (Lifshitz et al, 1993). In addition, due to psychological and social changes, an increasing independence with respect to food choices and food habits and experimentation with diets may increase vulnerability to nutritional problems if unhealthy eating behaviors are adopted (Savige et al, 2007).*

**KEYWORDS:** *Nutritional Status, Adolescents, Residential School*