

# Changing food pattern of tribal women of Jharkhand state with special reference to Gumla district

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Like other society, tribal societies are also changing. Changes in tribal societies have taken place with the passage of time. The processes responsible for changes in tribal societies are hinduisation, Sanskritisation, christianisation, De sanskritisation, retribalisation, urbanisation, industrialisation westernization and modernisation. The processes of change have affected the tribal way of life positively as well as negatively. Christianity has brought education and development in tribal societies. The changes in tribal societies were brought in every sphere of life during the British rule. The process of westernization also brought some induced change. These processes influenced the life of tribal societies. These modernization process has also influenced the style of life of tribals, in our country. The main objectives of the study is to access the magnitude and Characteristics of Changing food pattern of tribal women of Jharkhand state with special reference to Gumla District which is influenced by a wide range of factors like agro climatic differences foods grown and availability. Beliefs, Customs and traditions influence the general Pattern of living in any community. Beliefs, in inherent and integral as they are in the cultural matrix acts as in visible force in translating Present ideas in to overt acts and customs. Objectives : (1) To know about the traditional food of tribal community and to compare them with modern aspect of food habit. (2) To know the perception of the tribal women about changing food pattern of tribal women. Study design : Stratified random sampling technique. Scale : Nominal and interval scale. Setting : Study was performed on Bharno Block. Village name : (i) Jura (ii) Dumbo Khakshi toil (iii) Peepar toil (iv) Boro. Gumla Block. Village name :- (i) Pugu nawa toil (ii) Raj Nagar (iii) Behra toil. The Sample 400 adult women (between 20 to 45 years of age) was randomly selected for the study. Method of data collection: Data will be collected from the respondents with the help of the interview schedule by personally interviewing the respondents and through observation technique. Result : The overall result of this study is that the "Changing food pattern of tribal women of Jharkhand state with special reference to Gumla District" is not so good or bad. It is moderate and some nutritional correction is required even having good income they used to practice their old eating habits and also old cooking methods. Thus they must be provided with proper nutrition education programme and educate them about proper health, hygiene and improved cooking practices so that they can develop themselves and maintain their health in good condition.

**Key Words :** Changing, Food pattern, Tribal women, Stratified random sampling technique, Traditional food, Modern food

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