



## Farm Parents' Involvement in Their School Going Children's Health

**Gaikwad N. B**

Associate Professor, Dept. of HDFS,  
College of Community Science and Sr. Scientist,  
AICRP-Women in Agriculture, VNMKV, Parbhani, India

**Deshmukh P. G.**

YP-II, AICRP-Women in Agriculture, VNMKV, Parbhani, India

### Abstract

Well-developed children are the result of best parenting. Parenting is a pair centred activity. Parents and children's influence each other which consequently affect the practices adopted for child upbringing. Parenting is a dynamic, arduous and long-lasting process. The objectives of the research are to assess farm parents' involvement in their school going children's health. To assess the impact and effect of parental background on their school going children's health. Research methodology is Kuppuswamy's modified Socio-Economic Status scale 2023 was used to assess the socio-economic status of selected farm parents in rural area. The parents of rural school going children in the age group of 6-10 years were included in the research study, selected randomly from different villages of Parbhani taluka. This research highlighted about the involvement of farm mothers and farm fathers in various development. Non-significant differences were found in mothers and fathers regarding their children's overall health status. On the basis of results, it can be suggested that there is a great need of care and attention of farm parents towards their children's health status. Statistical analysis revealed that highly significant differences were found in the involvement of mothers and fathers regarding their children's mental stress and tiredness except involvement of mothers and fathers regarding their children's absentia in school.

**Key Words:** Parenting, Socio-Economic Status, farm parents, health status, rural school

### Introduction

Well-developed children are the result of best parenting. Parenting is a pair centred activity. Parents and children's influence each other which consequently affect the practices



adopted for child upbringing. Parenting is a dynamic, arduous and long-lasting process. Parents need to know the scientific way of upbringing children for attaining their optimum development else they tend to fall prey to precarious misbeliefs and taboos of child upbringing which would hamper the children development. It is imperative for every generation parents to critically analyse child upbringing practices which are in vogue to know what is best and obsolete for children prior to their adoption. Parents try to learn from others experiences and the research findings for moulding their children's personality.

Childhood obesity remains a significant public health concern in the United States, especially among elementary school-aged children. In response, innovative programs such as *Farm to School* and the *Coordinated Approach to Child Health (CATCH)* have been developed to promote healthier lifestyles through improved nutrition and physical activity in school settings.

The *Farm to School* initiative, which began in the 1990s, has steadily expanded and now includes participation from approximately 10,000 schools nationwide. This program is designed to increase the availability and consumption of locally grown foods within schools, thereby not only improving children's diets but also supporting local agriculture. A key component of this initiative is the inclusion of nutrition and agricultural education, helping children develop a deeper understanding of where their food comes from and how it impacts their health.

Similarly, *CATCH* is a coordinated school health program that aims to instill lifelong healthy habits in young children. Through structured curricula, the program focuses on improving dietary behaviors and increasing physical activity. Research indicates that the implementation of *CATCH* can significantly lower the risk of obesity in school-aged children by promoting active lifestyles and healthier food choices.

Understanding the factors that influence children's nutritional behaviors requires a comprehensive framework. The *Social Ecological Model (SEM)* provides such a perspective by identifying multiple layers of influence on health behaviors.

## Methodology



The present study on, 'Assessment of Involvement of Farm Parents in Their School Going Children's Education and Its Effects on Their Scholastic Achievements' was planned with an objective to study the assessment of involvement of farm parents in their school going children's education and its effects on their scholastic achievements of their children aged 6-10years.

Total 4 villages of Parbhani taluka namely Jamb, Kinhola, Pedgaon and Borgaonof Parbhani district of Marathwada region of Maharashtra state were selected for sample selection based on easy access and approachable to the investigator and also the sufficient number of parents of 6-10years old children were available in these localities.

Kuppuswamy's modified Socio-Economic Status scale 2023 was used to assess the socio-economic status of selected farm parents in rural area (Annexure-I). The socio- economic status of the farm families was assessed based on the information related to education, occupation and annual income of the sample rural farm parents. Based on obtained information, after dividing the score of both parents by 2.

#### **Socio-economic status scale**

<b>Score</b>	<b>Socio economic class</b>
16-25	Upper Middle (II)
11-15	Lower middle (III)
5-10	Upper Lower (IV)
Below5	Lower(V)

The parents of rural school going children in the age group of 6-10 years were included in the research study, selected randomly from different villages of parbhani taluka. The data pertaining to the study were collected by personally interviewing rapport with them, through participatory observations of school going children and their homes, by collecting their information on the assessment of involvement of farm parents in their school going children's education and its effects on their scholastic achievements. Approximate time taken for conducting the interview of each family member of children was 30 minutes. The data collected from the rural farm parents of school going children were pooled, tabulated statistically analyzed and discussed.

**Distribution of sample (n=300)****Details of sample farm parents based on age and gender**

Demographic area of sample farm parents	Details of sample rural farm parents			
	Number	Age (Yrs)	Gender	
			Mothers	Fathers
Rural	300	18-45	150	150

**Findings****Background information of the sample rural farm parents**

With respect to the family annual income, it was observed that irrespective of gender relatively a higher percentages of farm parents' family annual income were below Rs.40,000 (mothers 70.00% and fathers 33.33%) followed by Rs.40,000 to Rs.80,000 (mothers 28.00% and fathers 54.66%) and above Rs. 80,000 (mothers 2.00% and fathers 12.00%). However, about the socioeconomic status of the farm parents about 35.33 per cent of mothers and 37.33 per cent fathers belonged to upper lower socio-economic status, while 30.00 per cent of mothers and 32.00 per cent of fathers belonged to lower middle socio-economic status followed by lower socio- economic status (mothers 21.33% and fathers 17.33%). However about 13.33 per cent of them observed to be in upper middle socio-economic status.

The study on "Assessment of Involvement of Farm Parents in Their School Going Children's Education and Its Effects on Their Scholastic Achievements" was carried out in randomly selected 4villages of Parbhani district, Marathwada region of Maharashtra state.

This table reveals about background information of the sample rural farm parents. Irrespective of gender, with regard to age of farm parents, more than half of i.e. (72.00%) farm mothers were in the age range of 18yrs to 25 yrs while, remaining (28.00%) mothers were in the age range of 26 yrs to 35 yrs. On the other hand, less than half of i.e. (36.66%) farm fathers were in the age range of 18 yrs to 25 yrs while, 46.66 per cent belongs to 26 yrs to 35 yrs and remaining (16.66%) fathers were belongs to 36 yrs to 45 yrs. With regard to their type of family, it was recorded that relatively higher percentages of the farm parents were belongs to nuclear families (62.66%) followed by joint families (32.00%) and extended families (5.33%). Irrespective of gender, about 53.33 per cent of the



sample farm parents belonged to the small sized families followed by the middle size (36.66%) and large size (10.00 %) families.

With respect to the family annual income, it was observed that irrespective of gender relatively a higher percentages of farm parents' family annual income were below Rs.40,000 (mothers 70.00% and fathers 33.33%) followed by Rs.40,000 to Rs.80,000 (mothers 28.00% and fathers 54.66%) and above Rs. 80,000 (mothers 2.00% and fathers 12.00%). However, about the socioeconomic status of the farm parents about 35.33 percent of mothers and 37.33 per cent fathers belonged to upper lower socio-economic status, while 30.00 per cent of mothers and 32.00 per cent of fathers belonged to lower middle socio-economic status followed by lower socio-economic status (mothers 21.33% and fathers 17.33%). However about 13.33 per cent of them observed to be in upper middle socio-economic status.

It is clear from the results that majority of sample farm parents (62.00% mothers and 54.00% fathers) completed HSC / diploma followed by SSC (32.00% mothers and 16.66% fathers), graduates (4.66% mothers and 24.66% fathers). Only 1.33 per cent of mothers, completed primary school and 4.66 per cent of fathers completed post-graduation. With regard to parental occupation of the children, it was observed that the higher percentages of mothers (74.00%) and fathers (76.66%) were farmer (agriculture alone) followed by agriculture allied activities (5.33% mothers and 7.33% fathers), agriculture labourer services (18.66% mothers and 11.33% fathers) and agricultural business (2.00% mothers and 4.66% fathers).

### Background information of the sample rural farm parents

Parental Background information	Percentages of farm parents (300)	
	Mothers (150)	Fathers (150)
<b>Age of parents(yrs)</b>		
18-25	72.00 (108)	36.66(55)
26-35	28.00 (42)	46.66(70)
36-45	---	16.66(25)
<b>Family types</b>		
Nuclear	62.66 (94)	62.66 (94)
Joint	32.00 (48)	32.00 (48)
Extended	5.33 (8)	5.33 (8)
<b>Family Sizes</b>		



Small (<4)	53.33 (80)	53.33 (80)
Middle (5-8)	36.66 (55)	36.66 (55)
Large (>5)	10.00 (15)	10.00 (15)
<b>Family annual income</b>		
Below 40,0000	70.00 (105)	33.33(50)
40,000-80,000	28.00 (42)	54.66 (82)
Above 80,000	2.00 (3)	12.00 (18)
<b>Socio-economic Status</b>		
Upper middle	13.33 (20)	13.33 (20)
Lower middle	30.00 (45)	32.00 (48)
Upper lower	35.33 (53)	37.33 (56)
Lower	21.33 (32)	17.33 (26)
<b>Education</b>		
Post graduate	---	4.66 (7)
Graduate	4.66 (7)	24.66 (37)
HSC/Diploma	62.00 (93)	54.00 (81)
SSC	32.00 (48)	16.66 (25)
Primary School	1.33 (2)	---
<b>Occupation</b>		
Agriculture alone	74.00 (111)	76.66 (115)
Agriculture allied activities (Animal husbandry, Fishery)	5.33 (8)	7.33 (11)
Agriculture+ labourer work	18.66 (28)	11.33 (17)
Agriculture + business	2.00 (3)	4.66 (7)

Figures in parentheses indicate frequencies

### Primary mode of transportation used by farm parents to commute their children to school

This illustrated about the primary mode of transportation used by farm parents to commute their children to school. It was observed that majority of mothers (90.00%) and more than half of fathers (68.66%) reported walking as the chosen mode. Autorikshaw (4.00%) and school buses (6.00%) were utilized by very less percentages of farm parents, while personal vehicles (4.66%) and bicycles (16.66%) were preferred by only fathers indicating a substantial gender disparity in transportation.

It is clear from results that highly significant difference was found in mothers and fathers regarding walking as the mode of transportation used by them to commute their children to school

**Primary mode of transportation used by farm parents to commute their children to school**

Modes of transportation used by farm parents to commute their children to school	Percentages of farm parents (300)		Z values
	Mothers (150)	Fathers (150)	
Walking	90.00(135)	68.66(103)	4.85**
Bicycle	---	16.66(25)	---
Personal vehicle	---	4.66 (7)	---
Auto rickshaw	4.00(6)	4.00(6)	---
School bus	6.00(9)	6.00(9)	---

Figures in parentheses indicate frequencies

\*\*P &lt; 0.01 level

**Farm parents' information about their children's overall health status**

This illustrates farm parents' information about their children's overall health status. It is clear from table that near about 39.33 per cent of mothers and 37.33 per cent of fathers reported that their children were having very good health status followed by 34.66 per cent of mothers and 38.00 per cent of fathers were revealed that their children were having good health status. On the other hand, less percentages (16.66%) of fathers reported that their children were having excellent health status as compared to mothers (18.00%) and only 8.00 per cent of farm parents reported that their children were having poor health status.

Non-significant differences were found in mothers and fathers regarding their children's overall health status. On the basis of results, it can be suggested that there is a great need of care and attention of farm parents towards their children's health status.

**Farm parents' information about their children's overall health status**

Farm parents' information about their children's overall health status	Percentages of farm parents (300)		Z values
	Mothers (150)	Fathers (150)	
Excellent	18.00(27)	16.66(25)	0.46 <sup>NS</sup>
Very good	39.33(59)	37.33(56)	0.35 <sup>NS</sup>



Good	34.66(52)	38.00(57)	0.72 <sup>NS</sup>
Poor	8.00(12)	8.00(12)	---

Figures in parentheses indicate frequencies

NS – Non-Significant

### Farm parents' information about their children's various health issues

This illustrates farm parents' information about their children's various health issues. Negligible percentages (0.66% - 3.00%) of farm parents reported that their children were facing health issues such as stomach ache, headache and some were physically weak. Similar trend was found in the information of farm parents (0.66%) regarding their children were having auditory and chronic diseases, while very less percentages (2.66%) of farm parents reported that their children were having vision problem.

Non-significant differences were found in mothers and fathers regarding their children's various health issues. On the basis of results, it can be suggested that farm parents must pay attention toward their children's health care.

### Farm parents' information about their children's various health issues

Farm parents' information about their children's various health issues	Percentages of farm parents (300)		Z values
	Mothers (150)	Fathers (150)	
Physically weak	2.66(4)	1.33 (2)	0.71 <sup>NS</sup>
Stomach ache	1.33 (2)	0.66 (1)	0.38 <sup>NS</sup>
Auditory problem	0.66 (1)	0.66 (1)	---
Vision impairment	2.66(4)	2.66(4)	---
Headache	1.33 (2)	0.66 (1)	0.38 <sup>NS</sup>
Chronic disease (asthma, obesity, liver problem)	0.66 (1)	0.66 (1)	---

Figures in parentheses indicate frequencies

NS – Non-Significant

### Involvement of farm parents in various health issues of their children

This reveals about involvement of farm parents in health issues of their children. Majority of the farm parents (89.33% mothers and 74.00% fathers) reported that because of mental stress their children was unable to study properly while very less percentages of mothers (9.33%) and fathers (6.66%) reported that their children's school was far from their home that's





why their children was getting tired and because of tiredness their children were not able to concentrate on their studies reported by farm parents (28.66% mothers and 7.33% fathers). It was observed that near about 42.66 per cent of mothers and 30.66 per cent of fathers were reported that their children's study was badly affected due to frequent absentia in school as their children were having illness issues.

Only 0.66 per cent of mothers and fathers stated that their children were having chronic diseases and their children were provided proper treatment. Similarly, 2.66 per cent of mothers and 2.00 per cent of fathers said that their children were provided proper treatment as their children were suffering from vision problem.

Statistical analysis revealed that highly significant differences were found in the involvement of mothers and fathers regarding their children's mental stress and tiredness except involvement of mothers and fathers regarding their children's absentia in school.

#### **Involvement of farm parents in various health issues of their children**

Involvement of farm parents in various health issues of their children	Percentages of farm parents (300)		Z values
	Mothers (150)	Fathers (150)	
Mental stress affects study	89.33(134)	74.00(111)	3.40**
Distance to school make children tired	9.33(14)	6.66(10)	0.98 <sup>NS</sup>
Tiredness affects children's study	28.66(43)	7.33(11)	4.98**
Absentia in school because of illness affects study	42.66(64)	30.66(46)	2.18*
Get medical care in vision problem of children	2.66(4)	2.00(3)	---
Get medical care in chronic diseases	0.66 (1)	0.66 (1)	---

Figures in parentheses indicate frequencies

\*p < 0.05 level

\*\*P < 0.01 level

NS – Non-Significant

#### **Conclusion**

The study revealed that most farm parents perceived their children's health as good or very good, with only a small percentage reporting poor health status. Very few parents reported specific health issues such as stomach ache, headache, weakness, vision problems, or chronic diseases. Mothers were more involved than fathers in addressing school absenteeism and children's mental stress or tiredness due to illness. Home remedies and allopathy were the



most common treatments, while homeopathy and ayurvedic remedies were rarely used. Overall, there is a need to enhance parents' knowledge about proper healthcare and timely medical intervention for their children.

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