

# A Study on Perceptions of Secondary School Students on Cm Breakfast Scheme in Medchal Malkajgiri District

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**Abstract:** The CM Breakfast Scheme is a government effort that aims to provide nutritious breakfast meals to secondary school students in the Medchal Malkajgiri District. The goal of this study was to look at middle school stakeholders' perceptions on the school food environment since the implementation of school nutrition reform. The purpose of this study is to look at secondary school students' impressions of the CM breakfast scheme in the Medchal Malkajgiri area. It will look into the students' awareness, attitudes, and general satisfaction with the program. Many people are still interested in school nutrition reform because it has the potential to provide significant benefits to pupils who eat at school. The project will also benefit over 100 girls who live in Rainbow homes on school grounds and hostels in the surrounding area. This initiative is aimed to provide kids with nutritional meals while assuring a high standard of education.

**Keywords:** Breakfast, School, Education, Students

## INTRODUCTION

School-based nutrition education programmes have the potential to reinforce healthy dietary behaviors in adolescents. The purpose of this paper is to understand the views of secondary school students in Medchal Malkajgiri District, Telangana, India, regarding the food and nutrition curriculum, food skill acquisition at school and home and barriers to learning food skills. The Chief Minister's Breakfast Scheme is a nutritious meal program for primary and secondary school children in government schools in Medchal Malkajgiri District, Telangana, India. The scheme was launched in 2023 and provides free breakfast to over 23,00,000 students in 27,147 schools. The food served is nutritious and includes a variety of items such as upma, khichidi, Pongal, and Kesari. The scheme is expected to expand to cover more schools in the future. The Chief Minister's Breakfast Scheme is a government-funded program that provides free breakfast to primary school children in government schools in Tamil Nadu. The scheme is aimed at

improving the nutritional status of children and reducing the dropout rate. The Chief Minister's Breakfast Scheme in Telangana is a significant step towards ensuring that all children have access to the nutrition they need to succeed in school and beyond.

## OBJECTIVES OF THE STUDY

The present investigation is carried out to accomplish the following objectives

1. To examine the perception of secondary school students on CM Breakfast scheme in Medchal Malkajgiri district.
2. To find out the perception of secondary school students on CM Breakfast scheme with regards to gender i.e. Male and Female in Medchal Malkajgiri district.
3. To find out the opinion on CM Breakfast scheme in education with regard to the locality i.e. rural and urban in Medchal Malkajgiri district.
4. To examine the perception of secondary school students on CM Breakfast scheme with regard to their parent's socio economical status i.e. up to 2 lakhs, 2-5 lakhs and above 5 lakhs in Medchal Malkajgiri district.

## RESEARCH METHODOLOGY

RESEARCH DESIGN:

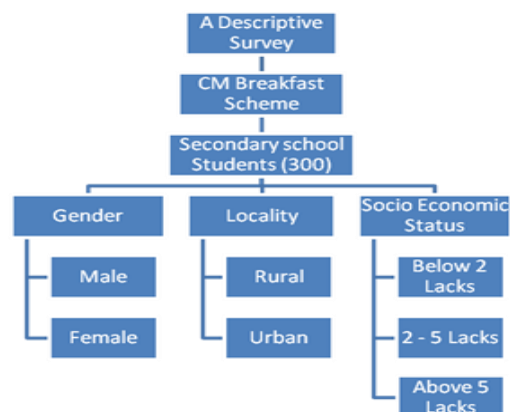


Fig.1: Research Design

**HYOPTHESES OF THE STUDY**

1. Secondary school students might have a favorable gesture on CM breakfast scheme in Medchal Malkajgiri district.
2. There is no significant difference in perceptions of secondary school students on CM breakfast scheme with regard to Gender i.e. female and male in Medchal Malkajgiri District.
3. There is no significant difference in perceptions

of CM breakfast scheme with regards to locality i.e. rural and urban in Medchal Malkajgiri district.

4. There is no significant difference in perceptions of secondary school students on CM breakfast scheme with regard to parent’s socio economical status i.e. up to 2 lakhs, 2-5 lakhs and above 5 lakhs of the students in Medchal Malkajgiri District.

**ANALYSIS OF THE DATA AND INTERPRETATION**

Gender	N	Mean	SD	t-Value	p-Value
Female	148	22.81	13.17	3.66	0.000296
Male	152	21.2	15.67		

Table 1: Mean scores, Standard Deviation, t- value and p - value on Analysis of Male and Female secondary school students on CM Breakfast scheme in Medchal Malkajgiri district

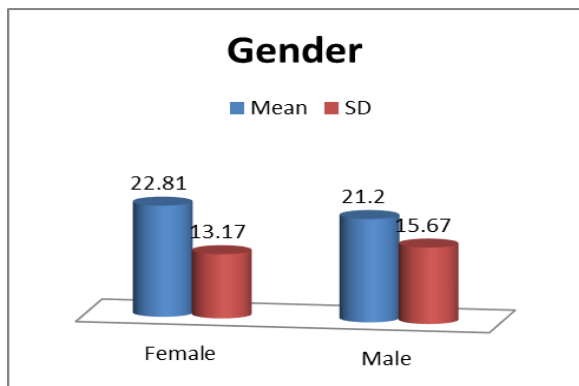


Fig.2: Mean scores, Standard Deviation, t – value and p – value on ANALYSIS of Male and Female

secondary school students on CM Breakfast scheme in Medchal Malkajgiri district

Interpretation: The above table 4.2 infers that mean value of male and female are 22.81 and 21.2 respectively. On average, females score higher on the variable of interest compared to males. The standard deviation of female and males are 13.17 and 15.67 respectively. A t – value of 3.66 suggests a substantial difference between the means of the two groups. A p – value of 0.000296 is much lower than the conventional significance level of 0.05. This suggests that the difference between the means of females and males is statistically significant.

Hence the formulated null hypothesis is rejected.

Locality	N	Mean	SD	t-Value	p-Value
Urban	181	21.68	14.87	1.75	0.04
Rural	119	22.48	15.03		

Table 3: Mean scores, Standard Deviation, t- value and p - value of opinion on CM Breakfast scheme in education with regard to the locality i.e. rural and urban in Medchal Malkajgiri district

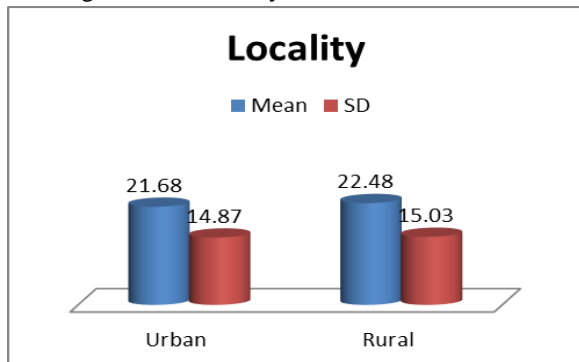


Fig.4: Mean scores, Standard Deviation, t- value and p - value of opinion on CM Breakfast scheme in education with regard to the locality i.e. rural and urban in Medchal Malkajgiri district

Interpretation: The above table 4.3 infers that the average score for the urban group is 21.68, while the rural group's average is slightly higher at 22.48. The t- value for this comparison is 1.75, and the p- value is 0.04. This p- value indicates that there is a statistically significant difference between the two groups at the

0.05 level, suggesting that the average scores of the urban and rural populations are meaningfully different from each other.

Hence the formulated null hypothesis is rejected.

Result Details					
Source	Sum of Squares	df	Mean Squares	F	P
Between-treatments	584.1483	2	292.0741	22.16953	<0.00001
Within-treatments	3912.8484	297	13.1746		
Total	4496.9967	299			

Table 4: Result details of ANOVA test on Analysis of secondary school students on CM Breakfast scheme with regard to their parent’s socio economical status i.e. up to 2 lakhs, 2-5 lakhs and above 5 lakhs in Medchal Malkajgiri district.

Interpretation: The above table 4.4 infers the test result of an ANOVA test. The ANOVA results indicate a highly significant difference between the treatments. The sum of squares between treatments is 584.1483 with 2 degrees of freedom, yielding a mean square of 292.0741. The F-value is 22.17 with a p-value less than 0.00001. This extremely low p-value shows that there is a statistically significant difference in the means among the different treatments.

Hence the formulated null hypothesis is rejected.

#### FINDINGS OF THE STUDY

- 1 The majority of secondary school students in Medchal Malkajgiri District support the CM Breakfast Scheme (73.37%), while a smaller portion opposes it (14.33%), and a notable percentage is unsure (12.30%).
- 2 There is a statistically significant difference in the mean scores between female (22.81) and male (21.2) respondents, with females showing a higher average score, as indicated by the t-value of 3.66 and a p-value of 0.000296.
- 3 The mean score of secondary school students’ perceptions of the CM Breakfast Scheme is significantly higher in rural areas (22.48) compared to urban areas (21.68), with a t-value of -1.75 and a p-value of 0.04 indicating statistical significance.
- 4 Secondary school students’ perceptions of the CM Breakfast Scheme vary significantly based on their parents' socio-economic status, with those from higher socio-economic groups (income above 5 lakhs) showing the highest mean score (26.59) compared to those from lower (up to 2 lakhs) and middle (2-5 lakhs) income groups, with statistically significant differences indicated by an F-value of 22.17.

#### RECOMMENDATION FOR FUTURE RESEARCH

1. Conduct longitudinal studies to assess the long-term effects of the CM Breakfast Scheme on students' academic performance, health outcomes, and overall well-being.
2. Integrate qualitative methods, such as interviews and focus groups, to gain a deeper understanding of students' and parents' experiences with the CM Breakfast Scheme.
3. Compare the CM Breakfast Scheme's outcomes with similar schemes implemented in other regions or districts.
4. Explore the scheme's impact on specific demographic groups, including gender, socio-economic status, and locality.
5. Conduct a cost-benefit analysis to evaluate the economic efficiency of the CM Breakfast Scheme.
6. Investigate the nutritional content and quality of the breakfast provided under the scheme.

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