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Effect of nutritional status and test anxiety on academic performance of primary school children in Enderta District, Tigray, North Ethiopia, 2016

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Education is one of the best ways to be out of poverty, because with education people can be self sufficient and have the potential to lead and help others. In Ethiopia so much progress has been made toward achieving universal primary completion, but completing primary school does not ensure that students have attained basic literacy and numeracy skills due to many factors that affect students' school performance: The aim of this study was to assess nutritional status and test anxiety level of primary school children and to see their relation with academic performance of students in the study area. A Cross sectional quantitative study design was applied. The study subjects were students from grade 4-8 who were selected from each section by using SRS after stratification and proportional allocation. Data was collected by trained data collectors. Multi variate analysis using linear regression was used to see effect of different factors on academic performance of school age children. Pearson's correlation test was used to see the association between test anxiety and academic performance of participants. Among the total sample of 848 respondents, 458 (54%) score below mean score and the remaining score above the mean value. From the 848, participants, 117(13.8%) were leveled as underweight, and the prevalence of stunting in the area was 54.3% based on WHO's reference data. BMI, anxiety score and HAZ have shown positive association with academic performance, where as education of the mothers, showed negative association with academic performance of study participants.

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