

# A Study to Compare Physical Quality of Life of College going Female Students having Good Nutrition Knowledge and Poor Nutrition Knowledge

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**Abstract:** *Physical quality of life is when a person can carry out his daily living activities without any medical support and he has enough energy without fatigue and physical stress. Nutrition knowledge, on the other hand, refers to an individual's understanding of dietary principles, food choices, nutritional requirements, and their impact on health outcomes.*

*Objective of this study was to compare mean scores of Physical quality of life of college going female students having good nutrition knowledge and poor nutrition knowledge. 401 college going Students of Govt. M. L. B. girls PG College, kila bhavan, Indore were taken for the study using convenient sampling. Survey method was used for data collection. For assessing physical quality of life WHOQOL- bref was used and for assessing nutrition knowledge a test paper was developed by the researcher herself. Mean scores of physical quality of life of college going female students having good nutrition knowledge is 26.10 which is significantly higher than that of physical quality of life (24.52) of college going female students having poor nutrition knowledge. It may, therefore, be said that, college going female students having good nutrition knowledge have higher physical quality of life as compare to college going female students having poor nutrition knowledge*

**Keywords:** Physical Quality of life, Nutrition Knowledge.