

# A study to assess the level of knowledge regarding health hazards related to junk food consumption among higher secondary school students, SGRR public school, Patel Nagar, Dehradun

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**Abstract:** High revenues, rapid urbanization, free home delivery, mouth-watering commercials and foreign cuisines have led to growing trend in the consumption of junk food. Junk food can have a detrimental effect on levels of energy and mental well-being. A study to assess the level of knowledge regarding health hazards related to junk food consumption among Higher Secondary students, SGRR Public School, Patel Nagar, Dehradun.

**Objective:** To assess the level of knowledge regarding health hazards related to junk food consumption. In this study we use "General System Theory" it was proposed by biologist Ludwig Von Bertalanffy. This study is conducted among 100 Higher Secondary School Students, SGRR Public School, Patel Nagar, Dehradun regarding health hazards related to junk food consumption. In this study non probability convenient sampling technique was used The data was collected with the help of structured questionnaire. The use of descriptive statistics was planned for this study. The findings shows that 5 students have excellent knowledge, and 78 have average knowledge, and have 17 have poor knowledge

**Key Words:** Junk Food, Influencing Factors, Knowledge, Students, Hazards.

## 1. INTRODUCTION:

'EAT HEALTHY AND LIVE HEALTHY' This is our proverb which we followed yet last decades Junk food" is a pejorative term for food containing high levels of calories from sugar or fat with little proteins, vitamins and minerals. Many foods such as hamburgers, pizza & tacos can be considered either healthy or junk food depending on their ingredients & preparation method. The term Junk Food dates back at least to the early 1950 although its coinage has been credited to Michael F Jacobson. Junk foods are quite popular among children owing to its taste, appearance and hype created by mass media. However, the increased incidence of life style disorders among adolescents is seen now a day at an early age which could be attributed to junk food consumption. There has been an increase in the consumption of junk food among school aged children (SAC). India ranks 10<sup>th</sup> in junk food per capita spending figures with 2.1% of expenditure in annual total spending. It has several impacts on individual's health. The short-term impacts are: Reduce energy, reduce contribution, many long term impact includes heart disease, high cholesterol and obesity possibly leading to obesity & diet related consequences related to consumption of junk food. Efforts should be taken to reduce the consumption of junk food by promotion of healthy dietary habits & education children about ill effects of junk food. Study say junk food is "addictive as heroin or cigarettes" since adolescents and young generation are more attracted towards junk food consumption so that's why this study was undertaken in the present setting.

## 2. LITERATURE REVIEW:

Devi Nanjappan, Justin Jeya Amutha (2021), conducted a descriptive study with the objectives of assessing the awareness, safety perceptions and practices about food preservatives (fps), flavouring agents used in most junk foods. also, it was found that 23% of the student meals come from fast foods and about 50% of the students reported that they ate at least 3 fast food meals in a week. the problem, therefore is that eating junk food in excess could lead to serious health issues in future. Aim: However, it is found that college students consume junk food but do not fully understand the implications on health. this study is aimed at addressing the lack of knowledge that the undergraduate students have concerning junk food and its ill effects. Objective: The objective of this study was to assess the knowledge on ill effects of junk food among undergraduate students. Method: Descriptive survey approach was used to collect data from 60 subjects, selected by purposive sampling technique. Result: The data was collected by administering a modified self-administered questionnaire from a sample of 60 undergraduate students. the study reveals that the majority of subjects

31 (51.7%) belong to the age group of >18 years, in which majority 70% were female, 48% were Hindu and majority 67% of subjects were at secondary level of education. over 50% of the respondents mothers were housewives. the total number of questions were 25, out of which mean score percentage was 56.4% which indicates the students have moderate knowledge regarding junk food and its ill effects.

Sabkota SD Neupane (2017), descriptive design was conducted to assess the junk food consumption and patterns of consumed junk food among secondary level student the findings revealed that more girls (53.5%) consumed junk food than boys (79.65%) and those respondents were aware of the meaning of junk food majority of respondent (90.1%) preferred junk food for test is faster to prepare 20 sample (44.4%) preferred as influenced by television advertisement (15.5%) because of peer influence (31.7%) and some (29,6%) respondent preferred as junk food because nothing else available.

Ujawala R.More(2013) conducted a study to assess the existing knowledge of adolescents regarding the health hazards of junk food in a selected college and to find out association between selected demographical variables and health hazards of junk food descriptive approach with 115 engineering students, by using non probability convinces sampling technique with structured questionnaire, result- majority of the samples (35.65%) belong to age group 18yr in terms of gender 69(66%) subjects were females majority 99(86.05%) of the subjects are belong to Hindu religion, educational status of fathers of the subjects 48(41.73) are graduate, educational status of mothers of the subject 69(60%)are from secondary education, majority fathers of subjects are farmer i.e; 44 ( 38.26%) in case of mother majority are housewife that is 101(87.82%) majority families of subjects have monthly income from 5001-10,000rs that 151-160that is 46 (39.13%) majority weight of the subject is 30-45 that is 50(43.47%) majority type of family in unclear 60(32.70%) majority of study subject 69.56% sample had average knowledge while 24.35% samples good knowledge and 6.8% sample having poor knowledge regarding the health hazard of junk food .

### 3. MATERIALS:

This study is conducted among 100 Higher Secondary School Students, SGRR Public School, Patel Nagar, Dehradun regarding health hazards related to junk food consumption. In this study non probability convenient sampling technique was used. In this study the data collections instruments are –

- (a) **Section-A:** Demographic variables which contain 8 items that is gender, type of family, frequency, time, amount, quality, nutrient fact label, favourite junk food place.
- (b) **Section B:** Questionnaires regarding the health hazard related to junk food consumption among SGRR students at SGRR Public School, Patel Nagar, Dehradun.

The data was collected with the help of structured questionnaire

### 4. METHOD:

A quantitative research descriptive research design is used for this study “To assess the level of knowledge regarding health hazards related to junk food consumption among SGRR students, Patel Nagar, Dehradun. In this study we use “General System Theory” it was proposed by biologist Ludwig Von Bertalanffy.

### 5. DISCUSSION:

**Global scenario:** It is noteworthy that BMI may underestimate the prevalence of overweight and obesity in young people. Waist circumference has increased more rapidly than BMI over the past two decades. The obesity prevalence based on BMI and WHR was 21.3% (95% CI: 19.4, 23.2%) and 33.2% (95% CI: 0.7, 35.7), respectively. Fast food consumption was related to abdominal obesity as WHR (OR: 1.46, 95% CI: 1.11, 2.26), but was not related to general obesity as BMI (OR: 0.97, 95% CI: 0.63, 1.52) The food environment is more strongly associated with diabetes prevalence for wealthier counties with a lower proportion of minority residents. In a prospective cohort study of 59,000 African American women to examine the relation of consumption of restaurant foods, including the types of foods most often eaten at fast-food restaurants, to incidence of type 2 diabetes 10 y of follow-up, it was identified 2873 incident cases of type 2 diabetes. A higher frequency of eating restaurant burgers was associated with an increased risk of type 2 diabetes

**Indian scenario:** Certain sporadic surveys conducted in different parts of India over the past decade suggest that 2.9-14.3 per cent children in the country could be obese and 1.5-24 per cent overweight. The problem has particularly assumed a public health concern in urban areas. A 2011 study by Jehangir Hospital in Pune and UCL Institute of Child Health, London, shows that 30 per cent of children living in urban areas are obese or overweight. In a 2017 study published in the Indian Journal of Public Health experts in Gujarat say 33 per cent of children studying in affluent schools of Rajkot are obese or overweight. The recent online survey by the Centre for Science and Environment shows

that schoolchildren are increasingly consuming packaged food products, high in fat, salt or sugar ,53% girls consume protein-rich food less frequently; 42% eat vegetables less often 46% boys consume protein-rich food less frequently; 47% eat vegetables less.

**Distribution of frequency and percentage of knowledge regarding ill effects of Junk food**

In terms of the level of knowledge, the study shows 17(17%) students had poor knowledge and 78(78%) students had average knowledge and 5(5%) had excellent knowledge regarding health hazards of junk food consumption among students studying in higher secondary school. This shows that more students are aware about health hazards of junk food to some extent only.

**6. ANALYSIS:** The use of descriptive statistics was planned for this study.

**7. FINDINGS :**

- According to the gender of the students 80 (80%) were males, 20 (20%) were female.
- Regarding the type of family, students have 45 (45%) joint family, 55 (55%) nuclear family.
- Regarding frequency of eating junk food, 21(21%) students consume not very often, 39 (39%) students consume once a week, 31 (31%) students consume once a month, 09 (09%) students consume every day.
- Time of day students eat junk food,04(04%) in breakfast, 05(05%) in lunch,16(16%) in dinner and 75(75%) fast food as snacks.
- According to amount spend, students expect to pay 69 (69%) students pay \$200/month, 15(15%) students pay \$400/month, 05 (05%) students pay \$500/month and 11 (11%) students pay Above \$500/month.
- Regarding the junk food quality,56(56%) students said yes, 15(15%) students said no and 29(29%) students check sometimes.
- Regarding the nutrient fact label on junk food pack, 47(47%) students check, 21(21%) students said no, 32(32%) students sometimes.
- According to demographic data, student’s favorite junk food place 11(11%) is Pizza Hut, 16(16%) is KFC, 26(26%) is Domino’s,10(10%) is MC Donald and 37(37%) is others like.

**8. RESULT:**

In terms of the level of knowledge, the study shows 17(17%) students had poor knowledge and 78(78%) students had average knowledge and 5(5%) had excellent knowledge regarding health hazards of junk food consumption among students studying in higher secondary school. This shows that more students are aware about health hazards of junk food to some extent only.

**9. RECOMMENDATIONS:**

- The effectiveness can be assessed by various methods of teaching like interactive video and audio programmed instruction about health hazards of junk foods in implementing the knowledge and attitude among school children.
- Study can be done as an experimental design on a large sample

**Charts:**

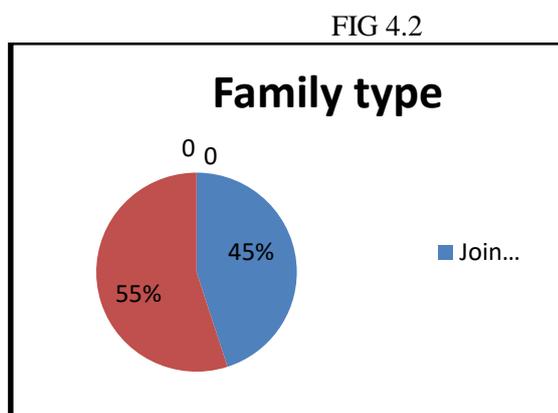
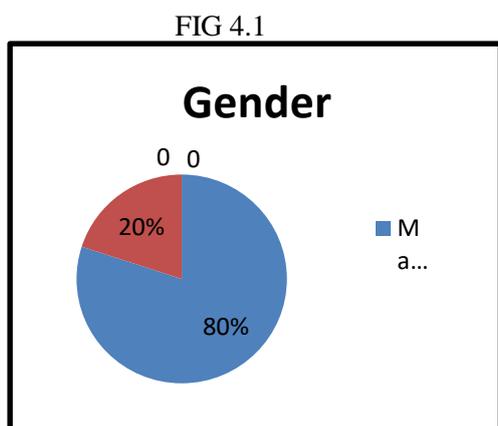


FIG 4.3

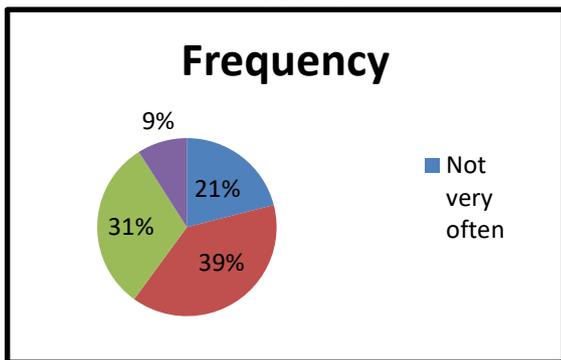


FIG 4.4

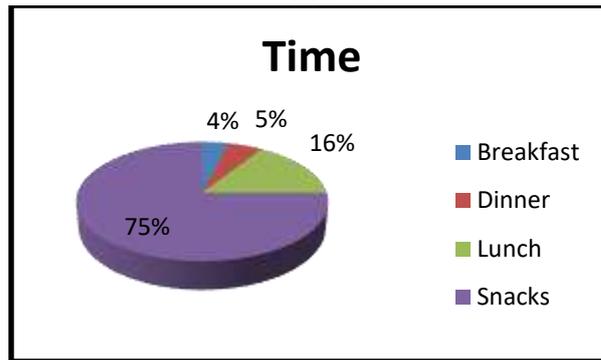


FIG 4.5

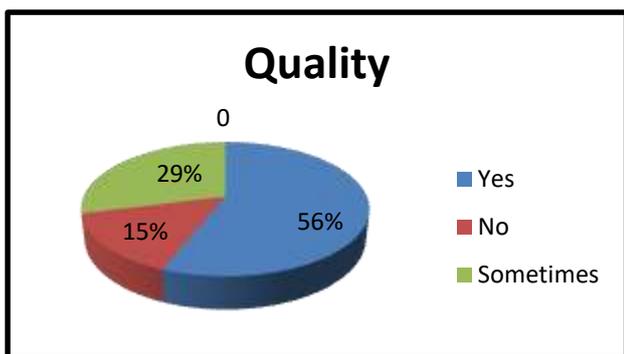


FIG 4.6

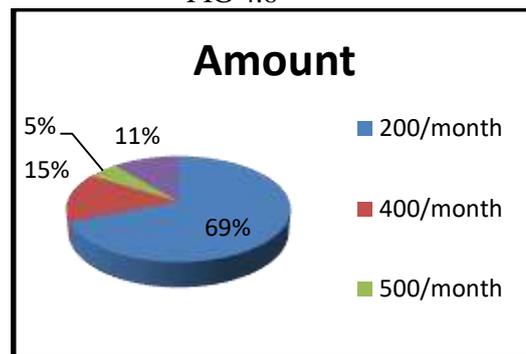
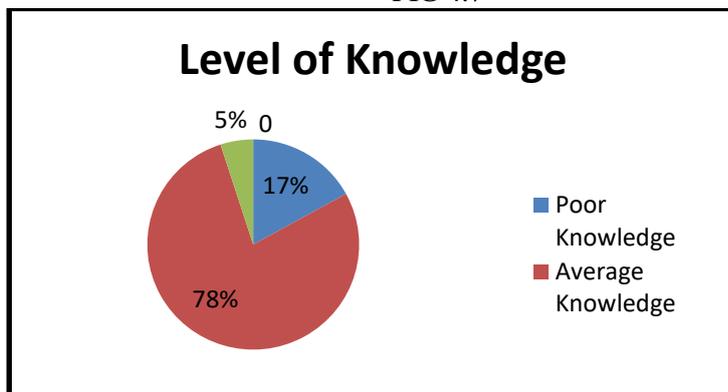


FIG 4.7



**10. CONCLUSION:**

The study to assess the level of knowledge regarding the health hazards related to junk food consumption among SGRR students, Patel Nagar, Dehradun. The study concluded that more than half of the students have knowledge about the health hazards of junk food consumption to some extent only. Future children need to remember the fact that those kinds of intake behaviour can produce nutritional deficiencies on the aspect of weight benefit that in the end results in metabolic syndrome. This look at concludes that the kid's area unit partially awake to the deadly results of excessive consumption of the junk ingredients and smooth bubbling drinks; they may be eager about the fashion and habituated. intake This observe highlights the need for programme to boost the eye of the health dangers created by means of imtemperate of junk meals. In conclusion the discussion of the study findings obtained by the nurse researcher shows that the adolescent having inadequate knowledge regarding ill effects of junk food and frequent consumption of junk food, so it is important to improve the knowledge regarding ill effects of junk food among adolescents to prevent ill effects like Obesity, Cardio vascular disorders etc.

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**Books:**

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