

Assess the Knowledge on Hazards of Junk Foods among Adolescents

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ABSTRACT

INTRODUCTION

Food is important for survival. It provides necessary nutrition for the body of the human being. Fast food, which is available readymade and easy to eat is now a day's an important item of food. It often termed as food away from home (FAFH) (Jahan, et al., 2020). Junk food was first popularized in 1950s in the United States. The first Junk food restaurants were established in the United States with White Castle in 1916. Now a days McDonald's, KFC and Pizza Hut are multinational corporations with outlets across the globe. At present fast food restaurants are one of the largest segments of the food industry with over 200,000 restaurants and \$120 billion in sales in the U.S. alone. International chains including McDonald's and Yum! Brands have 65 percent and 50 percent of their sales overseas respectively which indicates that fast food has a great demand all over the world

STATEMENT OF THE PROBLEM

A study to assess the knowledge on hazards of junk food among adolescents.

OBJECTIVES

- To assess the level of knowledge regarding hazards of junk food among adolescents.
- To associate the level of knowledge regarding hazards of junk food among adolescents with their selected demographic variables.

RESEARCH METHODOLOGY

A descriptive design with simple random research design was used to assess the assess the knowledge on hazards of junk food among adolescents at rural areas After obtaining permission from the Department of Community Health Nursing, the investigator selected 30 samples by using purposive sampling technique. The samples who met the inclusion criteria were selected by convenience sampling technique. The purposes of the study to the samples and obtained the written informed consent. The nature and purpose of the study was explained to the women. Questionnaire was used to collect the demographic variables of adolescents.

MAJOR FINDING OF THE STUDY

The study shows that 15(50%) had moderate level of knowledge, 8(26.67%) had inadequate knowledge and 7(23.33%) had adequate knowledge regarding health hazards of the fast food consumption among adolescents. The mean score of knowledge score was 8.50 ± 2.86 . The median score was 9.0 with minimum score of 4.0 and maximum score 13.0

The demographic variable pocket money per month ($\chi^2=10.243$, $p=0.037$) had shown statistically significant association with level of knowledge regarding health hazards of the fast food consumption among adolescents at $p<0.05$ level and the other demographic variables had not shown statistically significant association with level of knowledge regarding health hazards of the fast food consumption among adolescents.

CONCLUSION

The findings of the study conclude that the adolescents had moderate to inadequate level of knowledge on health hazards of the junk food consumption. The study suggest that health education on consumption of fast food should be imparted to the adolescents at the community and school level.

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KEYWORDS: Assess, Knowledge, Hazards, Junk Food, Adolescents

INTRODUCTION

Food is important for survival. It provides necessary nutrition for the body of the human being. Fast food, which is available readymade and easy to eat is now a day's an important item of food. It often termed as food away from home (FAFH)(**Jahan, et al., 2020**).

The term 'Fast food' was introduced by Merriam-Webster in 1951. According to Merriam-Webster, fast food is the term given to food that can be prepared and served very quickly. Typically, it means any food that sold in a restaurant with low preparation time and can be given to the customer for take away. So, it mainly designed for its quick availability. These are specialized products such as hamburgers, pizzas, fried chicken or sandwiches (**Jahan, et al., 2020**).

Good nutritious diet or balance diet is basic need of every child for their growth and development because of its delicious taste. Most of the children of this age during their meal time eat junk food and get addicted to the taste of the junk food. Though, junk foods are tasty but it has low nutritive value and high calories. Many people try to avoid or limit junk food in their diet. Junk foods are not healthy and have various ill-effects. Because of low nutritive value and high calories, children become obese.

Obesity and overweight has increased many fold in Asia, and it is becoming more alarming in recent years. Countries of the World Health Organization (WHO) South East Asia Region are facing an epidemic of diseases associated with obesity such as diabetes and cardiovascular disease (CVD). Various studies had shown a rising prevalence of obesity among children due to their risky behaviors and dietary patterns (**Ramachandran A, Snehalatha C., 2010**).

MATERIALS AND METHODS

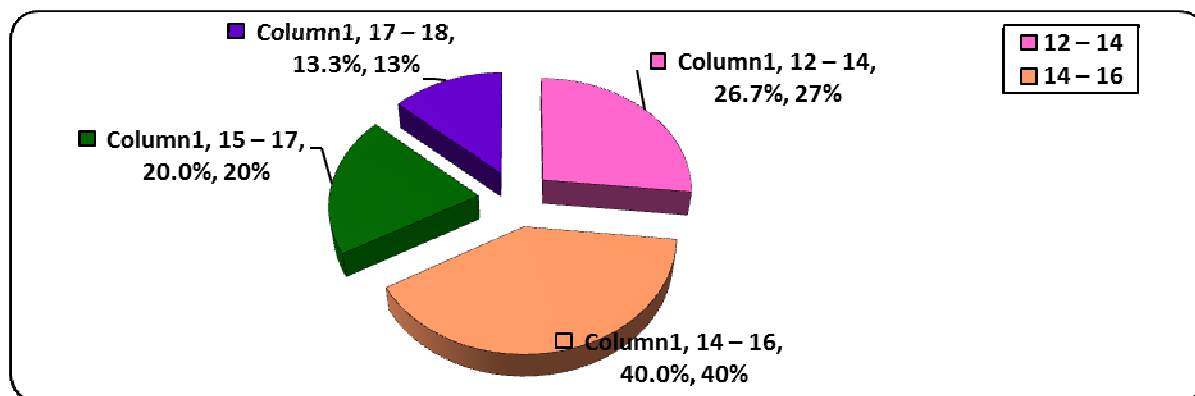
A descriptive design with simple random research design was used to assess the assess the knowledge on hazards of junk food among adolescents at rural areas After obtaining permission from the Department of Community Health Nursing, the investigator selected 30 samples by using purposive sampling technique. The samples who met the inclusion criteria were selected by convenience sampling technique. The purposes of the study to the samples and obtained the written informed consent. The nature and purpose of the study was explained to the women. Questionnaire was used to collect the demographic variables of adolescents.. Confidentiality was maintained throughout the study. The project was approved by the institutional ethics committee.

RESULTS AND DISCUSSION

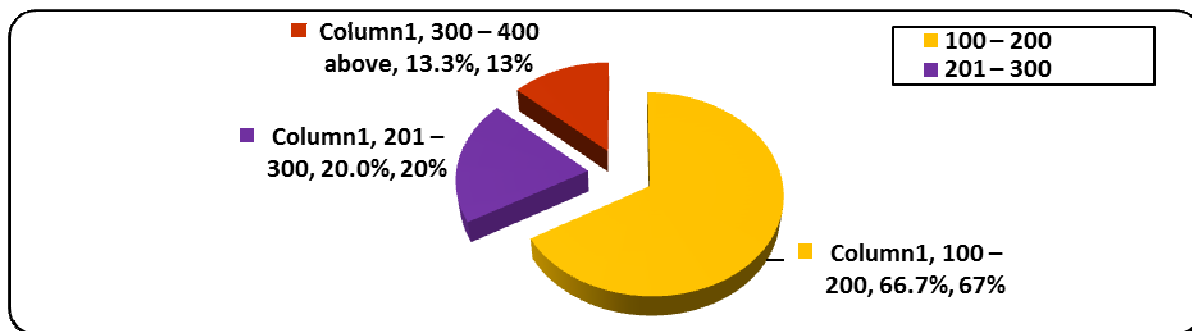
SECTION A: DESCRIPTION OF THE DEMOGRAPHIC VARIABLES OF ADOLESCENT

Description of Sample Characteristics

The study shows that most of the adolescents, 12(40%) were aged between 14 – 16 years, 17(56.7%) were male, 21 (70%) belonged to nuclear family, 18(60%) were company worker, 24(80%) were living with parents, 20(66.7%) had Rupees 100–200 as pocket money per month and 30(100%) were residing in rural area.



Percentage distribution of age of the adolescents



Percentage distribution of pocket money per month among the adolescents

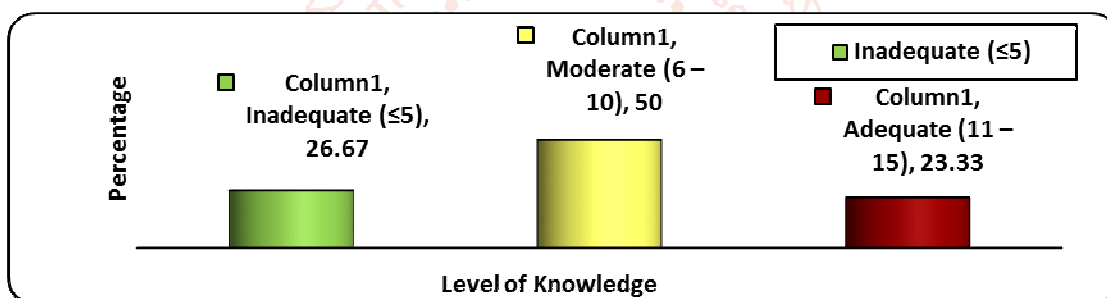
SECTION B: ASSESSMENT OF LEVEL OF KNOWLEDGE REGARDING HEALTH HAZARDS OF THE FAST FOOD CONSUMPTION AMONG ADOLESCENTS.

Table 1: Frequency and percentage distribution of level of knowledge regarding health hazards of the fast food consumption among adolescents

N= 30

Level of Knowledge	Frequency (F)	Percentage (%)
Inadequate (≤5)	8	26.67
Moderate(6 – 10)	15	50.00
Adequate(11 -15)	7	23.33

The above table shows that 15(50%) had moderate level of knowledge, 8(26.67%) had inadequate knowledge and 7(23.33%) had adequate knowledge regarding health hazards of the fast food consumption among adolescents.



Percentage distribution of level of knowledge regarding health hazards of the fast food consumption among adolescents

Table 3: Assessment of knowledge scores regarding health hazards of the fast food consumption among adolescents

N = 30

Knowledge	Score
Minimum score	4.00
Maximum score	13.00
Median	9.00
Mean	8.50
S.D	2.86

The above table 3 shows that the mean score of knowledge score was 8.50±2.86. The median score was 9.0 with minimum score of 4.0 and maximum score 13.0.

The present study supported by **Sanjna Kumari(2021)** assess the knowledge & attitude regarding health hazards of fast foods among adolescents. Methodology: A descriptive cross sectional study was conducted at Navrang Public School, Kulesara, and Greater Noida on 100 adolescents. Convenient sampling technique which is a non-probabilty sampling technique was used to select the sample. The total samples under the study were 100 adolescents. The data collection was made through semi structured knowledge questionnaire to assess the knowledge and 5 points Likerts attitude scale designed to assess the attitude. Results: The findings of the study revealed that 75 percent (75) of adolescent were having inadequate (<50%Score) knowledge regarding health hazards on fast food, 24 percent (24) of adolescent were having moderate (51-75% Score) and 1 percent (1) of adolescent were having adequate (> 75 % Score) knowledge regarding health hazards on fast food.59 percent

(59) of adolescent were having moderately favourable attitude (50-70%) , 39 percent (39) of adolescent were having favourable attitude (>75%) and 2 percent (2) of adolescent were having unfavourable attitude (<50 %) regarding health hazards on fast food. Key Words: Knowledge, Health Hazards, Fast foods.

SECTION C: ASSOCIATION OF LEVEL OF KNOWLEDGE WITH SELECTED DEMOGRAPHIC VARIABLES.

Table 4: Association of level of knowledge regarding health hazards of the fast food consumption among adolescents with selected demographic variables

Demographic Variables	Frequency	Chi-Square & p-value
Age		
12 – 14	8	$\chi^2=2.129$ d.f=6 p=0.907 N.S
14 – 16	12	
15 – 17	6	
17 – 18	4	
Gender		
Male	17	$\chi^2=3.413$ d.f=2 p=0.181 N.S
Female	13	
Others	-	
Family type		
Nuclear family	21	$\chi^2=1.888$ d.f=2 p=0.389 N.S
Joint family	9	
Matrifocal family	-	
Parent's occupation		
Company worker	18	$\chi^2=5.709$ d.f=4 p=0.222 N.S
Farmer	5	
Wage worker	7	
Living status		
Parents	24	$\chi^2=3.890$ d.f=4 p=0.421 N.S
Relatives	5	
Hostel	1	
Pocket money per month		
100 – 200	20	$\chi^2=10.243$ d.f=4 p=0.037 S*
201 – 300	6	
300 – 400 above	4	
Residential area		
Urban	-	d.f=4 p=0.037 S*
Rural	30	

*p<0.05, S – Significant, N.S – Not Significant

The table 4 shows that the demographic variable pocket money per month ($\chi^2=10.243$, $p=0.037$) had shown statistically significant association with level of knowledge regarding health hazards of the fast food consumption among adolescents at p<0.05 level and the other demographic variables had not shown statistically significant association with level of knowledge regarding health hazards of the fast food consumption among adolescents.

The present study was supported by **Ujwala R. More(2013)** conducted study was aimed to assess the existing knowledge of adolescents regarding the health hazards of junk foods in a selected college and to find out association between selected demographical variables and health hazards of junk foods. Materials & methods: descriptive approach with 115 engineering students, by using non probability convenience sampling technique with structured questionnaire. Results: Majority of study subjects 69.56% samples had Average knowledge while 24.35% samples having Good knowledge, & 6.08 % samples having Poor knowledge regarding the health hazards of junk foods. There is a significant association between expense of junk food and knowledge regarding health hazards of junk food. Conclusion: From this study it could be concluded that the adolescents have average knowledge regarding junk food and its hazards. Most of the students had not undergone any teaching program regarding the hazards of junk food.

CONCLUSION

The findings of the study conclude that the adolescents had moderate to inadequate level of knowledge on health hazards of the fast food consumption. The study suggests that health education on consumption of fast food should be imparted to the adolescents at the community and school level.

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AUTHORS CONTRIBUTION

All the authors actively participate in the work of study. All the authors read and approved the final manuscript.

CONFLICT OF INTEREST

The authors declare no conflict of interest

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