Original Research Paper

Nursing

LEVEL OF KNOWLEDGE REGARDING JUNK FOOD AMONG ADOLESCENTS IN SELECTED SCHOOL

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ABSTRACT Junk food is un healthful food that is high in calories from sugar or fat with little dietary fibers, protein, vitamins, minerals, or other important forms of nutritional value precise definition vary by purpose and over time. Some high-protein foods, like meat prepared with saturated fat may be considered junk food. Fast-food restaurants are often equated with junk food, although fast foods cannot be categorically described as junk food most junk food is highly processed food. Concerns about the negative health an effect resulting from a junk food-heavy diet, especially obesity, junk food does not contain the nutrients that the body needs to stay healthy. This study that aimed to assess the knowledge of junk among adolescent. Major objectives of the study were to assess the level of Knowledge regarding junk foods among adolescent students and to associate the level of knowledge on junk food among the adolescent with selected demographic variables. The sample size of the study was 46 students. Non probability convenient sampling technique was used. Self-administered questionnaire was used to assess the Knowledge regarding junk food among the adolescents age group. It consists of 30 multiple choices related to junk food among students. It took 15-20 minutes to collect the data from each sample. The collected data was organized and tabulated for analysis. The findings revealed that the demographic variables type of family and habits of skipping meals had shown statistically significant association with level of knowledge on junk food among adolescent students at $p<0.05$ and the other demographic variables were not associated with level of knowledge on junk food among adolescents.

INTRODUCTION:
Junk food that contains low nutritional value, high calories high sugar and high fats which often lead to many life-threatening ailments. Foods commonly considered junk food include salted snack foods, gum, candy, sweet desserts, fried fast foods and sugar carbonated beverages, soft drinks, chips wafers, noodles, pizza, burgers, French fries etc are few examples from the vast variety of fast food available in the market. S.Patnaik (2010) conducted a study about the prevalence of overweight and obesity in a private school of Orissa, India. The present study was a cross sectional study conducted in an affluent English school. Results showed that the prevalence of obesity was were significantly higher among private school students.[1]

Dr.Drew Raman (2013) conducted a new study at oxford university UK, revealed that processed junk food consumption can lead to aggression, irritability and even violent tendencies, in children.[2] Nutrients deficiency is a major cause of behavioral abnormalities, without the proper nutrients the body cannot produce the appropriate chemicals and hormones requires for clear thinking and healthy mood, which in turn can lead to irrational and even dangerous behaviors. Television commercial and supermarket are propagating a wide variety of enticing junk foods attractively packed and often tagged with a tempting advertisement.

NEED FOR THE STUDY
Food habits and pattern are formed during childhood and will remain till the end of individual life. Proper nutrition in this age causes child growth and development and also reduce the risk of chronic in adulthood. Now a days consumption of junk food has snacks is increasing especially among adolescent. Increasing trends of urban life extensive TV advertising attractive packaging at lack of nutritional knowledge and awareness by parents are the major causes of junk food consumption.

World Health Organization (2009) stated that top 5 globes treated to health, are overweight, heart disease, diabetes, cancer and high blood pressure caused due to faulty eating habits and life style during childhood period. One quarter of 60 million deaths estimate to occur annually due to these threats.[3] The present scenario shows that many of the adult disease have their origin in their childhood this is due to lack of proper knowledge and awareness and the consequence of changes in their food habits. So, the investigator decided to create awareness among the adolescent age groups about the health hazard of junk food and to promote healthy eating habits for their healthy future and disease-free life.

Statement
A study to assess the level of Knowledge regarding junk food among the adolescents in selected school.

OBJECTIVES
1. To assess the level of Knowledge regarding junk food among the adolescents in selected school
2. To associate the level of knowledge with selected socio demographic variables.

Null Hypothesis
NH_1: There will be no significant association of the level of knowledge among the adolescents with their selected socio demographic variables.

ASSUMPTION
The knowledge of the subject various with individuals which may also be influenced by the various factor.

DELIMITATIONS
1. The adolescents age group between the age group of 12-15 years
2. The data collection period is limited to only one week

Sample Selection Criteria
Inclusion Criteria
1. Adolescents age group between 12-15 years.
2. Adolescents who are willing to participate in the study.
3. Adolescents who are can read/write or understanding either English or Hindi

Exclusion Criteria
Adolescents who are not willing to participate in the study.

METHODOLOGY
The research approach used in study was quantitative approach. The investigator adopted a non-experimental descriptive design. The study was conducted among the adolescents in A D Memorial School, Uma Nagar. The sample size of the study was 46 adolescents. Non probability convenient sampling technique was used. Brief introduction about the self and study was given and confidentially of the response was assured and willingness to participate in the study was obtained. Demographic variables were assessed using a self-administered structured questionnaire developed by the investigator. Self-administered questionnaire was used to assess the Knowledge regarding junk food among the adolescents. It consists of 30 multiple choice related to junk food among students. It took 15-20 minutes to collect the data from each sample. The collected data was organized and tabulated for analysis.

RESULTS:
Table 1: Frequency And Percentage Distribution Of Level Of Knowledge Among The Adolescents   N=46

s.no	Level of knowledge	Frequency(n)	Percentage%
1	Inadequate (<50%)	7	15.22
2	Moderate (50-75%)	30	65.22
3	Adequate (>75%)	9	19.56

The above table 1 showed the Frequency and percentage distribution of level knowledge among student regarding junk food Finding revealed that 9(19.56%) of students had adequate knowledge, 30(65.22%) had moderate knowledge and 7(15.22%) of them had inadequate knowledge.

Table 2: Association Of The Level Of Knowledge Regarding The Junk Foods Among The Adolescents With Their Demographic Variables.

SL. NO	Demographic variables	Inadequate		Moderate		Adequate		Chi-Square
		No	%	No	%	No	%	Value
1.	Age 12-13 years 13-14 years 14-15 years	1 4 2	2.2 8.7 4.3	9 17 4	19.6 37.0 8.7	2 3 4	4.3 6.5 8.7	$x2=4.632$ d.f=4 p = 0.328 N.S
2.	Family income <3000 3001-5000 5001-10,000 >10,000	- 0 5 2	- 0 10.9 4.3	- 13 9 8	- 28.3 19.6 17.4	- 2 4 3	- 4.3 8.7 6.5	$x2=6.318$ d.f=4 p = 0.177 N.S
3.	Type of family Nuclear Joint	5 2	10.9 4.3	16 14	34.8 30.4	9 0	19.6 0	$x2=6.787$ d.f=2 p = 0.034 S*
4.	Habits of skipping meals Most frequently Some times Not at all	3 0 4 -	6.5 0 8.7 -	3 18 9 -	6.5 0 8.7 -	3 3 3 -	6.5 6.5 6.5 -	$x2=10.272$ d.f=4 p = 0.036 S*
5.	Frequency eating junk food 2 meals/day 3 meals/day 4 meals /day	4 3 -	8.7 6.5 -	8 22 -	17.4 47.8 -	3 6 -	6.5 13.0 -	$x2=2.402$ d.f=2 p = 0.301 N.S
6.	Previous knowledge about junk food Yes No	5 2	10.9 4.3	18 12	39.1 26.1	6 3	13.0 6.5	$x2=0.381$ d.f=2 p = 0.826 N.S

The above table shows that the association of level of knowledge on junk food among adolescents with their demographic variable. The findings revealed that the demographic variables type of family and habits of skipping meals had shown statistically significant association with level of knowledge on junk food among adolescent students at p<0.05 and the other demographic variable had not shown statistically significant association with level of knowledge on junk food among adolescents.

DISCUSSION

Findings of the first objective of the study was to assess the Knowledge regarding junk food among adolescent revealed that 30(65.22%) of adolescent had moderate knowledge, 9(19.57%) had adequate knowledge and 7(15.22%) of them had inadequate knowledge.

The findings of the study were supported by Zhonghua and Luixingbing (2012) conducted a study on factor related to top 10 junk food consumption among children and adolescents as well as the contributing factors so as to provided evidence for developing preventive and control measure and intervention. A questionnaire survey was conducted to investigator the consumption of ten types of junk food practice in 1019 children and adolescents.[4]

The second objective of the study was to associate the level of knowledge on junk food among adolescents selected demographic variables. The study the findings revealed that the demographic variables type of family and habits of skipping meals had shown statistically significant association with level of knowledge on junk food among adolescents at p<0.05 and the other demographic variableS had not shown statistically significant association with level of knowledge. So, the hypothesis stated that "There is a significant association of level of knowledge of the junk food among selected demographic" was accepted.

Similar findings were found with the study conducted by T. Khongrangjem et al. (2017) has conducted a study to assess the knowledge and the practice of fast-food consumption among Pre-university student in Udupi Thaluk, Karnataka, India. The time bound enumeration was used to recruit the participant and the total 160 pre university students were included in the study. About 51(31.87%) of the participant had inadequate knowledge, 67(41.88%) of the participant had moderate knowledge and 42(26.25%) of the participant had adequate knowledge about the effect of fast-food consumption. The majority of the response 116(72.5%) reported that the main reason for their consumption is a delicious taste of fast food.[5]

CONCLUSION & SUMMARY:

The study concluded that the knowledge regarding the junk foods among the adolescence has to be improved. It is important to create awareness among the students about the health hazard of junk food and to promote healthy eating habits for their healthy future and disease-free life.

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