

## Level of Knowledge regarding Junk food among adolescent children in selected school.

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### Abstract

**Background:** Adolescents comprise approximately one-fifth of the world's population and most of them (84%) live in the developing countries. The aim of the study was to evaluate the effectiveness of structured teaching programmed on knowledge regarding the health hazards of Junk food among adolescent children. Fast food restaurants and their advertisements are permeating our neighborhoods, schools, television, and culture. It comes under the category of food which is only expected to declare their composition or nature of food and comply with general regulations under the Food Safety and Standards Act in India.

**Material and Methods:** quantitative research approach with one group pre testpost test design was used in this research study. The convenient purposive sampling techniques was used to collect 40 Adolescents children from selected school. Data was collected using structure knowledge questioners. Data was analyzed by using descriptive and inferential statistics.

**Results:** 0% children were having adequate knowledge, 25% children were having adequate knowledge and 75% children were having in adequate knowledge in pre test and in post test 20% children were having adequate knowledge, 45% were having moderate knowledge, 5% were having inadequate knowledge. This shows the imperative need to understand the purpose of structure teaching programme regarding Junk food among the adolescent children (13-15 years) with Junk food and it will improve the quality of life which includes the stability in physiological, sexual, vocational and lifestyle aspects.

**Conclusion:**The fast food consists anything that is delicious, quick, fashionable and convenient. Nutrition counselling regarding the significance of a balanced diet and harmful effects of fast foods may help to curb the fast food addiction.. The focus of this study was to evaluate the effectiveness of structured teaching programmed on knowledge regarding the health hazards of Junk food among adolescent children.

**Key words:** knowledge, health hazard, junk food, adolescent children.

### **Introduction**

Food is the substance consumed to provide nutrients for the body. It is usually getting from plant and animal .its contains essential nutrients like, proteins, carbohydrates, fats, vitamins or minerals.<sup>1</sup>

Fast food is processed and prepared in an industrial fashion.The fast-food sector in India is rising at the rate of40% per annum. India ranks 10th in the fast food per capita expenditure data with 2.1% of spending in yearly over-all expenditure.Adapting adaptation of a system for fast food consumption had led to several harmful effects on health.<sup>2</sup>

The complex myriad of physiological as well as psychological changes, accompanied by rapid growth and increase in physical activity, creates special nutritional needs that are higher during adolescence than at any other time in life. If adolescents are not getting adequate diet at this time it leads failure in physical growth, intellectual capacity and delay sexual maturation.<sup>3</sup>

### **Material and Methods:**

Quantitative research approach with pre experimental one group pre testpost test design was used to collect data. Prior permission was obtainfrom authorities of selected schooland the study period was 1months.Convenient purposive sampling technique was used to collect the data. Total 40 samples were used from selected school. The pretest was taken using a structured knowledge questionnaire regarding Junk food and after 5 days interval post test was taken.The participants had to answer the fifteen questions to assess their knowledge regarding fast food. If answer is right respondent get 1 score and if it is wrong get 0 score. The overall score ranged from 0–25. Participants with scores 0–13 were considered to have inadequate knowledge, those with 14–20 points had moderate knowledge while those with 21–25 points had adequate knowledge.

Table-1 Data on the level of knowledge regarding junk food among adolescent children

Level of Knowledge	Pre-test		Post-test	
	Frequency	Percent	Frequency	Percent
Adequate	0	0	20	50.0
Moderate	10	25.0	18	45.0
Inadequate	30	75.0	2	5.0
Total	40	100.0	40	100.0

Above table shows that in pre-test 0 (0%) children were having Adequate knowledge level, 10 (25.0%) were having moderate knowledge level and 30 (75.0%) were having Inadequate knowledge level. Post-test result shows that 20 (50.0%) were having adequate knowledge level, 18 (45%) respondent were having moderate knowledge level and 2 (5.0%) having Inadequate knowledge level.

Table:2 Association between post-test knowledge level with selected demographic variables

Demographic variables		Pre-test		Total	$\chi^2$
		Moderate	Inadequate		
Age of the Child (in years)	13	4	17	21	5.930 Df=2 p=5.99 S
	14	3	12	15	
	15	3	1	4	
Gender of the Child	Male	4	17	21	0.835 Df=1 P=3.84 NS
	Female	6	13	19	
Education	8th STD	4	18	22	13.403 Df=2 P=5.99 S
	9th STD	2	12	14	
	10th STD	4	0	4	
Type of family	Nuclear	4	17	21	1.240 DF=2 P=5.99 NS
	Joint	5	12	17	
	Single Parent family	1	1	2	

Family income	< Rs.5000	2	0	2	7.200 Df=3 P=7.82 NS
	Rs.5001-10,000	1	9	10	
	Rs.10,000-15,000	1	3	4	
	>Rs.16,000	6	18	24	
Previous exposure of Junk food	Yes	7	2	9	17.252 Df=1 P=3.84 S
	No	3	28	31	

Above table shows that there was significant association found between Age, Education and Previous exposure of junk food with level of knowledge among children.

**Results:** 0% children were having adequate knowledge , 25% children were having adequate knowledge and 75% children were having in adequate knowledge in pre test and in post test 20% children were having adequate knowledge , 45% were having moderate knowledge , 5% were having inadequate knowledge. There was significant association found between Age, Education and Previous exposure of junk food with level of knowledge among Adolescent children.

#### Discussion:

Discussion on the findings was arranged based on objectives of the study. Major finding Among adolescent children with Junk food, most of them 52.5% were between 13 yearsof age , Related to gender 52.5% were male,55% were having education till 8<sup>th</sup> standard, 52.5% family belong from nuclear family, 60% were having > 16,000Rs family income and 77.5% had not get previous exposure of Junk food .Regarding the level of knowledge of Junk food most of them reported 0%were having adequate knowledge, 25% were having moderate knowledge and 75% were having inadequate knowledgelevel score was found in pre test. In post test50% were reported adequate knowledgelevel ,45% respondents were having moderate knowledge level and 2% were having inadequate knowledge level.

#### Conclusion

There was significant increase in the level of knowledge on health hazards of junk food after the educational intervention. Therefore, it can be concluded that education plays an important role in increasing awareness level of care givers. So, present study suggests that information,

education and communication programme should be planned in a regular basis to update the awareness and knowledge on prevention of health hazards of junk food.

### **Ethical clearance**

Ethical clearance was obtained from Institutional Ethical Committee (SVIEC) and willingness was obtained from the subject before data collected.

**Source of Funding:** Researchers were bearing all the expenses related to this research

**Conflict of Interest:** There was no conflict of interest

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