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EFFECTIVENESS OF A STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING HEALTH HAZARDS OF JUNK FOOD AMONG ADOLESCENTS IN BANGALORE

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ABSTRACT

The rising consumption of junk food among adolescents is a growing health concern globally and in India. To determine factors affecting the frequency of fast food consumption, this study surveyed 396 families using Poisson and negative binomial regression models. The main reasons that households consume fast food are a shortage of time and for entertainment. This study evaluated the effectiveness of a Structured Teaching Programme (STP) on improving knowledge about the health hazards of junk food among adolescents aged 10–14 years in a selected school in Bangalore. A quasi-experimental one-group pre-test and post-test design was used among 60 adolescents selected through simple random sampling. Data were collected using a structured knowledge questionnaire. Findings revealed a significant improvement in knowledge scores after the intervention (pre-test mean = 12.25; post-test mean = 18.53; t=9.282, p<0.05). Post-test knowledge was significantly associated with occupation of father, family income, type of family, and place of junk food consumption. The results confirm that educational interventions are effective in enhancing awareness about the harmful effects of junk food among school-aged adolescents. The finding of the study to help the professional nurses and sudden to develop the inquiry by providing a baseline. The general aspects of the study results can be made by further replication of the study.

Keywords: *Adolescents, Junk food, Structured Teaching Programme, Health hazards, Knowledge, Bangalore*

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INTRODUCTION

-Eating healthy food fills your body with energy and nutrients. Imagine your cells smiling back at you and saying.

Thank you,
-Karen Salman Sohn

Now days the healthy home foods have been replaced by the new name of the fast food or junk food. Because junk foods are more- tasty, its more convenient and more fashionable and working parents. Its more common is all age group specially the growing children and school going children.

Progress in science, technology, and industry has changed human lifestyle and especially food consumption habits. For many families, especially in large urban centers, fast food consumption has become routine. The dietary practices of adolescents have shifted dramatically due to globalization, lifestyle changes, and aggressive marketing by the food industry. Junk foods—high in calories, sugar, salt, and trans fats—are widely consumed among school-aged children despite being nutritionally poor (WHO, 2021). Research consistently shows that increased junk food intake contributes to obesity, metabolic disorders, behavioural problems, and cardiovascular diseases (Singh et al., 2020).

India has witnessed a steep rise in fast-food consumption in recent years, with an estimated annual growth rate of nearly 40%. This shift in dietary habits places adolescents at even greater risk for lifestyle-related diseases, as they are more likely to be influenced by convenience, taste, and peer behaviour (Ranjani et al., 2018). Research further shows that diets lacking essential nutrients can negatively affect children's cognitive performance, concentration, and even emotional well-being during their crucial years of growth (Fletcher et al., 2021). Today Television commercials and supermarkets are propagating a wide variety of enticing junk foods, attractively packed and often tagged with a tempting advertisement. In the present environment, television commercials, social media promotions, and supermarket displays constantly expose children to a wide range of attractively packaged junk foods, often presented with catchy slogans and tempting advertisements. This continuous marketing makes it even harder for young minds to make healthy food choices.

Given the growing consumption of unhealthy, nutrient-poor foods among adolescents and the noticeable decline in awareness regarding their adverse effects, there is a pressing need for targeted educational initiatives. Structured Teaching Programmes (STP) play an important role in addressing this gap by providing systematic, age-appropriate information that enhances students' understanding of dietary risks. Such interventions not only improve immediate knowledge levels but also contribute to the prevention of long-term health complications associated with poor eating habits (Bhardwaj et al., 2019). Junk food has become a prominent feature of the diet of children thought the world. Junk food po se healer risks bolt because of what they contain and they replace in diet. So we should encourage taking homely food, and should explain the process of junk foods hygiene and preservatives and its side effects. Junk food is unhealthy food that is high in calories from sugar or facts with little dietary fiber, protein, vitamins, minerals or other important forms of nutritional value. It also known as HFSS food (high to fat, salt and sugar).

FACTS ABOUT FAST FOODS TO TAKE A PLEDGE TO STOP LEADING JUNK FOOD

1. Its low is fiber.
2. Its high is palatability.
3. Its offers a high number of calories.
4. Its high in fat.
5. Its high in sugar in liquid form.

OBJECTIVES

1. To assess the pre-test knowledge levels regarding the health hazards of junk food among adolescents (10–14 years).
2. To evaluate the effectiveness of a Structured Teaching Programme on improving knowledge on the health hazards of junk food.
3. To compare pre-test and post-test knowledge scores.
4. To determine the association between post-test knowledge and selected demographic variables.

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METHODOLOGY

The present study focused on assessing adolescents' knowledge of the health hazards of junk foods and examining the effectiveness of a structured teaching program in enhancing their understanding. The study was aimed at evaluating the health hazards knowledge program regarding junk foods among adolescents (10-14 years of age) in a selected school at Bangalore.

Research Design

A quasi-experimental one-group pre-test and post-test design was adopted.

Setting and Sample: The study was conducted among 60 adolescents aged 10-14 years in a selected school in Bangalore.

Sampling Technique: The sampling technique used for this study was simple random sampling.

Instrument

Data were collected using a structured knowledge questionnaire consisting of:

- **Section I:** Demographic variables
- **Section II:** 30 multiple-choice questions on health hazards of junk food

Procedure

The pre-test was conducted on Day 1. The Structured Teaching Programme was conducted using charts, posters, and interactive explanation methods. Visual aids were used to help adolescents identify different types of junk foods and understand their health consequences. Figure 1 shows the instructor explaining various junk foods using a detailed pictorial chart. Figure 2 displays another teaching aid promoting healthy eating habits, which was used to reinforce positive behaviour. After seven days, a post-test was conducted using the same questionnaire.

Figure 1. Structured Teaching Session on Junk Food

Figure 2. Teaching Material Displayed During the Programme

Data Analysis

Data were analysed using both descriptive and inferential statistical methods to obtain a comprehensive understanding of the findings. Descriptive statistics such as frequency, percentage, mean, and standard deviation were used to summarise the demographic characteristics and baseline knowledge levels of the participants. Inferential statistics, including the paired t-test and chi-square test, were applied to determine the effectiveness of the Structured Teaching Programme and to identify any significant associations between knowledge scores

and selected demographic variables. These analyses allowed for meaningful interpretation of the data and supported evidence-based conclusions.

RESULTS

Table 1: Distribution of Pre-test Knowledge Scores

Knowledge Level	Frequency (%)
Inadequate Knowledge	53.3%
Moderate Knowledge	46.7%
Adequate Knowledge	0%
Mean Score	12.25 (49%)

Table 2: Distribution of Post-test Knowledge Scores

Knowledge Level	Frequency (%)
Adequate Knowledge	65%
Moderate Knowledge	35%
Inadequate Knowledge	0%
Mean Score	18.53 (74.1%)

Effectiveness of STP

A significant difference was observed between pre- and post-test scores(Table 1 & 2):

$t = 9.282$, $p < 0.05$, indicating that the STP was effective in improving knowledge levels.

Association with Demographic Variables

Significant associations were found between knowledge and:

- Occupation of father
- Family income
- Type of family
- Place of junk food consumption

No significant associations were found with gender, mother's occupation, pocket money, frequency of junk food intake, or source of information.

The significant improvement in post-test scores aligns with findings from similar studies where structured educational sessions enhanced nutritional awareness among school children (Tayem et al., 2020). The association of knowledge with socioeconomic factors supports earlier research indicating that family income, parental occupation, and food environment influence dietary behaviour and awareness (Patel & Shah, 2019).

DISCUSSION

The pre-test results showing poor knowledge levels are consistent with global findings that adolescents generally lack awareness of health hazards associated with junk food (Gupta & Kochar, 2020). After the intervention, the marked improvement in scores confirms the effectiveness of educational programmes in changing knowledge and attitudes (Abdullah et al., 2021).

Environmental influences—like junk food availability in school canteens—were significantly associated with knowledge, aligning with international studies showing that proximity and accessibility strongly predict consumption behaviour (Sacks et al., 2020).

CONCLUSION

The Structured Teaching Programme significantly improved the knowledge of adolescents regarding the health hazards of junk food. Educational interventions in schools can play a vital role in preventing lifestyle-related illnesses in young populations. The finding of the study to help the professional nurses and sudden to develop the inquiry by providing a baseline. The general aspects of the study results can be made by further replication of the study. This study help the nurse researchers to develop in depth in to the development of teaching module and set information of adolescents with Health Hazards of Junk food in adolescence(10 to 14years) towards the promotion of healthy life and prevent of complication.

RECOMMENDATIONS: Similar studies with larger samples and control groups should be conducted. Long-term follow-up studies to assess behavioural change are recommended. School-wide health promotion campaigns should be implemented. Policymakers should strengthen regulations regarding sale of HFSS (High Fat, Salt, Sugar) foods in and around school premises.

IMPLICATIONS FOR NURSING PRACTICE: Nurses can lead school-based health education initiatives, Community health nursing programmes should integrate dietary awareness modules, Parental counselling should be incorporated into school health services.

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