

## HEALTH HAZARDS OF JUNK FOODS AMONG ADOLESCENT – A REVIEW

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### ABSTRACT:

Junk food is high in calorie but low in nutritional content. This kind of food has no vitamins and minerals. These Junk foods are commonly available in urban area, adolescents will be attracted to this food items because of its colours, flavor and taste. Majority of Junk foods are sold in the streets and petty shops without considering hygiene problems in the adolescents. At present era adolescents forget the naturally available foods and got addicted to Junk foods taste and facing many health problems in early shapes of life. According to the investigator point of view now days usually during evening time huge number of junk food stall will be opening on the side of the road and most of the stall will be filled with adolescents. The main reason is easy availability, cost-effectiveness and good taste, but they are unaware of the health hazards of eating junk foods. So the study is essential to improve the knowledge, and attitude regarding the health hazards of eating junk foods among adolescents was chosen by the investigator. It concludes junk food consumption among adolescents were common now a days. They were unaware of the side effects of junk food. So video teaching about health hazards of junk food will improve the knowledge and attitude regarding junk food among adolescents.

**Key Words:** Health hazards, Junk food, adolescent.

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**INTRODUCTION**

Junk food is a term describing food that is perceived to be describing food that is perceived to be unhealthy or having poor nutritional value, according to food standard agency. Junk food is high in calorie but low in nutritional content. This kind of food has no vitamins and minerals. Junk food is processed and prepared in industrial fashion vitamins; minerals, fibre and amino acid are low or lacking in Junk food but have high energy. It is very clear that Junk food is unhealthy. In India commonly available Junk food carbonated beverages, chips, canybar Burger etc. These Junk foods are commonly available in urban area, adolescents will be attracted to this food items because of its colours, flavor and taste. Majority of Junk foods are sold in the streets and petty shops without considering hygiene problems in the adolescents. At present era adolescents forget the naturally available foods and got addicted to Junk foods taste and facing many health problems in early shapes of life.

According to the investigator point of view now days usually during evening time huge number of junk food stall will be opening on the side of the road and most of the stall will be filled with adolescents. The main reason is easy availability, cost-effectiveness and good taste, but they are unaware of the health hazards of eating junk foods. So the study is essential to improve the knowledge, and attitude regarding the health hazards of eating junk foods among adolescents was chosen by the investigator.

The researcher analyses existing knowledge before search into a new area of study while conducting a study, when interpreting the results of the study, and making judgments about application of a new knowledge on nursing practice.

**THE REVIEW OF LITERATURE WERE CLASSIFIED UNDER THE FOLLOWING HEADINGS**

1. Studies related to prevalence of junk food consumption and effects of junk food on health
2. Studies related to knowledge and attitude regarding junk food.
3. Studies related to factors influencing junk food.
4. Studies related to the effectiveness of teaching Programme on effects of junk foods among adolescents.

**REVIEW OF LITERATURE RELATED TO PREVALENCE OF JUNK FOOD CONSUMPTION AND EFFECTS OF JUNK FOOD ON HEALTH**

**Sushma Marita Dsouza et.al. (2017)** carried a cross – sectional study to assess the knowledge and practice of fast food consumption among Pre-University College students. Total 160 Pre-University students were included in the study. Semi-structured self-administered questionnaire were used to collect the data. About 51(31.87%) of the 36 participants had inadequate knowledge, 67(41.88%) of the participants had moderate knowledge and 42 (26.25%) of the participants had adequate knowledge about the effect of fast food consumption. The majority of the respondents 116(72.5%) reported that the main reason for the consumption was a delicious taste of fast food.

**Nicoleta Cutumisu (2017)** conducted study on association between junk food consumption and fast food outlet access near school among Quebec secondary school children. A geographic information system database was used to assess the food environment around 374 public schools in which 26 655 students were enrolled. Findings revealed that exposure to two or more fast-food outlets within a radius of 750 m around schools was associated with a higher likelihood of excess junk food consumption at lunch time (95%), controlling for the characteristics of the students, their families and their schools.

**Alberto Borraccino et.al. (2016)** carried study on unhealthy bad food consumption in adolescences (11, 13 and 15 years) and the role of sedentary behaviour and modifiers. Data collected through Italian health behaviour school-based survey in Italy. Cluster sampling was used. Result showed a clear positive association of unhealthy food consumption and time spent in screen-based behaviours, and a negative association of unhealthy food consumption and the consumption of healthy foods, specially greens.

**Parminder Kaur et.al (2016)** carried a correlational study on junk food consumption pattern with BMI of teenagers. A total 300 adolescents of age group 10-19 years were selected using convenient sampling technique at Ludhiana, Punjab. Structured questionnaire was used to assess junk food consumption pattern. Results of study revealed that 300 (100%) adolescents had history of junk food consumption. Majority of the adolescents (86.3%) were eating junk food because they liked the taste of junk food and 226 (75.3%) adolescents were eating junk food at their home. Among the subjects, 172 (57.30/0) were in healthy weight range, 69 (23%) over-weight and 29 (9.7%) were obese. The findings suggested highly significant positive correlation of junk food consumption pattern with BMI.

**Hancox J R et – al (2014)** performed on worldwide cross-sectional study – food consumption and body mass index in children and adolescents. A multi country cross-sectional study on adolescents aged 13-14 yrs. The study had selected 72,900 children in 17 countries and 1, 99,135 adolescents in 36 countries). A questionnaire was used to collect data. The study revealed that very frequent consumption of fast-food was reported in 23%

and 4% of children, and 39% and 13% of adolescent respectively. The study concluded that fast-food consumption was high in childhood and increased in adolescence.

**Antony M C, Bhatti R K C (2013)** conducted a descriptive study in junk food consumption and knowledge about its ill effects among teenagers. 208 students from four English medium schools in Pune district of Maharashtra (India) were selected by purposive random sampling and students from class VII to XI were selected by disproportionate random sampling for the study. Data was collected using structured questionnaire. The results revealed that out of 66.8% who consumed junk food, 50% of teenagers consumed junk food 3-5 times and 1-3 bottles of aerated drinks per week 46.15% teenagers had average knowledge about ill effects of junk food. The study concluded that the general awareness of teenagers regarding ill effects of junk food was relatively average or good.

#### **STUDIES RELATED TO KNOWLEDGE AND ATTITUDE REGARDING JUNK FOOD**

**P Sumathy, Priscilla Nithyakalyani (2017)** conducted a study to assess the effectiveness of video assisted teaching programme on knowledge and practice regarding junk food and its effects among adolescents in selected urban school, Puducherry. A total of 100 samples were recruited for the study. The result revealed that, 62% had inadequate knowledge, 38% had moderately adequate knowledge, regarding practice 73% had high practice and 27% had moderate practice of consuming junk food during pre-test and video-assisted teaching programme.

**Sapkota SD (2017)** a study was conducted to assess the junk food consumption and patterns of consumed junk food among secondary level students. The study population was from Bharatpur – 15 Chitwan. Semi-structured, self-administrative questionnaire was developed. Total 142 samples were selected. The findings revealed that more girls (53.3%) consumed junk foods than boys (79.6%). In this, students consumed junk food twice a day (42.3%), once a day (40.1%) and 4-6 times within last two days (13.4%). Only 54.2% of respondents were aware of the risks associated with poor eating habits.

**Amoldeep, Priyanka Kumari (2017)** conducted a quantitative research approach and pre experimental one group pre-test and post-test research design was adopted to conduct study. Structured knowledge questionnaire was used to assess the knowledge of adolescents regarding harmful effects of junk food. In pre-test majority adolescents (65%) had average level of knowledge but in post-test majority adolescents (55%) had good level of knowledge. There were significant association of the selected socio demographic variables age and educational status. Planned Teaching Program was highly effective in enhancing the knowledge of adolescents regarding harmful effects of junk food. It was found that in pre-test 65% adolescents had average level of knowledge followed by 18% had good level of knowledge, 17% had poor level of knowledge and no adolescents had very good level of knowledge regarding harmful effects of junk food.

**Andleeb Yousuf (2017)** carried out a pre-experimental research study on assessment of the effectiveness of planned teaching programme on knowledge regarding effects of junk foods on health among adolescents. The study was conducted in 2 selected schools of Srinagar. The sample was selected by Stratified simple random sampling. The sample size was 80. Structured questionnaire was used to assess the knowledge of adolescents. The overall mean knowledge score 25.91 obtained by the subjects in post-test was higher than mean knowledge score 16.90 in the pre-test and with the improvement score as 9.01. There was significant difference between pre-test and post-test knowledge score at  $p < 0.05$ . The results of the study revealed that the planned teaching program was significantly effective in improving the knowledge of adolescents.

**Lavanya Uriti, Padmaja A et.al. (2017)** carried out a non-experimental study to assess the knowledge regarding effects of junk food consumption among urban and rural school children Tirupati. Comparative research design was used. The study is conducted at S.V.U. High School, balaji Colony, urban area, at Tirupati and Govt. High School, Chandragiri, Rural area, Chittoor District, Andhra Pradesh. The sample consists of 100, of which, 50 students from urban area, and 50 students from rural areas. Simple Random technique was used. Findings of the study revealed that 14% (7) of urban school children were having inadequate knowledge 62% (31) were having moderately, 24% (12) were having adequate knowledge of effects of junk food consumption. Among Rural School children, 74% (37) were having inadequate 20% (10) having moderate, 6% (3) were having adequate knowledge on effects of junk food consumption. About level of knowledge regarding practice 4% (2) of Urban Students were having in inadequate; 52% (26) were having moderate; 44% (22) were having adequate knowledge on practice regarding on effects of junk food 33 consumption. Among Rural Students 28% (14) were having inadequate, 68% (34) were having moderate; 4% (2) were having adequate knowledge on practices on effects of junk food consumption. The study findings revealed that there was significant different between urban and rural school children's knowledge and practices regarding effects of junk food consumption.

**Saranya, P.V.et.al (2016)** conducted a study to assess the knowledge regarding the effects of fast food on health adolescents in selected Pre University College at Mangaluru. Samples of 100 adolescents were selected by using non probability purposive Sampling technique. The result revealed that 13% of adolescents had

inadequate knowledge, 69% has moderate knowledge and 18% had adequate knowledge regarding effects of fast food on health. It was found that there was a significant association between the knowledge score with selected demographic variables. The study results showed that only 18% of adolescents were having adequate knowledge regarding effects of fast food on health.

**Hemavathy. V. et.al. (2016).** The present study aimed at evaluating the effectiveness of structured teaching programme on ill effects of junk food among teenage students of Hilton Matriculation Higher Secondary School, Chrompet, Chennai. The purpose of the study was to assess the knowledge among teenage students before and after administering planned teaching programme regarding ill effects of junk food. The study method was evaluative research approach and a pre experimental one group pre-test and post –test research design was used. Non Randomized sampling technique was used to select the sample. The total sample was 40 teenage students. Pre-test and post-test scores were assessed by using standardized questionnaires. The result of the study concluded that mean and standard deviation of knowledge level score in pre-test was 6.3 and 2.31 and post-test score was 10.41 and 2.98 the calculated 't' value was 11.4 which reveals that there was statistically highly significant difference between the pre-test and post-test score. It is evidenced that the planned teaching programme was significant effective in improving knowledge regarding ill effects of junk food among teenage students.

**Suresh Misra, Mamta Pathania (2016)** performed the study on three categories of schools. They were MCD schools, Government schools and Private schools to get representation of children from different socio-economic background. 18 schools were covered from each category. Total sample of 1440 school children were taken for the investigation from 54 schools of 9 different districts of Delhi. The study revealed that junk food leads to a variety of health issues. 65.7% students said that consumption of junk food leads to obesity/overweight, 37.8% students said that it causes diabetes, 26.7% said it lead to hypertension and 31.1% leads to weak memory and heart diseases. The ill effects of junk food on health, 80.4% students said they intended to reduce junk food consumption in the next few months. 79% students believed that bright packaging of healthy and nutritious food would attract them to consume healthy food over junk food. 68.2% students were of the view that marketing of junk food to young people through advertising campaigns should be denounced and 22.4% students said that all the ingredients of junk food should be clearly highlighted in the packages.

**Hu P, Huang W, Bai R, Zhang F, Sharma M, et – al (2016)** performed a study on knowledge, attitude, and behaviors related to eating out among University Students in the college town in Chongqing, A cross – sectional study was conducted in the college town in Chongqing, China with a total of 1634 participants. The mean eating out related KAB scores were: knowledge 11.5-2.9, attitude 17.0-2.8, and behaviors 24.2-4.8 (possible total scores: 20, 24, and 40 respectively). As the level of knowledge increased the percentage of highly satisfactory attitude and behaviors.

Ramachandra M U, Salunkhe H A, Mohite V R (2013) prepared a study to evaluate the knowledge regarding junk food among adolescents. A descriptive approach conducted with 115 engineering students, by using non probability convenience sampling technique with structured questionnaire. Majority of study subjects 69.56% samples had average knowledge while 24.35% samples had good knowledge, & 6.08% samples had poor knowledge regarding the health hazards of junk foods.

**Sharma V (2013)** conducted the study to assess the effectiveness of structured teaching program on knowledge regarding harmful effects of junk food among adolescents at Jalandhar, Punjab. A pre experimental study was done for 60 adolescents were selected by non-probability convenience sampling technique. The pre-test was taken by using self-structured questionnaire followed by structured teaching programme. After 7 days post-test was taken. The mean percentage of the knowledge score of posttest (22.88) was higher than pretest (12.96) the difference between pre-test knowledge score and posttest knowledge score was 9.92. It means that the knowledge score was increased after structured teaching programme.

#### **STUDIES RELATED TO FACTORS INFLUENCING JUNK FOOD**

Dr. Naheed Vaidya (2013) conducted a study on prevalence of fast food intake among urban adolescent students. For the collection of data a representative sample of 80 urban adolescent students were arbitrarily selected in the target area. A structured questionnaire was administered and interviews were carried out on the students in different schools and colleges in Srinagar city to collect the related data to the subject. The study showed that all of the respondents in the age group of 14-18 years eat fast foods. It was only in the age group of 15 to 18 years, around 50 percent of the respondent's skipped lunch. More than 6 percent of the respondents in the age group of 16 to 18 years spend their total pocket money on fast foods.

## STUDIES RELATED TO THE EFFECTIVENESS OF TEACHIN PROGRAMME ON EFFECTS OF JUNK FOODS AMONG ADOLESCENTS

**P Sumathy and Priscilla Nithyakalyani (2017)** conducted a study on effectiveness of video assisted teaching programme on knowledge and practice regarding junk food and its effects among adolescents in selected urban school at Puducherry. The study was conducted in a Private high school, Puducherry. The samples were the adolescents between 13-15 years. A total of 100 samples were recruited for the study using non-probability convenient sampling technique. Descriptive and inferential statistics were used for the analysis. The paired test revealed that there was a statistical significant difference between pre-test and post-test knowledge and practice of consuming junk food after the video assisted teaching programme at  $p < 0.001$  level.

**Suchitarani Rathod, Priyanka Pawar (2017)** conducted a study on effectiveness of planned teaching programme on knowledge and attitude regarding health hazards of fast food consumption among adolescent students A Pre experimental study conducted at Irwin English 38 Medium School and Seventh Day Adventist Higher Secondary School, Kolhapur on 60 adolescents using Probability, Systematic random sampling technique. The findings revealed that the planned teaching programme (PTP) on health hazards of fast food consumption was effective in increasing the knowledge regarding health hazards of fast food consumption among adolescent students. The attitude results reveal that the calculated paired' value was greater than tabulated value. Hence indicates that the changes in attitude score was statistically significant at  $P < 0.05$  level. Therefore the findings revealed that the planned reaching programme on health hazards of fast food consumption was effective in changing the attitude regarding health hazards of fast food consumption among adolescent students.

**Amoldeep, Kumari P (2017)** conducted a study on effectiveness of planned teaching program on knowledge regarding harmful effects of junk food among adolescents. A quantitative research approach and pre experimental one group pretest posttest research design was adopted to conduct study. The study was conducted in a selected school of Kala Amb. Structured knowledge questionnaire was used to collect data. Pretest was taken on first day followed by planned teaching programme to group and then posttest was taken after seven days. In pretest majority adolescents (65%) had average level of knowledge but in posttest majority adolescents (55%) had good level of knowledge. There was significant difference between the mean pretest and posttest knowledge score ( $t=9.590$ ),  $p=0.0001$ ) at  $p < 0.05$  level. There were significant association of the selected socio demographic variables age and educational status. Planned teaching program was highly effective in enhancing the knowledge of adolescents regarding harmful effects of junk food.

**Sumathy P and NithyakalyaniP (2017)** conducted a study on effectiveness of video assisted teaching programme on knowledge and practice regarding junk food and its effects among adolescents in selected urban school at Puducherry. A Quantitative Research approach of pre experimental research design with one group pretest posttest was chosen for the study. The study was conducted in a Private high school, Puducherry. The samples were the adolescents between 13-15 years. A total of 100 samples were the recruited for the study using non – probability convenient sampling technique. The study revealed that out of 100 samples most of them 73 (73%) had high practice of consuming junk food and the rest 27 (27%) had moderate practice and none of them had low practice of consuming junk food during pretest. Whereas in post-test 64 (64%) samples had acquired a low practice of consuming junk food and 28 (28%) of them had moderate practice and 8 (8%) still had high practice of consuming junk food during post-test.

**Kaur m (2014)** did a quasi-experimental study on adolescents of 11 to 18 years of age in Delhi to determine the effectiveness of planned teaching programme on knowledge regarding health hazards of junk foods. They study comprised of 100 adolescents selected through purposive sample method. The data collection was done with self-administered questionnaire. Inferential statistics and descriptive statistics were used to analyze the data. The result showed that the mean pretest score was 9.95% and mean post test score was 18.50% the mean difference between the pretest knowledge score and posttest knowledge score was 8.55%. The study concluded that planned teaching programme was effective in order to increase the knowledge of the adolescents.

### CONCLUSION

The literature review concludes junk food consumption among adolescents were common now a days. They were unaware of the side effects of junk food. So video teaching about health hazards of junk food will improve the knowledge and attitude regarding junk food among adolescents.

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