

# Assess the knowledge regarding ill effects of junk food on health among students

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**Abstract**—A descriptive study to assess the knowledge regarding ill effects of junk food on health among students of Senior Secondary Schools of Sonapat, Haryana. The methodology of the present study was a Non-Experimental research design. Sample size of the study was 200 School Students (8<sup>th</sup> to 12<sup>th</sup>) selected with random sampling technique. Self-structured questionnaire was used for data collection. Data Analysis was done with the help of descriptive and inferential statistics. The study findings reveals that the level of knowledge of the samples regarding ill effects of junk food on health show majority 108 (54%) had poor knowledge and those who had adequate knowledge 88 (44%) Good knowledge was present among 4 (2%) of the samples. The study reveals that there was significant association of knowledge with socio demographic Variables like age, education was  $P < 0.05$ , family income per Month  $P < 0.02$ , and not significant association of knowledge with religion  $2=2.12$  of  $P < 0.7$ , dietary pattern  $P < 0.86$ , Gender  $P < 0.65$ , Educational status of mother  $P < 0.34$ , type of family  $P < 0.36$  level. This shows that as age and education go up, Knowledge regarding ill effects of junk food on health. Hence an information booklet of ill effects of junk food on health was provided to the school students by the investigator. There was poor knowledge among students about ill effects of junk food and its prevention, but positive attitude was seen to avoid having junk food.

**Index Terms**—Junk food, Demographic variables, School Students, Knowledge, Prevention

## 1. INTRODUCTION

Food is what people, plant and animals eat to live. Every organism needs energy to carry on with the process of living which comes from food. Food usually comes from animals and plants. It is eaten by living things to provide energy and nutrition. Food contains the nutrition that people and animals need to be healthy. The consumption of food is normally

enjoyable to humans. It contains protein, fat, carbohydrates, vitamins, water and minerals. Liquids used for energy and nutrition are often called "drinks". If someone cannot afford food, they go hungry. Life can be sustained only with adequate nourishment. Man needs food for growth development and leads to an active and healthy life.<sup>1</sup>

When it comes to eating well, everyone seems to have a different opinion about what is "healthy". Some advocate for low-calorie foods, others advocate high-protein, low-carb or low-fat foods, while others seem to think it's simply the addition of more fruits and veggies to the diet. The thing is, "healthy food" is truly not as complicated as it may seem. Put simply, healthy food is real food. A healthy and balanced diet is one that is primarily composed of micronutrient-dense whole foods with a good balance of protein, carbohydrates, fiber, fat, and water.

Healthy nutritious food is replaced by new food mantra – JUNK FOOD. Invention of the term is attributed to Michael Jacobson, director of the Centre for Science in the Public Interest, who used it first in 1972. Although we eat unhealthy food for centuries most types of junk food appeared in 20th century as a result of mechanization, electricity and labor-saving devices that were used for preparation of food. It was a time when a processed food appeared and manufacturers started making food with cheaper ingredients with less nutritional value and using fast preparation methods that further lessened healthiness of food. Although not everyone agrees on exactly which foods should be considered junk foods, the term is generally used to describe foods that are high in calories and low in nutrients.

Junk food is a term for food containing high levels of calories from sugar and/ or bad fat with less protein, good fat, fiber, vitamins or minerals. The term

describes that a particular food has less nutrition value and contains a lot of bad fat, sugar, salt and calories. "Junk food" can also refer to high protein food with large amounts of meat. For example, It is prepared with too much bad fat. hamburgers, fried chicken, and candies are examples of junk food. most of the fast food belongs to junk food, and most junk food is fast food, too.

Most junk food is inexpensive. You can go to any fast-food restaurant and order something off a dollar menu of some sort. If you have a few bucks in your wallet, you can buy a full meal. It's no different at the grocery store. Inexpensive snacks and high-sodium, high-fat meals with low price tags are readily available and healthier foods like fresh fruits and vegetables have a reputation for being costlier, though the U.S. Department of Agriculture says this is not always the case. Junky snack foods lurk in vending machines, convenience stores, and in the check-out lanes of supermarkets, big-box retailers, and even office-supply stores and other places that don't typically sell food items. Various combinations of sugar and fat make for textures people like. Fat makes foods smooth and creamy, like ice cream and butter. Starchy potato and corn chips cooked in hot oil have a satisfying salty crunch. Because junk foods are easy to find, easy to make, and a lot of them just flat out taste good, consuming them becomes a habit.<sup>3</sup>

There are certain food items or ingredients that are most commonly used in preparation of our favorite junk foods. White bread is one of the most commonly consumed food by Indians. Food made. From white bread constitutes the majority of the snacks cooked for breakfast and evening tea. White bread does not contain any dietary fibers and lacks majority of the nutrients. They are also known to raise the blood sugar level exponentially. Bakery products like cookies, candy, pastries and cakes are no doubt delicious, but are also unhealthy at the same time. Most of the bakery products are made up of refined flour, refined sugar, preservatives, and fat. This makes these products rich in sugar and low in fibers. Potatoes are undoubtedly a rich nutrient source but when they are baked, fried or roasted for a prolonged time, they may form compounds like acrylamides that are associated with cancer. Pizza is one of the most loved food items among children as well as adults, they however, have a negative impact on your health. This is because the refined flour and the processed meat like pepperoni,

bacon and hot dogs used as a topping in pizza. Sugary and carbonated drinks are one of the most consumed beverages that one must avoid as much as they can. These drinks are low in nutrients and high in sugar and calories. According to World Health Organization, processed meat is categorized as group 1 carcinogen because of its ability to cause cancer.<sup>4</sup>

India has wide variety of street food. From mouth-watering Panni Puri, the Dahi Bhalla's to the. Chaat Papdii Indian Street foods are delicious. As diverse as is the country, it experiences a manifold of cuisines, each having at least one specialty of Street Food. Paani puri is one of the most loved street foods in the country; however, the water used to fill the oily puris could be contaminated. So, it could be at the risk of developing viral diseases. kachoris and samosas are prepared by deep frying, so apart from containing a high amount of unhealthy fats which make you gain weight, these foods can also cause throat infections.<sup>5</sup>

## II. NEED OF THE STUDY

Health is wealth. Good health is necessary for living healthy life which includes balanced healthy diet and habits. Junk food contains high content of sugar, fat and nitrates. It is less nutritional and cause various damage to the body. Junk foods are more popular due to their taste and easy to cook. The intake of junk food all over the world is increasing which is not healthy for future. There is a rapid increase in the percentage of obese and overweight in school going children in India from 9.7% to 13.9% from the year 2001 to 2010 due to the increase intake of junk food.

A study depicted that consumption of junk food in rural areas has been scant as compared to urban areas. A study held in Baroda concluded that there is a higher consumption of junk food items (56%) such as pastries, sweets, soft drinks (39%) by school going children. It was also reported that 30% children daily consume soft drinks from the age group of 16 to 21. 70% school going and college going students residing in New Delhi consume soft drink once in 2days the study reported. The percentages of obese adults are raised step by step according to a survey in urban areas of New Delhi.

India is next to China and United States in the global

hazard list of top 10 countries with maximum number of obese people revealed by a study published in the journal Lancet. According to a study conducted at Tamil Nadu reported that majority (75%) age was between 19-20 years, mainly (66%) residing in urban area. Among 60% of adolescents 32% of them eat 1 or 2 times in a week, 8% eat 3 or 4 in a week.

The worldwide Prevalence: - Mostly people prefer junk food in their life irrespective of age, gender. People prefer to eat fast or junk food due to Flavour, taste, variety, budget friendly and easy to prepare. According to survey it is found that 2 in 3 people consume fast food at least twice in week (65%). 70% of people having junk food at least once a week. These statistics shed light on prevalent role of fast food in modern diets. It indicates that a significant majority of individuals incorporate fast food into their weekly routine, showcasing its widespread popularity and accessibility.

The India Prevalence of junk food According to Pan India Survey Conducted by the Centre for Science and Environment (CSE) 93% of children ate food that was packed, 68% drank Packaged sweetened beverages more than once a week, 53% ate this food at least once a day.

The rising consumption of unhealthy foods has been facilitated by trade liberalization and foreign investment in the food and beverage industries, which have resulted in the proliferation of large transnational food companies, according to a study. Generally, a junk food is given a very attractive appearance by adding food additives and colors to enhance flavor,

texture and for increasing long shelf life.

So, by kept all these factors in mind and to reduce the consumption of junk food in society motivated researcher to study the prevalence of junk food in society, factors that are increasing the consumption of junk food, health problems associated with consumption of junk food. Researcher wants to create the awareness regarding ill effects of junk food on health by providing information booklet.

### III. STATEMENT OF THE PROBLEM

A descriptive study to assess the knowledge regarding ill effects of junk food on health among students of Senior Secondary Schools of Sonipat, Haryana.

#### OBJECTIVES

- To assess the knowledge regarding ill effects of junk food on health among students of Senior Secondary Schools.
- To find association between knowledge regarding ill effects on health with socio- demographic variables.
- To provide information booklets regarding ill effects of junk food on health.

#### Material and Methods:

A descriptive study was conducted among senior secondary school students. Non-Probability purposive sampling technique was used. Prior permission has been taken from the Institutional authority and an informed consent has been taken. A self-structured knowledge Questionnaire was administered.

#### Results/ Findings

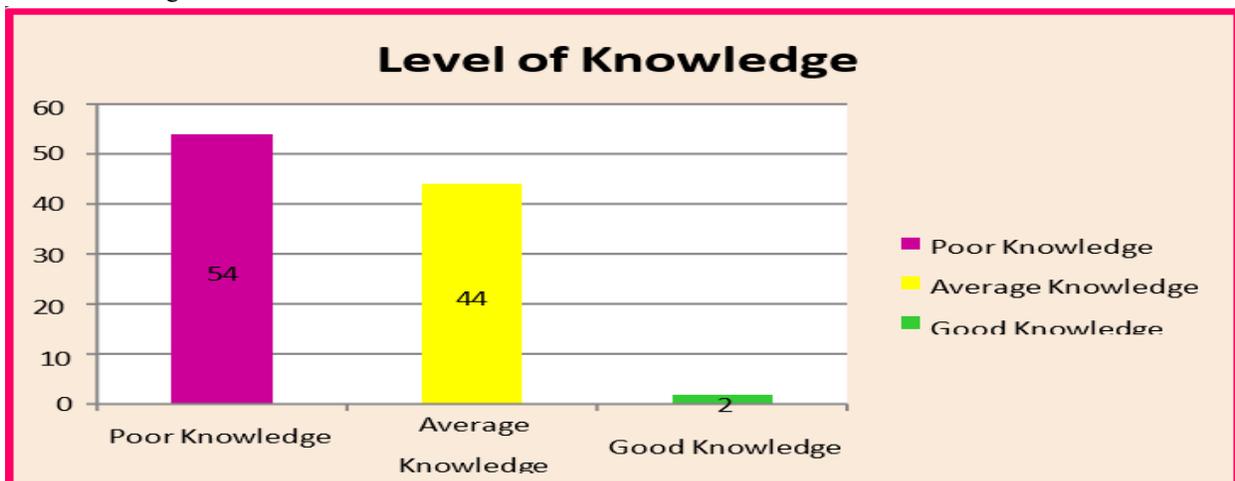


Figure-1: Percentage distribution of samples acc. to level of knowledge

The level of knowledge of the samples regarding ill effects of junk food on health shows Majority 108 (54.0 %) had poor knowledge and those who had adequate knowledge were 88 (44.0 %). Good knowledge was present among 4 (2.0 %) of the samples.

#### IV. CONCLUSION

The level of knowledge of the samples regarding ill effects of junk food on health shows Majority of samples i.e. 108 (54.0%) had poor knowledge and those who had adequate knowledge were 88 (44.0%). Good knowledge was present among 4 (2.0%) of the samples.

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