A Study to Assess the Knowledge and Attitude Regarding Junk Foods and Its Effect on Health Amonginter College Students in Selected Colleges Tirupati

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Abstract—Habits start young, and it is up to the environment to cultivate healthy habits in children, the school being the next-best home of learning and nurturing. With the rise in the incidence of obesity and overweight amongst youngsters and college students the dark -side of junk-food 'cannot be overlooked. The main objectives are to assess the Knowledge of junk foods and its effect on health among students, second objective was to assess the attitude of junk foods and its effect on health among students. In this research quantitative research approach, non- experimental descriptive research design was utilized to assess the knowledge and attitude regarding junk foods its effect on health. The data was analyzed in the terms of objectives of the study by using the descriptive statistics. The findings of the study showed that among 30 samples in selected colleges, 7% students have average knowledge, 57% students have good knowledge, and 37% students have excellent knowledge on junk foods and its effect on health. In regard to attitude 10% students have average attitude, 55% students have good attitude, and 35% students have excellent attitude on junk foods and its effect on health.

I. INTRODUCTION

Fast foods are ready-to-eat, served promptly after ordering. Some fast foods are high in calories and low in nutritional value, while others, such as salads, low in calories and high in nutritional value. However, most adolescents may not be acquainted of the high calorie content of such items because the information is often not easily accessible in fast-food shops. High salt content foods can be act as addictive substances that stimulate the dopamine receptors in the brain, leading to increase in craving and hunger. It leads to increased appetite, calorie consumption, overeating, obesity and related illnesses.

Awareness of health consequences of junk foods among students' consumption related health problems. Nowadays, the familial risks of developing diabetes, hypertension, obesity and coronary artery disease are precipitated by consuming high calorie fast foods. Renal calculi are more prevalent in individuals consuming phosphate containing soft drinks. Unhealthy and poor dietary habits are highly prevalent in the teen age group medicos. Future medical practitioners should know that these kinds of eating habits create nutritional deficiencies along with weight gain which ultimately ends in metabolic syndrome.

II. NEED FOR STUDY

Indians now find themselves amongst the top 10 most frequent consumers of fast food across the globe. According to the findings of the latest online survey from ACNielsen, a leading international market research firm, over 70% of urban Indians consumes food from take-away restaurants once a month or more frequently. This makes India one of the top 10 countries amongst the 28 surveyed, in terms of frequency of fast-food consumption

III. PROBLEM STATEMENT

A study to assess the knowledge and attitude regarding junk foods and its effect on health among inter college students in selected colleges, Tirupati.

IV. OBJECTIVES

- To assess the Knowledge of junk foods and its effect on health among students,
- To assess the attitude of junk foods and its effect on health among students.

V. MATERIAL & METHODS

The quantitative research approach was utilized to assess the knowledge and attitude regarding junk foods its effect on health among inter college students, and non-experimental descriptive research design was selected by investigator to conduct the study. The study was conducted in selected inter college in Tirupati. In This study the population includes inter college students. The Sample size of this study was 30 students. Here for sample selection simple random sampling technique used for the present study by using lottery method.

VI. CRITERIA FOR SAMPLE SELECTION

Inclusion Criteria
1. College students between 16-24yrs.
2. Both male and female patients.
3. who know telugu
4. Who are willing to participate in the study

Exclusion Criteria:
1. Who are not willing to participate in the study.
2. doesn't know English

VII. DEVELOPMENT AND DESCRIPTION OF THE TOOL

The tool consists of two sections part-1 and part-2
Part-I: It deals with demographic data including age, gender, residence, Monthly family income, Monthly pocket money, frequency consumption of junk foods, usually you prefer to have junk food with, dietary pattern

Part-II
It deals consists of two sections.
Section-I deals with questionnaires on knowledge regarding junk foods and its effect on health

Section-II: it deals with the check list on attitude regarding junk foods and its effect on health

VIII. THE SCORING KEY AND INTERPRETATIONS

In this study, structured questionnaires are used for the assessment of the knowledge. It consists of 20 multiple choice questions, consist of four options. Each right answers carriers 1 mark and wrong answers carry 0 mark. For assessment the levels of practice, observational checklist was used. it consists of 15 items. Each correct answer consists of 1 mark and wrong answer consists of 0 marks.

IX. DATA ANALYSIS

TABLE -1: Frequency and percentage distribution

S.No	Level of problems & adjustments	Frequency (f)	Percentage (%)
1.	Excellent	11	37
2.	Good	15	50
3.	Average	4	13

Table 1 Frequency and percentage distribution of junk foods and its effect on health among students (N = 30).

Table 1 reveals the level of consumption junk foods and its effect on health among students, 11(37%) had excellent, 15 (50%) had good and 4(13%) are had average,

TABLE -2: Frequency and percentage distribution

S.No	Level of activities	Frequency (f)	Percentage (%)
1.	Excellent	23	77
2.	Good	4	13
3.	Average	3	10

Table 2 Frequency and percentage distribution of level of attitude among students (N = 30).

Table 2 reveals the level of practice of, 23 (77%) had excellent attitude, 4 (13%) had good attitude, 3 (10%) had average attitude on junk foods and its effect on health.

X. MAJOR FINDINGS OF THE STUDY

The findings of the study showed that among 30 samples selected sample of students in selected colleges Tirupati, 7% students have average knowledge, 57% students have good knowledge, 37% students have excellent knowledge on junk foods and its effect on health. In attitude 10% students have average attitude, 55% students have good attitude, 35% students have excellent attitude on junk foods and its effect on health.

Variable	Category	Number of Students (n=30)	Percentage (%)
Knowledge	Average	2	7%
	Good	17	57%
	Excellent	11	37%
Attitude	Average	3	10%
	Good	16	55%
	Excellent	11	35%

Table 3 Distribution of Students Based on Knowledge and Attitude Regarding Junk Foods and Their Effects on Health.

XI. CONCLUSION

There was significant association between level of knowledge with socio demographic variables age, monthly family income, dietary pattern on junk foods and its effect on health among students in selected colleges, Tirupati. The association between level of attitude regarding junk foods and its effect on health among students like gender.

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