

Vol. 12 . No.2. 2023.

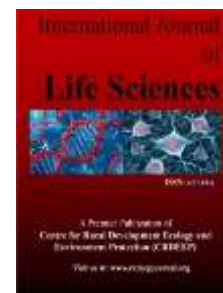
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DOI: [10.13140/RG.2.2.10719.12960](https://doi.org/10.13140/RG.2.2.10719.12960)

Contents available at:

<http://www.crdeepjournal.org>

International Journal of Life Sciences (ISSN: 2277-193x) CIF: 5.411; SJIF: 6.431
A Peer Reviewed Journal

Full Length Research Paper

A Study to Assess the Level of Knowledge Regarding Health Hazards related to Junk Food Consumption Among a group of Nursing Students at Selected Nursing College, Dehradun, Uttarakhand, India.

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Article history:

Received: 28-03-2023

Revised: 01-04-2023

Accepted: 07-04-2023

Published: 08-04-2023

Key words:

Health Hazard, Junk Food, Consumption, Nursing, Students, Dehradun, SGRR

ABSTRACT

Fast food is an affordable and convenient way to fill stomach when on the urge. Although people want feel guilty for an occasional indulgence, regularly eating fast food can seriously damage health people with low nutritional value, the high fat, calorie and sodium content of these foods can lead to a variety of health problems. Adolescent is a period of rapid growth and development. The growth and development of adolescent depends to a large extent on their nutrition. Junk food is responsible for development of many health problems in college students. In Uttarakhand, a very high percentage of females (93.5%) and males (89.1%) were seen to consume junk food. This research was undertaken to assess the existing knowledge of adolescents regarding the health hazards of junk food in a selected college and to find association between selected demographical variables and health hazards of junk food. A quantitative research approach is used in this study. This study was conducted among students of SGRRIM & HS College of Nursing Patel Nagar, Dehradun to assess the level of knowledge regarding health hazards related to junk food consumption from 10/10/2021 to 20/04/2022. In the present study the population was 100 Nursing students (Male-24 Female-76) of SGRRIM&HS College of Nursing with the formula of $n = t^2(p \times q)/d^2$. Non probability sampling technique was used. The findings are summarized as: -16% of nursing students having inadequate level of knowledge, 72% nursing students having moderate knowledge, 12% of nursing students having adequate knowledge.

Introduction

According to WHO (1946) "Health is a state of complete physical, mental, social, spiritual wellbeing & not merely the absence of disease or infirmity". "A balanced diet is one that contains the proper proportions of carbohydrates, fats, proteins vitamins, minerals and water necessary to maintain good health." Food is an important part of the balanced diet. It is something everyone needs, every day. Life can be sustained only with adequate nourishment. Man needs food for growth, development and to lead an active and healthy life. Food is a substance, usually composed of carbohydrates, fats, protein and water that can eaten or drunk by an animal or human for nutrition or pleasure. Day by day innovations are being carried out to make faster transportation, faster communication, faster computers, faster music, and to provide faster services. This kind of time bound attitude ultimately affected our dietary habits also and gave rise to fast food. Fast food items as the name suggests are prepared fresh, hot, and served fast. Fast food items are also known as quick service food as these items are routinely sold and delivered in an amount of time ranging from a few seconds to several minutes. Fast food items appeal by being fatty, low in fiber and nutrients.

"Junk food" is a term given to food that is high in calories but low in nutrition content. In adolescence, both boys and girls

undergo several physical and psychological changes which make them to become partly responsible for their own health and welfare.

Junk food has no or very less nutritional value and irrespective of the way they are not healthy to consume Andrew F. Smith's encyclopedia of junk food, "junk food is define as those commercial products which have little or no nutritional value but do have plenty of calories, salt and fats. "Junk food is a type of mass produced food designed for commercial resale and with a strong priority placed on speed of service, versus other relevant factors Merriam Webster (1951).

According to WHO report, 40000 deaths occur per year in world due to excessive intake of junk food. It has been found that India's over weight rates increase by 20%. Now in India is in the grip of an obesity epidemic expert say the trends need to be immediately arrested by restricting food advertisement and making food labeling clearer. World adolescent population is 1200million person in 10- 19 year of age, or about 19% of the total population of serious nutritional challenges. There has been an increase in the consumption of junk food among school aged children (SAC) possibly leading to obesity & diet related consequences related to consumption of junk food. Hence a community based cross sectional study was conducted to assess the consumption of junk food by school age children in Kullu, Himachal Pradesh A total of 425 children in the age group of 12-18 years studying in 30 government schools were included. We found high prevalence (36%) of consumption of junk food among school age children. Efforts should be taken to reduce the consumption of junk food by promotion of healthy dietary habits & education children about ill effects of junk food. A correlation study was conducted with aim to find the correlation of junk food consumption pattern with BMI of adolescent studying in selected school at Ludhiana city Punjab. A total 300 adolescent of age group 10-19 years were selected using convenience sampling techniques. Structured questionnaires were used to assess junk food consumption pattern, results revealed that all 300 (100%) adolescent has history of junk food consumption. Majority of adolescent (86.3%) were eating junk food because they like the taste of junk food and 226 (75.3%) surprisingly majority of adolescent were eating junk food at their home among the subjects. Popularity of these food stuff in this age of urbanization has been attributed to quick preparation and convenience of finishing a meal within no time.

Various studies and trials have also indicated that frequent consumption of fast-food leads to increase risk of cardiovascular disease (CVD) as fast food has been shown to promote weight gain and insulin resistance. 8 Eating habits of fast food among students have evolved due to their rich fat content, high palatability, easy availability, and time pressure exerted on students as students need something which they can get fast and consume fast so they can have more time for work. Unhealthy eating habits (consumption of fast food) seriously affect physical, mental, and social wellbeing of the individual

Great taste, attractive appearance along with advertising has played a role in attracting people particularly adolescent to the selling joints unfortunately the current world's adaptation to a system of consumption of fast food has resulted in several adverse effects on health. The energy density of fast food had been found to be more than twice the recommended daily allowance for children. Experts therefore attributed the current childhood obesity led to increasing in life threatening condition particularly non communicable disease in developing countries. Dental cavities are another common ailment in school children can result due to dense sugar content in fast foods.

Food additives used in these food stuffs are found to be carcinogenic and can be allergic causing frequently among children. Added to this in developing countries there are problems like poor hygiene during preparation storage and handling of fast food leading to contamination by microorganisms. Student's food habit should be changed and they must be provided with highly nutritious diet. Well-balanced diet plays an important role in the prevention of health hazards of junk food like obesity, high BP, cardiovascular diseases.

Objectives

- *To assess the existing knowledge of adolescents regarding the health hazards of junk food in a selected college.*
- *To find association between selected demographical variables and health hazards of junk food.*

Material and Methods

Study area

This study was conducted among students of SGRRIM & HS College of Nursing Patel Nagar, Dehradun to assess the level of knowledge regarding health hazards related to junk food consumption from 10/10/2021 to 20/04/2022. The Hospital is a multi-specialty hospital and research centre with bed strength of 1500 which caters multi-lingual patients from various parts of the Uttarakhand.

Sample population and design: In the present study the population was 100 Nursing students (Male-24 Female-76) of SGRRIM & HS College of Nursing with the formula of $n = t^2(p \times q)/d^2$. Non probability sampling technique was used.

Section-A

Table 1. Frequency and percentage distribution of nursing students according to selected demographic variables.

Variables	Frequency	Percentage
Gender		
• Male	24	24%
• Female	76	76%
Age		
• 18-20 years	70	70%
• 20-24years	30	30%
Type of family		
• Joint	47	47%
• Nuclear	53	53%
How frequently do you eat junk food?		14%
• Not very often	14	54%
• Once a week	54	22%
• Once a month	22	10%
• Everyday	10	
Family income		
• Rupees 10,000- 20,000	11	11%
• Rupees 20,000-30,000	25	25%
• Rupees30,000-40,000	16	16%
• Above 40000 Rupees	48	48%
Source of information		
• Mass media	20	20%
• Family	25	25%
• Social media	45	45%
• Peer group	10	10%

Section-B

Table 2. Frequency and percentage wise distribution of knowledge score among group of students with level of knowledge regarding health hazard of junk food.

Level of knowledge	Frequency	Percentage
Inadequate knowledge(<10)	16	16%
Moderate(11- 20)	71	71%
Adequate knowledge(21- 30)	13	13%

The percentage distribution of student with level of knowledge score regarding health hazards of taking junk food.16% students were having inadequate knowledge 71% students were having moderate knowledge 13% students were having adequate knowledge

Section-C

Frequency and percentage wise distribution of knowledge score among nursing students with knowledge regarding health hazards related to junk food consumption according to their demographic variables.

S. No	Level of knowledge	Inadequate		Moderate		Adequate	
		f	%	f	%	f	%
1.	Gender Male Female	9	9%	12	12%	3	3%
		7	7%	60	60%	9	9%
2.	Age 18-20 years 20-24 years	11	11%	49	49%	3	3%
		5	5%	23	23%	9	9%
3.	Type of family Joint Nuclear	9	9%	48	48%	2	2
		7	7%	24	24%	10	10

4.	How frequently do you eat junk food?						
	Not very after Once a week	3	3%	7	7%	3	3%
	Once a month	8	8%	40	40%	5	5%
	Every day	3	3%	17	17%	3	3%
		2	2%	8	8%	1	1%
5.	Family income						
	Rs. 10,000-20,000	7	7%	12	12%	0	0%
	Rs. 20,000-30,000	1	1%	12	12%	2	2%
	Rs.30,000-40,000	1	1%	10	10%	3	3%
	Above 40,000	7	7%	38	38%	7	7%
6.	Source of information						
	Mass media Family	1	1%	20	20%	3	3%
	Social media Peer group	3	3%	5	5%	0	0%
		12	12%	45	45%	7	7%
		0	0%	2	2%	2	2%
7.	Do you eat junk food						
	Not every after Once a week	2	2%	7	7%	3	3%
	Once a month	9	9%	35	35%	5	5%
	Every day	1	1%	19	19%	3	3%
		4	4%	11	11%	1	1%

Data analysis

Following statistical tests were applied for analyzing the data for the present study: -Frequency and percentage.

Results

a. The percentage distribution of nursing students on level of knowledge according to gender: - Males have (9%) inadequate knowledge, (12%) moderate knowledge, (3%) adequate knowledge. Females have (7%) inadequate knowledge, (60%) moderate knowledge, (9%) adequate knowledge.

b. The percentage distribution of nursing students on their level of knowledge according to gender:- In age group 18-20 years (11%) inadequate knowledge, (49%) moderate knowledge, (3%) adequate knowledge. In age group 20-24 years (5%) inadequate knowledge, (23%) moderate knowledge, (9%) adequate knowledge.

c. The percentage distribution of nursing students on their level of knowledge according to type of family: - In joint family (9%) inadequate knowledge, (48%) moderate knowledge, (2%) adequate knowledge. In nuclear family (7%) inadequate knowledge, (24%) moderate knowledge, (10%) moderate knowledge.

d. The percentage distribution of nursing students on their level of knowledge according to how frequently do you eat junk food? (3%) Of nursing students eat junk food not very often have inadequate knowledge, (7%) of nursing students eat junk food not very often have moderate knowledge, (3%) Of nursing students eat junk food not very often have adequate knowledge. (8%) of nursing students eat junk food once a week have inadequate knowledge, (40%) of nursing students eat junk food once a week have moderate knowledge, (5%) of nursing students eat junk food once a week have inadequate knowledge. (3%) of nursing students eat junk food once a month have inadequate knowledge, (17%) of nursing students eat junk food once a month have moderate knowledge, (3%) of nursing students eat junk food once a month have adequate knowledge. (2%) of nursing students eat junk food everyday have inadequate knowledge, (8%) of nursing students eat junk food everyday have moderate knowledge, (1%) of nursing students eat junk food everyday have adequate knowledge.

e. The percentage distribution of nursing students on their level of knowledge according to family income: - (7%) of nursing student with family income 10,000-20,000 have inadequate knowledge, (12%) of nursing student with family income 10,000-20,000 have moderate knowledge, (0%) of nursing student with family income 10,000-20,000 have adequate knowledge. (1%) of nursing student with family income 20,000-30,000 have inadequate knowledge, (12%) of nursing student with family income 20,000-30,000 have moderate knowledge, (2%) of nursing student with family income 20,000-30,000 have adequate knowledge. (1%) of nursing student with family income 30,000-40,000 have inadequate knowledge, (10%) of nursing student with family income 30,000-40,000 have moderate knowledge, (3%) of nursing student with family income 30,000-40,000 have adequate knowledge. (7%) of nursing student with family income above 40,000 have inadequate knowledge, (38%) of nursing student with family income above 40,000 have moderate knowledge, (7%) Of nursing student with family income

above 40,000 have adequate knowledge.

f. The percentage distribution of nursing students on their level of knowledge according to source of information: - (1%) of nursing student get information from mass media have inadequate knowledge, (20%) of nursing students get information from mass media have moderate knowledge, (3%) of nursing students get information from mass media have adequate knowledge. (3%) of nursing student get information from family have inadequate knowledge, (5%) of nursing student get information from family have moderate knowledge, (0%) of nursing student get information from family have adequate knowledge. (12%) of nursing student get information from social media have inadequate knowledge, (45%) of nursing student get information from social media have moderate knowledge, (7%) of nursing student get information from social media have adequate knowledge. (0%) of nursing student get information from peer group have inadequate knowledge, (2%) of nursing student get information from peer group have moderate knowledge, (2%) of nursing student get information from peer group have adequate knowledge.

g. The percentage distribution of nursing students on their level of knowledge according to do you eat junk food: - (2%) of nursing student eat junk food not very often have inadequate knowledge, (7%) of nursing student eat junk food not very often have moderate knowledge, (3%) of nursing student eat junk food not very often have adequate knowledge. (9%) of nursing student eat junk food once a week have inadequate knowledge, (35%) of nursing student eat junk food once a week have moderate knowledge, (5%) of nursing student eat junk food once a week have adequate knowledge. (1%) of nursing student eat junk food once a month have inadequate knowledge, (19%) of nursing student eat junk food once a month have moderate knowledge, (3%) of nursing student eat junk food once a month have adequate knowledge. (4%) of nursing student eat junk food everyday have inadequate knowledge, (11%) of nursing student eat junk food everyday have moderate knowledge, (1%) of nursing student with eat junk food everyday have adequate knowledge.

Conclusion

A descriptive study was undertaken among knowledge regarding health hazard related to junk food consumption among the group of nursing students in Shri Guru Ram Rai nursing College, Patel Nagar, Dehradun with the objective to assess the level of knowledge regarding health hazard related to junk food consumption among the group of nursing students at Shri Guru Ram Rai Nursing College Dehradun. 100 samples were selected by unstructured questionnaire. A conclusion derived from the findings of the study. It can be concluded that 16% nursing students having inadequate knowledge, 72% nursing students having moderate knowledge, 12% of nursing students having adequate knowledge regarding health hazards related to junk food consumption among the group of nursing students at Shri Guru Ram Rai Nursing College, Patel Nagar, Dehradun.

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