

Comparative Study to assess the Knowledge and Practice Regarding Junk Food and its Harmful Effects on Lifestyle among Adolescents in Urban and Rural Schools at Deoria District, Uttar Pradesh

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Abstract

This study entitled “Comparative study to assess the knowledge and practice regarding junk food and its harmful effects on lifestyle among adolescents in urban and rural schools at Deoria district, Uttar Pradesh” submitted in the year 2022.

Aims: The objectives are to assess the level of knowledge and practice on junk food and its harmful effects on lifestyle among adolescents in urban and rural schools at Deoria district, Uttar Pradesh, to compare the knowledge and practice regarding junk foods and its harmful effects on lifestyle between adolescents of urban and rural school, to associate finding with selected demographic variables.

Design and setting: Comparative descriptive approach was adopted. Total 530 youngsters of selected schools from urban and rural area were participated by obtaining their informed consent.

Methods and Material: Samples were chosen through convenient sampling technique. Instrument administered for data collection was pre-validated self-administered questionnaire.

Statistical Analysis used: Descriptive and inferential statistics were adopted.

Results: Majority (62%) had good knowledge, 17% had excellent knowledge, 16% had moderate knowledge, and only 5% had poor knowledge in urban adolescents whereas adolescents from rural school 49% had moderate knowledge, 36% had well and 9% had poor knowledge. Also, there is a significant difference between in knowledge and practice scores of adolescents from urban and rural schools.

Conclusion: Findings of the study showed that adolescents have lack of knowledge and practice and also consumes a greater amount of junk food.

Keywords: Junk foods; Adolescents; Knowledge; Practice; Harmful effects.

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INTRODUCTION

Good nutrition is very important throughout the period of steady development between the ages of 6 and 12 years. Healthy eating habits are crucial throughout adolescence because changing body composition affects a person's nutritional and dietary needs. Processed food has replaced healthy,

nutritious foods like Candies, baked goods, burgers and sausages, salty. WHO reported (June 2021) that over 340 million children and adolescents 5 to 19 years were overweight during 2016. According to a national survey, the diet, rich in sugar and fat contributes to heart diseases.

Several additives added processed foods such as caffeine, saccharin etc. can leads to various health issues like nervousness, irritability, sleeplessness, and headache. Aakriti Gupta, conducted a study to assess the consumption of JF by school age children in rural, Himachal Pradesh and found high prevalence (36%) of consumption of JF among them.¹

Need for Study

Young people are almost unable to escape the tentacles of a convenient food environment because they are less aware of the heart disease, cancer, high blood pressure, or diabetes. Unhealthy eating habits, along with a fatty acid imbalance, have an impact on brain and body development. Excess intake of soda and sugar also results in health issues like tooth decay, bones deformities. According to WHO research on fast food and obesity, 1.6 billion persons (aged 15 and up) are overweight, with at least 400 million adults being obese. According to the WHO, 2.3 billion persons would be overweight by 2015, with over 700 million obese. Precooked food is easy to transport, purchase, and consume. In Abraham S. study into college students' opinions on their eating habits and the health dangers associated with rapid meal intake. They tend to eat at fast food joints more often when they're socializing with peers.²

Baseer Md cross-sectional study was conducted in Raichur to learn about the eating habits and lifestyle of adolescents. 384 students from the first and second PUCs participated in the study. According to the data, 176 people (45.8%) claimed they eat processed meals more than once a week.³ Shrestha Chandha, study results expressed that, 31.8% teenagers had satisfactory information in pre-test, whereas in post-test 95.3% had sufficient information on junk food.⁴ Davis B, examined the relationship between fast-food restaurants near schools and obesity among middle and high school students in California and found that Exposure to poor quality food environments has important effects on adolescent eating patterns and overweight.⁵

During the community health nursing posting

in urban and rural area the investigator has come across the complaint of obesity especially among the adolescents every day they are taking different varieties of junk foods in school, home and fast-food corner etc. It is also being observed that adolescents are not having adequate knowledge about harmful effects of these foods on life style and lack of awareness regarding the same. It is important to identify the adolescent's knowledge and practice level on this consumption and its harmful effects and comparing urban and rural areas is needed to conduct educational program among the school going adolescents. So, investigator felt this need to select this topic for this study.

PROBLEM STATEMENT

Comparative study to assess the knowledge and practice regarding junk food and its harmful effects on lifestyle among adolescents in urban and rural schools at Deoria district, Uttar Pradesh.

OBJECTIVES OF STUDY

1. To assess the level of knowledge on junk food and its harmful effects on lifestyle among adolescents in urban and rural schools at Deoria district, Uttar Pradesh.
2. To assess the level of practice on junk food and its harmful effects on lifestyle among adolescents in urban and rural schools at Deoria district, Uttar Pradesh.
3. To compare the knowledge and practice regarding junk foods and its harmful effects on lifestyle between adolescents of urban and rural school at Deoria district, Uttar Pradesh.
4. To find an association between the level of knowledge and practice regarding junk food and its harmful effects on lifestyle among adolescents in urban and rural schools with socio demographic variables.
5. To find the relationship between level of knowledge on junk food and with practices.

Hypothesis

H₁: There is a significant difference in knowledge and practice scores of adolescents in urban schools at Deoria district, Uttar Pradesh.

H₂: There is a significant difference in knowledge

and practice scores of adolescents in urban and rural schools at Deoria district, Uttar Pradesh.

H₃: There is no significant association between the level of knowledge and practice regarding junk food and its harmful effects on lifestyle among adolescents with socio demographic variables.

Assumptions

Adolescents may have some knowledge regarding junk food and its harmful effects on lifestyle.

MATERIAL METHOD

Sample Size:

Sample size consisted of 530 adolescents from urban and rural school.

Sampling Technique

Nonprobability convenient sampling technique was adopted.

Criteria for Sample Selection

Inclusion Criteria:

1. Adolescents studying in Skyline Public School and St. Joseph School at Deoria District age group of 12 to 15 years.
2. Adolescents who are willing to participate in this study.
3. Adolescents who are able to understand Hindi or English.

Exclusion Criteria:

1. Adolescents who are strictly engaged with their work during data Collection period.
2. Adolescents had not habit of taking junk food.

Description of Tool

Section A: Segment information comprise of age, class, sex, Monthly family pay, pocket cash each month, sort of family, past well spring of data, propensity for taking unhealthy food when free, spot and season of taking convenient food.

Section B: A Structured Interview Schedule with Knowledge Questionnaire was arranged comprising of 30 things of information about hurtful impacts of unhealthy food on way of life.

Section C: Practice Questionnaire was prepared consisting of 10 items about junk food consumption.

The total score for knowledge is 30.

Validity Reliability of the Tool

The formulated tool was submitted to experts in Community Health Nursing, the suggestion were included. The internal consistency was assessed by using split half method where the Cranach’s alpha coefficient formula was used and the ‘r’ value is = 0.88 for knowledge questions and for the practice questions the ‘r’ value is = 0.882. The result depicted that the statements included in the questionnaire possess Cranach’s Alpha co-efficient 0.8408. It led to the conclusion that the measurement scale has good internal consistency. So, the scale can be considered reliable with our sample.

Pilot Study

A Pilot study was carried out for 53 adolescents from Uma Nagar at Deoria district, Uttar Pradesh. The samples were chosen as per the inclusion criteria. The permission was taken from the Head Master of the school. Consent was taken from the respondents. A structured self administered questionnaire on knowledge and practice was distributed to the respondents and instruction was given about how to answer the questionnaire. A pilot study was done on 53 samples. The data was analyzed by descriptive and inferential statistics, found to have feasibility for conducting main study.

Procedure for Data Collection:

The data was obtained from Skyline Public school and St. Joseph school during the time period of 9 am to 4 pm. The sample selected from adolescents through convenient sampling technique.

The test was done for about 35-40 minutes. Giving thanks to the respondents and the authority, the data collection procedure was completed.

RESULTS AND INTERPRETATION

Table 1: Knowledge level among adolescents in urban and rural school

| Level of Knowledge | Schools | | | | |
|--------------------|-----------|-----|-------|-----|-----|
| | Rural | | Urban | | |
| | N | % | N | % | |
| 0-7 | Poor | 25 | 9 | 14 | 5 |
| 8-15 | Moderate | 130 | 49 | 43 | 16 |
| 16-23 | Good | 95 | 36 | 163 | 62 |
| 24-30 | Excellent | 15 | 6 | 45 | 17 |
| | Total | 265 | 100 | 265 | 100 |

The above table showed that urban adolescents 62% had good knowledge about junk foods and its harmful effects and also rural adolescents 49% had moderate knowledge.

Table 2: Practice level in urban and rural school adolescents.

| Level of Practice | Schools | | | | |
|-------------------|---------|-----|-----|-------|--|
| | Rural | | | Urban | |
| | N | % | N | % | |
| 0-2 Poor | 65 | 25 | 135 | 51 | |
| 3-5 Moderate | 110 | 41 | 90 | 34 | |
| 6-8 Good | 80 | 30 | 36 | 13 | |
| 9-10 Excellent | 10 | 4 | 4 | 2 | |
| Total | 265 | 100 | 265 | 100 | |

In the Deoria district of Uttar Pradesh, the findings found that most adolescents in rural schools had a good or moderate level of unhealthy eating habits, whereas urban adolescents have a bad level of consumption.

The study of paired 't' test on knowledge and practice scores of adolescents in urban schools in Deoria district, Uttar Pradesh is shown in the table below.

Table 3: Comparison of knowledge and Practice Score of Adolescents from Urban School

| Variable | Mean | SD | t-Value | df | P-Value |
|---|---------|------|---------|-----|---------|
| Knowledge and Practice Score among Urban school | 13.4113 | 4.35 | 50.085 | 264 | <.001** |

The study of paired 't' test on knowledge and practice scores of adolescents in rural schools in Deoria district, Uttar Pradesh is shown in the table below.

Table 4: Comparison of knowledge and Practice Score of Adolescents from Rural School.

| Variable | Mean | SD | t-Value | df | P-Value |
|---|-------|-------|---------|-----|---------|
| Knowledge and Practice Score among Rural school | 9.747 | 3.056 | 51.916 | 264 | <.001** |

Table 5: Association of Urban Knowledge with demographic variables

| Demographic variables | Urban School Adolescent Knowledge | | | | | Chi-square Value | df | P-Value | |
|-----------------------|-----------------------------------|----------|------|-----------|-------|------------------|--------|---------|--------|
| | Poor | Moderate | Good | Excellent | Total | | | | |
| Sex | Male | 4 | 50 | 78 | 14 | 146 | 3.961 | 3 | 0.266 |
| | Female | 0 | 38 | 66 | 15 | 119 | | | |
| Age | 12 yrs | 1 | 21 | 34 | 8 | 64 | 8.676 | 1 | 0.73 |
| | 13 yrs | 0 | 32 | 42 | 11 | 85 | | | |
| | 14 yrs | 1 | 16 | 34 | 7 | 58 | | | |
| | 15 yrs | 2 | 19 | 34 | 3 | 58 | | | |
| Class | 7th std | 1 | 21 | 35 | 9 | 66 | 10.339 | 1 | 0.586 |
| | 8th | 0 | 32 | 41 | 11 | 84 | | | |
| | 9th | 2 | 16 | 35 | 7 | 60 | | | |
| | 10th | 1 | 19 | 33 | 2 | 55 | | | |
| Pocket Money | No pocket Money | 0 | 23 | 39 | 14 | 76 | 18.758 | 9 | 0.0275 |
| | - 1-100 | 2 | 29 | 49 | 7 | 87 | | | |
| | - 101-200 | 2 | 14 | 35 | 1 | 52 | | | |
| | - Above 200 | - | 22 | 21 | 7 | 50 | | | |

The above table indicated that the null hypothesis is rejected because the association between levels of knowledge about the detrimental effects of unhealthy food on lifestyle and monthly pocket money is significant at the 5% level (chi-square value 18.758). This demonstrates that among adolescents in urban schools, there is a significant relationship between Pocket Money and Urban Knowledge concerning snack foods and its negative consequences on lifestyle.

DISCUSSION

The findings of this study also revealed that most of adolescents in urban schools have good level of knowledge regarding junk food but most of the adolescents in rural schools have moderate level of knowledge regarding junk food at Deoria district, Uttar Pradesh. There is a positive association ($r = 0.133$) between urban and rural knowledge of fast food and its negative consequences on adolescents' lives. The Null Hypothesis is accepted in this situation since the P value is greater than the Sig. Value ($p < 0.231$). The Urban Practice with Rural Knowledge Score about accessible food and its detrimental impacts on life among adolescents has a positive connection ($r = 0.074$). The Null Hypothesis is accepted in this situation since the P value is bigger than the Sig. Value ($p < 0.669$). The Urban Practice with Rural Practice Score about convenient food and its detrimental impacts on life among adolescents has a positive connection ($r = 0.026$). There is no meaningful association between these variables. As a result, there is no significant association between urban and rural practice scores on processed foods and their negative consequences on adolescents' lives. Similar study was conducted by Fancy R, found that only 6% of the adolescents were having adequate knowledge on ill effects of Junk food. 52% of them having moderately adequate knowledge and 42% having inadequate knowledge.⁶

CONCLUSION

Many studies have established that all unhealthy foods have no nutritional value and cannot be deemed beneficial to our bodies because they have all negative health effects. It is vital to avoid eating junk foods in order to live a long and happy life. The findings also demonstrated that awareness program needed and it is an effective strategy in bringing about changes in knowledge, affective and psychomotor domain among youngsters

from selected schools from urban and rural area regarding harmful effects of quick foods consumption. The school authority should organize awareness by providing advance awareness education including preventive measures.

Limitations

- ❖ The research was limited to young girls whose age range between 12-15 years and selected schools from urban and rural schools in Deoria, Uttar Pradesh.
- ❖ The study only assesses the knowledge and practice on harmful effects of junk food on life style.

Recommendations

- ❖ A study can be conducted to find out the effectiveness of planned teaching program on practice of adolescents regarding consumption of junk foods.
- ❖ A future study can be conducted in rural setting.
- ❖ A comparative study can be carried out to ascertain knowledge, attitude and behaviors regarding adolescent's nutritional pattern with a control group design.
- ❖ A study can be conducted to find out the knowledge and attitude of parents and teachers toward junk foods.
- ❖ A similar study can be conducted in higher secondary schools and colleges.

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