

## A STUDY TO ASSESS THE KNOWLEDGE REGARDING ILL EFFECTS OF JUNK FOOD AND ITS PREVENTION AMONG FIRST YEAR BSc NURSING STUDENTS

Dr. Ambika K.<sup>1\*</sup> and Mamatha G.<sup>2</sup>

<sup>1</sup>Associate Professor and HOD, Dept. of Pediatric Nursing, JSS College of Nursing, Mysuru.

<sup>2</sup>Associate Professor, Dept. of Medical Surgical Nursing, JSS College of Nursing, Mysuru.

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\*Corresponding Author: Dr. Ambika K.

Associate Professor and HOD, Dept. of Pediatric Nursing, JSS College of Nursing, Mysuru.

### ABSTRACT

**Introduction:** Adolescent is a transitional stage of physical and physiological development that generally occurs during the period from puberty to legal adulthood (age of majority). Good nutrition is very essential in development of children both physically and mentally. Children must know what they eat and it affects their growth and development. Today many adolescents like to eat junk food, but they do not know the harmful effects of junk food on their health. People have forgotten that the primary reason for eating is nourishment. Adolescents undergo several changes which make them to become partly responsible for their own health and welfare. Junk foods have no or very less nutritional value. Psychological development of adolescent such as independence and acceptable by peers may effects adolescent food choice and nutrient intake which places them to adopt unhealthy eating behaviors like addiction to junk food. **Method:** A descriptive survey approach was used to assess the knowledge regarding ill effects of junk food. 60 Samples were selected through convenience sampling technique. Structured knowledge questionnaire was used to collect data. Descriptive and inferential statistics were used to analyze the data. **Findings:** The findings of the study revealed that knowledge regarding ill effects of junk food and its prevention among nursing students was inadequate. The data shows that majority of nursing students 50(83.33%) had average knowledge. The knowledge score of nursing students regarding ill effects of junk food and its prevention ranged from 11 – 20 with the mean score 15.23 and standard deviation of  $\pm 3.7$ . No significant association was found between knowledge and their selected personal variables at 0.05 level of significance. **Conclusion:** The results show that knowledge regarding ill effects of junk food and its prevention among nursing students were average. Awareness program need to be conducted among them to prevent ill effects of junk food.

**KEYWORDS:** Knowledge, ill effects of junk food, Nursing students, prevention.

### INTRODUCTION

A thorough understanding of adolescence in society depends on information from various perspectives, including psychology, biology, history, sociology, education, and anthropology. Within all of these perspectives, adolescence is viewed as a transitional period between childhood and adulthood, whose cultural purpose is the preparation of children for adult roles. It is a period of multiple transitions involving education, training, employment and unemployment, as well as transitions from one living circumstance to another. The end of adolescence and the beginning of adulthood varies by country.<sup>[1]</sup>

In today's world scenario junk food has become a prominent feature of diet for adolescents. The rapidly changing food consumption pattern and diet transition

emerging to economic growth and new life style choices. Good nutrition is very essential in development of children both physically and mentally. Children must know what they eat and it affects their growth and development. Today many adolescents like to eat junk food but they do not know the harmful effects of junk food on their health. People have forgotten that the primary reason for eating is nourishment.<sup>[2]</sup>

Junk food elevates blood sugar level, it affects the brain function, it increases the risk of heart disease, it can cause kidney disease, it can damage your liver and it can also cause type 2 diabetes. We must substitute junk food with healthier food like fruits and vegetables. Junk food is a term describes food that is perceived to be unhealthy or having poor nutrition value according to food standard agency. Junk food is high in calorie but low in nutritional

content sometime that is appealing or enjoyable, but of little or no real value and this kind of food has no vitamins and minerals.<sup>[3]</sup>

A study was conducted in Srinagar, Jammu and Kashmir aimed to enhance the knowledge of adolescents regarding effects of junk food on health and in turn to reduce the incidence of consumption of junk food by adopting healthier eating habits. A pre experimental study was conducted using one group pretest posttest design. The findings of the study revealed that knowledge of adolescents regarding effects of junk food was inadequate and there is a great need to improve the knowledge. In pretest knowledge score 47(59%) were having inadequate knowledge, 33(41%) were having moderately adequate knowledge and no one was reported to have highly adequate knowledge about effects of junk foods on health.<sup>[4]</sup>

A descriptive study was conducted on students' perspective on junk food by using survey method. 344 students were selected from the VIT University, Vellore, Tamil Nadu (India). The self-administered questionnaire was used to collect data. The analysis showed that 30% of students were not aware about the harmful effects, nutritive value, and quality of the food, chemicals present and its impact on human health. In the questionnaire almost 85% of students gave their opinion about the junk food as unhealthy. Based on the study, it was found that 18% were taking junk food as an alternative to breakfast, 68% of individuals liked junk foods for their taste as it was one of the predominant factor for their choice.<sup>[5]</sup>

Researchers felt that nutritional knowledge is needed for adolescents regarding their food habits. Being as researchers would like to utilize this opportunity to impart the knowledge regarding the ill effects of junk food and tries to limit their consumption by adolescents. The aim of this study was to assess knowledge of first year BSc nursing students regarding ill effects of junk food and helping the adolescents to make healthy life.

## OBJECTIVES

1. To assess the knowledge regarding ill effects of junk food and its prevention among first year BSc. Nursing students.
2. To determine the association between the knowledge regarding ill effects of junk food and its prevention among first year BSc. Nursing students with their selected personal variables.

## HYPOTHESIS

H<sub>1</sub>: There will be significant association between the knowledge regarding ill effects of junk food and its prevention among First year BSc Nursing students with their selected variables.

## RESEARCH METHODOLOGY

Research design adopted for the study was descriptive survey design. Non probability convenience sampling technique was adopted to select 60 nursing students from a selected nursing college in Mysuru city for the study. Personal variable Proforma was used to assess the selected personal variables and structured knowledge questionnaire to assess knowledge regarding ill effects of junk food among first year BSc Nursing students. Tools were content validated by six experts in the field of nursing. The reliability was 0.7 and the tool was found to be reliable.

## RESULTS

### Section 1: Frequency and percentage distribution of 3rd year BSc Nursing students according to their selected personal variables

All 60 (100%) of first year BSc Nursing students were in the age group of 18-20 year and majority 50(83.33) were females and 10(16.7%) first year B Sc nursing students were males. 2(3.33%) first year BSc. Nursing students had previous knowledge about junk food and majority 58 (96.6%) did not have previous knowledge about junk food. Majority 28 (45%) of first year B Sc. Nursing students got information through health person, 20 (33.33%) from electronic mass media, 7 (11.66%) from friends and 6 (10%) from family members.

### Section 2: Frequency and percentage distribution of first year B Sc Nursing students according to their level of knowledge.

Knowledge level	Frequency	Percentage
Poor	06	10
Average	50	83.33
Good	04	6.66

### Section 3: Mean, median, standard deviation and range of knowledge scores

Variable	Mean	Median	Range	SD
Knowledge score	15.23	20	11-20	±3.7

n=60

The data presented in Table 3 shows that the mean knowledge score of nursing students is 15.23, ranged 11-20 with standard deviation of 3.7 and the median is 20.

Section 4: Findings related to association between the level of knowledge of BSc Nursing students regarding ill effects of junk food and its prevention with their selected personal variables.

There was no statistically significant association between the level of knowledge of nursing students regarding ill effects of junk food and its prevention with their selected personal variables. Hence, the null hypothesis is accepted, and it is inferred that the level of knowledge of first year nursing students regarding ill effects of junk

food was not influenced by their selected personal variables.

## CONCLUSION

The study has revealed that the knowledge of BSc Nursing students regarding care of newborn on phototherapy was inadequate. Hence there is greater need to enhance the knowledge of nursing students through conducting Planned Teaching Program regarding ill effects of junk foods.

## REFERENCES

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