# A Descriptive Study to Assess the Knowledge Regarding Ill Effects of Junk Foods among Students in Selected Constituents of CHARUSAT, Changa

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## ABSTRACT

A descriptive study to assess the knowledge regarding ill effects of junk foods among students in selected constituents of charusat, changa with objective to assess the existing knowledge regarding ill effect of junk food and to find association between selected demographics variables and knowledge of students regarding ill-effects of junk foods. Data collection is carried out through administering the self structured questionnaire. Majore finding of study was the finding revealed that 51.7% (31) of students had good knowledge regarding ill effects of junk foods, 43.3% (26) of students had average knowledge, and 5% (3) had poor knowledge regarding ill effects of junk foods. The finding reveals that the variables age, gender, income, previous source of information about junk foods, and residence are in no relation with the knowledge regarding ill effect of junk foods (p value <0.05). Research study shows that students had adequate knowledge regarding ill effects of junk foods.

## KEYWORDS

*Junk Foods, Constituents of Charusat University, Knowledge, Students*

## INTRODUCTION

Food is any substance consumed to provide nutritional support for the body. It is usually of plant or animal origin & contains essential nutrients such as carbohydrates, fats, proteins, vitamins or minerals. Food is necessary for energy, for growth, repair, and for health. Our health depends on what we eat daily.Junk food is a term describing food that is perceived to be unhealthy or having poor nutritional value, according to Food Standards Agency. In today's world scenario, Fast food has become a prominent feature of diet for adolescents. The rapidly changing food consumption patterns and diet transition emerging in the society due to economic growth and new lifestyle choices it demands variety food products . Many research studies shows that consuming fast food is a nutritional hazard, This kind of food has no vitamins and minerals. Fast food is loaded with saturated fat and high calories, and its low in fiber and nutrients. From this it is clear that fast food will cause obesity and associated health hazards.

## STATEMENT OF THE PROBLEM

"A descriptive study was conducted to assess the knowledge regarding ill effects of junk foods among students in selected constituents in CHARUSAT University".

## OBJECTIVES

1. To assess the existing knowledge of students regarding ill-effects of junk foods in selected constituents.

2. To find association between selected demographics variables and

knowledge of students regarding ill-effects of junk foods.

# METHODOLOGY

The conceptual framework for the present study was based on Health belief model. A descriptive research design was adopted for the present study. A data is prepared by semi structured and self organized questionnaire tool and using priority prepared checklist. The main study was conducted at Chandaben Mohanbhai Patel Institute of Technology, C M Patel Institute of Computer Application, P D Patel Institute of Applied Science among 60 students who are selected by Non probability sampling convenience sampling techniques and data collected was analyzed and interpreted based on descriptive and inferential statistics.

**Major finding and results**

The finding revealed that 51.7% (31) of students had good knowledge regarding ill effects of junk foods, 43.3% (26) of students had average knowledge, and 5% (3) had poor knowledge regarding ill effects of junk foods.

The finding reveals that the variables age, gender, income, previous source of information about junk foods, and residence are in no relation with the knowledge regarding ill effect of junk foods (p value <0.05).

The finding reveals that the variable frequency of consumption of junk foods is in the relation with knowledge regarding ill effects of junk foods among students (p value>0.05)

**Interpretation and conclusion**

The present study was conducted to assess the knowledge regarding ill effects of junk foods found that 51.7% (31) of students had good knowledge regarding ill effects of junk foods, 43.3% (26) of students had average knowledge, and 5% (3) had poor knowledge regarding ill effects of junk foods. We can say that students had adequate knowledge regarding ill effects of junk foods.

## ORGANISATION AND PRESENTATION OF DATA

**Section I:** Description of samples based on their demographic characteristics.

**Section II:** Analysis of data related to existing knowledge of students regarding ill-effects of junk foods in selected constituents.

**Section III:** Analysis of data related to association between selected demographics variables and knowledge of students regarding ill-effects of junk foods in selected constituents.

**Section I**

**Description of samples based on their personal characteristics**

**Table 1** Description of samples based on their personal characteristics in terms of frequency and percentages
**N=60**

| S. No. | Demographic variable | | Freq | % |
|---|---|---|---|---|
| **1.** | **Age** | | | |
| | a. | 19 years | 16 | 26.7% |
| | b. | 20 years | 28 | 46.7% |
| | c. | 21 years | 15 | 25.0% |
| | d. | 22 years | 1 | 1.7% |
| **2.** | **Gender** | | | |
| | a. | Male | 29 | 48.3% |
| | b. | Female | 31 | 51.7% |
| **3.** | **Monthly family income** | | | |
| | a. | <Rs.15000/- | 15 | 25.0% |
| | b. | Rs. 15001-30000 | 16 | 26.7% |
| | c. | Rs. 30001-45000 | 19 | 31.7% |
| | d. | >Rs.45000/- | 10 | 16.7% |
| **4.** | **Previous source of information regarding junk food** | | | |
| | a. | No | 13 | 21.7% |
| | b. | Yes (If Yes …..) | 47 | 78.3% |
| | i. | Family members/ Relatives | 5 | 8.3% |
| | i. | Family members/ Relatives, Friends | 3 | 5.0% |
| | i. | Family members/ Relatives, Friends, Mass media | 4 | 6.7% |
| | v. | Family members/ Relatives, Friends, Health personnel | 1 | 1.7% |
| | v. | Family members/ Relatives, Mass media | 2 | 3.3% |
| | i. | Friends | 19 | 31.7% |
| | i. | Friends, Mass media | 3 | 5.0% |
| | i. | Mass media | 8 | 13.3% |
| | x. | Mass media, Any others | 1 | 1.7% |
| | x. | Health personnel | 1 | 1.7% |
| **5.** | **Place of your present residence** | | | |
| | a. | Hostel | 30 | 50.0% |
| | b. | Home | 26 | 43.3% |
| | c. | Paying guest house | 3 | 5.0% |
| | d. | Relative House | 1 | 1.7% |
| **6.** | **How many times in a week you use to consume junk foods?** | | | |
| | a. | Once a week | 22 | 36.7% |
| | b. | Twice a week | 20 | 33.3% |
| | c. | > 3 times a week | 12 | 20.0% |
| | d. | Daily | 6 | 10.0% |

The above table's shows, 26.7% of the samples had age 19 years, 46.7% of them had age 20 years, 25% of them had age 21 years and 1.7% of them had age 22 years. (Graph 1)

The above tables shows, 51.7% of them were females and 48.3% of them were males.(Graph 2)

The above table's shows, 25% of them had monthly family income less than Rs. 15000, 26.7% of them had monthly family income Rs. 15001-30000, 31.7% of them had monthly family income Rs. 30001-45000 and 16.7% of them had monthly family income above Rs. 45000. (Graph 3)

The above tables shows, 79.3% of students has previous source of information in

which 31.7% of students has friend as a source and 21.7% of students has no any previous sources of information.(Graph 4)

The above tables shows, 50% of them were staying in hostel, 43.3% of them were staying at home, 5% of them were staying in paying guest house and 1.7% of them were staying in relative's house.(Graph 5)
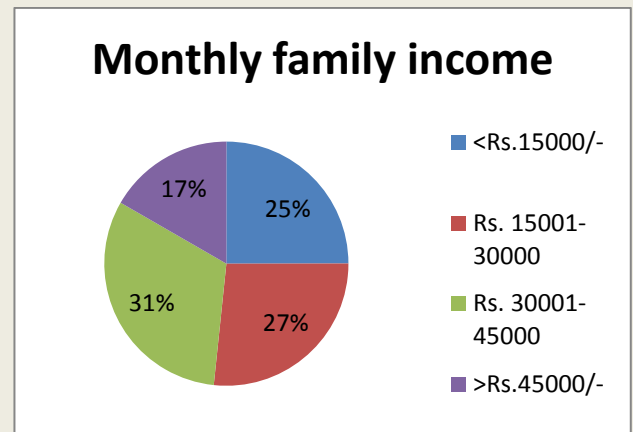
The above tables shows, 36.7% of them consume once a week, 33.3% of them consume twice a week, 20% of tem consume more than 3 times a week and 10% of them consume junk foods daily (Graph 6).
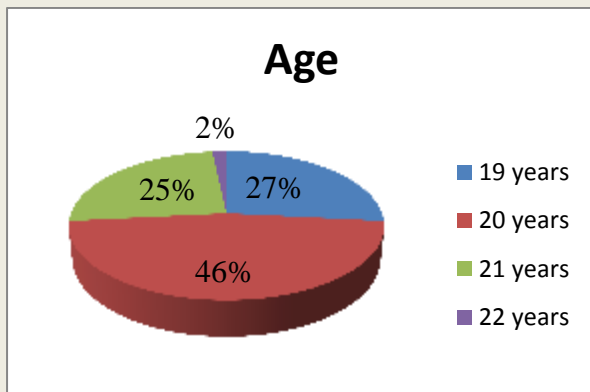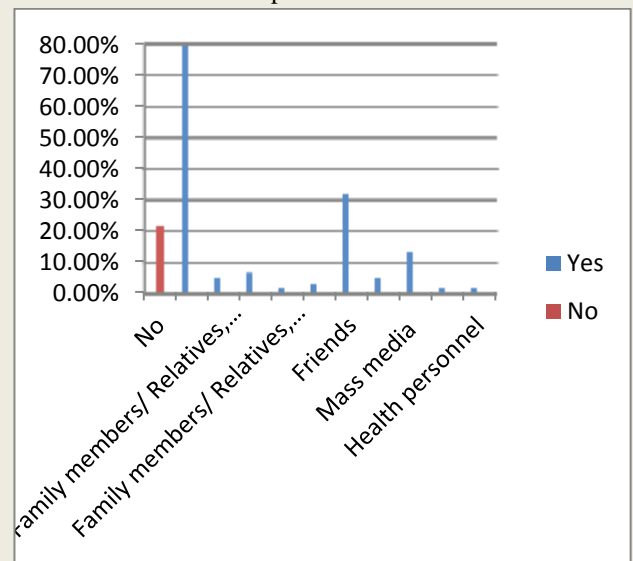


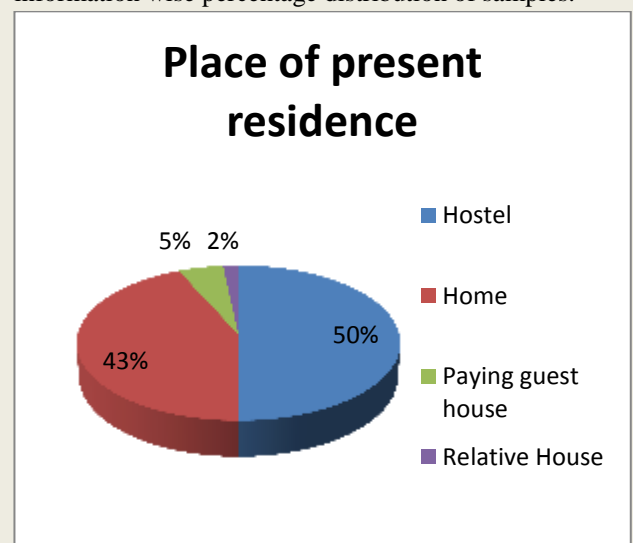**Graph 1** Pie diagram showing age wise distribution of samples
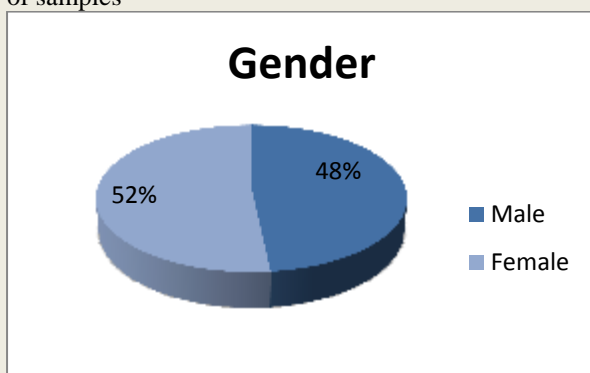


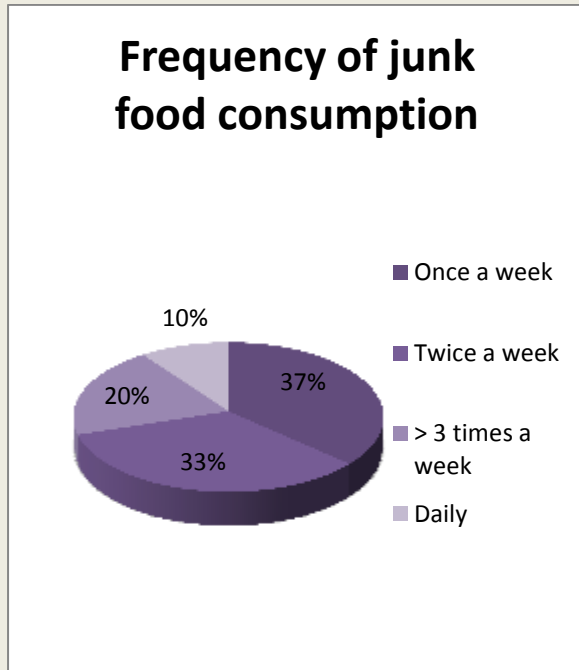**Graphs 2** Pie diagram showing gender wise distribution



**Graph 3** Pie diagram showing monthly family income wise distribution of samples



**Graph 4** Pie diagram showing source of health information wise percentage distribution of samples.



**Graph 5** Pie diagram showing place if present resident of samples.

**Graph 6** Pie diagram showing frequency of fast foods consumption of samples
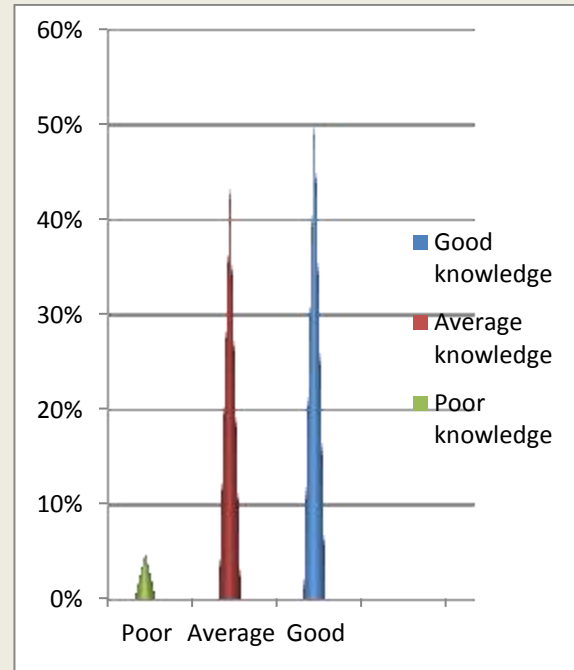
## Section II

**Analysis of data related to existing knowledge of students regarding ill-effects of junk foods in selected constituents**

**Table 2** Existing knowledge of students regarding ill-effects of junk foods in selected constituents N=60

| Knowledge | Score | Frequency | Percentage (%) |
|-----------|-------|-----------|----------------|
| Poor | 0 - 6 | 3 | 5 |
| Average | 7 - 13 | 26 | 43.3 |
| Good | 14 - 20 | 31 | 51.7 |

The above tables shows, 5.0% of the students had poor knowledge (score 0-6), 43.3% of them had average knowledge (score 7-13) and 51.7% of them had good knowledge (score 14-20) regarding ill-effects of junk foods in selected constituents. (Graph 7)



**Graph 7** Pie diagram showing knowledge of students regarding ill effects of junk foods.

**Table 3** Mean and Standard Deviation of level of knowledge regarding ill effects of junk foods **(N=60)**

| Statistics | Knowledge score |
|------------|-----------------|
| Mean score | 12.92 |
| Standard Deviation | 3.153 |

Above table shows that the students had mean score 12.92 with standard deviation of 3.153.

## Section III

**Analysis of data related to association between selected demographics variables and knowledge of students regarding ill-effects of junk foods**

Association between selected demographics variables and knowledge of students regarding ill-effects of junk foods was assessed using chi square test. The summary of chi squaretest is tabulated below:

**Table 4** Chi square test for association between selected demographics variables and knowledge.N=60

| S.N | Characteristics | | Poor (0 – 6) | | Average (7 – 13) | | Good (14 – 20) | | χ2 Value |
|-----|-----------------|---|-----|-----|-----|-----|-----|-----|----------|
| | | | No | % | No | % | No | % | |
| 1. | **Age** | | | | | | | | |
| | a. | 19 | 0 | 0 | 7 | 11.67 | 9 | 15 | **χ2 = 5.07** |
| | b. | 20 | 1 | 1.67 | 11 | 18.33 | 16 | 26.7 | DF = 6 |
| | c. | 21 | 2 | 3.33 | 7 | 11.67 | 6 | 10.0 | P<0.05 |
| | d. | 22 | 0 | 0.00 | 1 | 1.67 | 0 | 0.0 | NS |
| 2 | **Gender** | | | | | | | | |
| | a. | Male | 3 | 5.00 | 13 | 21.67 | 13 | 21.7 | **χ2 =3.744** |
| | b. | female | 0 | 0.00 | 13 | 21.67 | 18 | 30.o | DF=2 |
| | | | | | . | | | | P<0.05 |
| | | | | | | | | | NS |
| 3 | **Income** | | | | | | | | |
| | a.<15000 | | 1 | 1.67 | 7 | 11.67 | 7 | 11.7 | **χ2=2.170** |
| | b.15000-30000 | | 1 | 1.67 | 6 | 10.0 | 9 | 15.0 | DF=6 |
| | c.30001-45000 | | 1 | 1.67 | 7 | 11.67 | 11 | 18.3 | P<0.05 |
| | d.>45000 | | 0 | 0.00 | 6 | 10.00 | 4 | 6.7 | NS |
| 4 | **Previous source of information** | | | | | | | | |
| | a. | Yes | 3 | 5.00 | 20 | 33.33 | 22 | 36.7 | **χ2=1.851** |
| | b. | No | 0 | 0.00 | 6 | 10.00 | 9 | 15.0 | DF=2 |
| | | | | | | | | | P<0.05 |
| | | | | | | | | | NS |
| 5 | **Residence** | | | | | | | | |
| | a. | Hostel | 3 | 5.00 | 13 | 21.67 | 14 | 23.3 | **χ2=5.608** |
| | b. | Home | 0 | 0.00 | 10 | 16.67 | 16 | 26.7 | DF=8 |
| | c. | Paying guest | 0 | 0.00 | 2 | 3.33 | 1 | 1.7 | P<0.05 |
| | d. | rented | 0 | 0.00 | 1 | 1.67 | 0 | 0.0 | NS |
| | e. | Relatives house | 0 | 0.00 | 1 | 1.67 | 0 | 0.0 | |
| 6 | **Frequency** | | | | | | | | |
| | a. | Once a week | 1 | 1.67 | 7 | 11.67 | 14 | 23.3 | **χ2=14.126** |
| | b. | Twice a week | 0 | 0.00 | 10 | 16.67 | 10 | 16.7 | DF=6 |
| | c. | >3 time a week | 0 | 0.00 | 7 | 11.67 | 5 | 8.3 | p>0.05 |
| | d. | daily | 2 | 3.33 | 2 | 3.33 | 2 | 3.3 | **S** |

The findings of table reveals that the variables age in a year, gender, income, previous source of information ,and residence are in no relation with knowledge score of adolescent regarding ill effect of junk food.(p value <0.05)

The findings of table reveals that the variable frequency of eating junk food is in relation with the adolescent knowledge regarding ill effect of junk food.(p value>0.05).

# INTERPRETATION AND CONCLUSION

The present study found that 51.7% (31) of students had adequate knowledge regarding ill effects of junk foods, 43.3% (26) of students had average knowledge, and 5% (3) had inadequate knowledge regarding ill effects of junk foods. Study shows thatmajority of students had adequate knowledge regarding ill effects of junk foods.

**Implications**

The result of present study shown that the Students have good knowledge regarding ill effects of junk foods.

**A.        Nursing Education:**

Nursing education should emphasize on preparation of nurses, to impart information regarding ill effects of junk foods and healthy diet and its role in maintaining good health.

Thepresent study emphasizes on as age, gender,**monthly family income, and previous source of information regarding junk food, place of your present residence, how many times in a week use to consume junk foods.**

The student should be encouraged to attend specialized role plays and seminars& role play regarding healthy diet in maintaining health.

Lectures can be planned for non-medical health groupfor gaining knowledge regarding healthy diet and its importance.

**B.        Nursing Practice:**

The nurses can organize role play or workshop for general population and for the nonprofessional health group as it helps to improve knowledge regarding healthy food and foods which is ill for their health.

**C.  Nursing Research:**

The finding and result of this research will motivate nurse researcher to take up similar studies in different settings and this will serve as guideline for further research.

The outcome of such nursing measures can be evaluated and the reports submitted to statutory body like food safety and security act of India.It can be utilized as evidence based information to develop effective material useful in preparing new books & for revising health education for general population.

**D.        Nursing Administration**

Nurse administrator can inculcate and reinforce better health teaching programs about healthy diet in institutional setups and in public place for general population.

The nurse administrator should collaborate with various faculties of institutes and Non government organizations & they collaborate organize different teaching programslike (health education, health exhibitions, planned health teaching program) for individuals to improve their knowledge on healthy diet.

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