

# A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Junk Food and its Impact on Health among Adolescent Students of Selected Schools at Lucknow, U. P.

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**Abstract:** Junk Food is a major cause of various diseases that affects children and adolescents. Junk Food is to be considered as unhealthy and poses poor nutritional value. **Method:** A Quantitative research approach, Quasi - Experimental Non randomized control group research design was used. 100 samples were selected (50 control and 50 experimental group) by non - probability purposive sampling technique. Researcher got permission from concerned authority. . Structured questionnaire was used as a tool. Firstly samples are selected then pre - test was conducted in both control and experimental group by administering structured questionnaire and after that structured teaching program was given only to experimental group and then on 7<sup>th</sup> day post - test was conducted. **Results:** The post mean knowledge score was 12.90 and SD 3.105 with pre - test mean score 12.12 and SD 3.305. Calculated 't' value 1.23 which was less than tabulated value 2.01 at 0.05 level of significance in control group and in experimental group post mean knowledge score was found higher 24.14 and SD 4.310 with pre - test mean score 11.26 and SD 2.961. Calculated 't' value 17.241 which was more than tabulated value 2.01 at 0.05 level of significance. This indicates that structured teaching program was effective in enhancing knowledge regarding junk food and its impact on health. Hence research hypothesis ( $H_1$ ) was accepted and concluded that there was significant difference between pre - test and post test knowledge of adolescent students regarding junk food and its impact on health. Findings shows that there was an association between pre - test with their selected demographic variables like total number of family members  $\chi^2 = 6.270$ , monthly income of family  $\chi^2 = 23.501$  and junk foods available in school canteen  $\chi^2 = 33.333$ . Hence research hypothesis ( $H_2$ ) was accepted in relation with total number of family members, monthly income and junk food availability in the school canteen. **Conclusion:** The study concluded that structured teaching programme was effective in enhancing the knowledge regarding junk food and its impact on health among adolescent students.

**Keywords:** effectiveness, structured teaching programme, knowledge, junk food and its impact on health, adolescent students.

## 1. Statement of Problem

“A study to assess the effectiveness of structured teaching programme on knowledge regarding junk food and its impact on health among adolescent students of selected schools, at Lucknow, U. P. ”

## 2. Introduction

Adequate nutrition is the combination of processes by which the living organism receives and utilizes the materials necessary for the maintenance of its function, and for the growth and renewal of its components. Adolescence period covers almost a decade and is characterized by rapid growth and development at all levels. Adolescent period is identified by the onset of puberty which is the final growth spurt of childhood. As adolescence is the period of full enjoyment with the friends in fast food corner is quite common and they are totally unaware about the risk which they will face in future ahead about their health.

Junk food is the term given to food that is high in calories but low in nutritional content. Junk foods have no or very less nutritional value and they are not healthy to consume. Junk foods have too much saturated fats, salt and sugar, low in fiber, protein, vitamins and minerals which leads to

obesity, high cholesterol, heart disease, diabetes, food poisoning, increase in blood pressure dental carries, cancer, osteoporosis and other health related problems.

## 3. Need of the study

The Food Safety Standards Authority of India (FSSAI) conducted a comparative analysis which revealed that adulteration rates as 40% in Chhattisgarh, 34% in Uttarakhand, 29% in U. P and 70% in Delhi. WHO declares that exposure to chemicals in food can result in 3% of all developmental defects and 25% genetic deformities.

In May 2015 Maggi controversy had taken place in which VK Pandey, a 40 - year old Food Safety and Drug Administration officer collected a samples of maggi for tests so as to find out whether Nestle India contained any monosodium glutamate - MSG (commonly known as Ajinomoto), a taste enhancer, which is not only present in Maggi but in mostly all packaged food items. When test was performed in a lab, it revealed that the amount of MSG content was more than the accepted level. Then it was send for the further tests in one of the best laboratories in Kolkata confirmed the high MSG levels and lead content in Maggi samples. This concluded that maggi had an adverse effect on health of the children and adults

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I had selected this topic because adolescents period is much more affected by intake of junk food which leads to health hazards according to the many survey report and I have selected this topic to provide awareness among the adolescent regarding impact of junk food on health and reduce the prevalence of disease among adolescent and to promotes good lifestyle.

#### 4. Literature Survey

**Dr. Sivakumar A et al (2017)** conducted a study to assess the effects of television advertisement on selected junk food among teenager in Coimbatore city. Researcher selected 200 samples by non random sampling method and structured knowledge questionnaire was selected as a tool. The research finding include that maximum number of respondents are male 60% who prefer junk food. Numbers of respondents are encouraged by the friends and relatives to buy junk food 33.5% and numbers of respondents prefer the television as an effective media for junk food advertisement 32.5%. Number of respondents prefers celebrities' advertisement 32%. Number of respondents thought that the junk food is cheaper at 31.5%. Researcher concluded that junk food is consumed by the teenagers because of its taste, variety, and they are partially aware about the junk food safety level and nutrient factors.

**Saranya, et al (2016)** conducted an non experimental (descriptive survey design) study to assess the knowledge regarding the effects of fast food on health among adolescents in selected Pre University College at Mangalore for improving the knowledge of adolescents regarding the effects of junk food on health. Researcher selected 100 adolescents by using non probability purposive sampling technique. Structured knowledge questionnaire was prepared to assess knowledge of adolescents. The result finding show that the 13% of adolescents had inadequate knowledge, 69% has moderate knowledge and 18% has adequate knowledge regarding effects of junk food on health and it was found that there is a significant association between the knowledge score with selected demographic variables. Researcher concluded that it is necessary to improve the adolescent's knowledge on health hazards of eating junk food in order to save them from the ill effects of junk food.

#### Objectives

- To assess the existing level of knowledge regarding junk food and its impact on health among adolescent students of selected schools at Lucknow, U. P.
- To assess the effectiveness of Structured Teaching Program regarding junk food and its impact on health among adolescent students of selected schools at Lucknow, U. P.
- To find out the association between knowledge regarding junk food and its impact on health among adolescent students of selected schools with their selected demographic variables.

#### Research Hypothesis

**H<sub>1</sub>:** There will be significant difference between the pre - test and post - test level of knowledge regarding Junk food among adolescent students (12 - 19 years).

**H<sub>2</sub>:** There will be a significant association between the pre - test knowledge score with their selected demographic variables.

#### 5. Methodology/ Approach

The Quantitative study was conducted by using Quasi - experimental Non randomized control group research design with 100 samples (50 control and 50 experimental group), at Delhi Public School and Lucknow Public School. Non probability purposive sampling technique was used. Before conducting the study written consent was obtained by the samples. The data collection was done, pre - test conducted by administrating structured knowledge questionnaire on junk food and its impact on health and after that structured teaching program was given to experimental group only, then on 7<sup>th</sup> day post - test was conducted using same structured questionnaire.

#### 6. Result/ Discussion

##### 6.1 Major findings

- Majority of the samples in control group were in the age group from 16 - 17 years 20 (40%), and least were 6 (12%) between 18 - 19 years of age. In experimental group majority of the samples were between 14 - 15 years 21 (42%) and least samples were between 12 - 13 years 4 (8%).
- Out of 100 samples majority of the samples belong from the female category 27 (54%) in both control and experimental group, followed by male category 23 (46%) in both control and experimental group.
- Equal distribution of the samples in both the group belong from the class XI - XII 25 (50%) and class IX - X 25 (50%).
- In control group Hindu religion 44 (88%) had majority and least is Christian 0 (0%). In experimental group Hindu religion 48 (96%) is common and least is other religion 0 (0%).
- Out of 100 samples, majority of the samples in control group are from nuclear family 33 (66%) and least is from extended family 3 (6%). In experimental group, majority of the samples from the nuclear family 28 (56%) and least is from extended family 2 (4%).
- Majority of the samples in control group belong from the 5 member 22 (44%), in family member and least is 7 or above member 4 (8%). In experimental group, majority of the samples belong from the 5 member 19 (38%), and least is 6 member 7 (14%).
- Out of 100 samples in control group majority of them with monthly income Rs.25000 and above is 44 (88%) and least is Rs <5000 (0%). In experimental group, majority were from Rs.25000 and above 22 (44%) and least is Rs. < 5000, 3 (6%).
- Majority of the samples in control group belongs to the vegetarian 40 (80%) and least is non - vegetarian 10 (20%). In experimental group majority of them from vegetarian 38 (76%) and least is non - vegetarian 12 (24%).
- Most common junk food available in canteen from control group is the fried items 34 (68%) and least is

roasted items 1 (2%). In experimental group, most common junk food belong from the bakery items 12 (24%), and least common is steam cooked items 0 (0%)

- Most common source of information in control group is from the Television/Internet 28 (56%) and least is from Radio/Advertisement 1 (2%). In experimental group, majority of them belong from the Television/Internet 30 (60%) and least is Radio/Advertisement 3 (6%).
- Pre - test knowledge scores among adolescent students in control group, majority of the samples 26 (56%) had moderate knowledge, 24 (48%) had inadequate knowledge and adequate knowledge were 0 (0%) and in post - test majority of the samples had moderate knowledge 32 (64%), inadequate 18 (36%) and adequate knowledge 0 (0%). In experimental group, pre - test knowledge score show that majority of the samples had moderate knowledge 27 (54%), 23 (46%) had inadequate knowledge and 0 (0%) had adequate knowledge. In post - test majority of the samples had adequate knowledge 37 (74%), followed by moderate knowledge 13 (26%) and 0 (0%) inadequate knowledge.
- Post - test mean knowledge score was found higher 24.14 and SD 4.310 with pre - test mean score 11.26 and SD 2.961 in experimental group. Calculated 't' value 17.24 which was more than tabulated value 2.01 at 0.05 level of significance. This indicates that structured teaching program was effective in enhancing knowledge regarding junk food and its impact on health. Hence research hypothesis ( $H_1$ ) was accepted and concluded that there was significant difference between pre - test and post test knowledge of adolescent students regarding junk food and its impact on health.
- An association was present between pre - test with their selected demographic variables like total number of family members  $\chi^2 = 6.270$ , monthly income of family  $\chi^2 = 23.501$  and junk foods available in school canteen  $\chi^2 = 33.333$ . Hence research hypothesis ( $H_2$ ) was accepted in relation with total number of family members, monthly income and junk food availability in the school canteen. There was no association found between pre - test knowledge score with age ( $\chi^2 = 0.656$ ), gender ( $\chi^2 = 0.001$ ), education ( $\chi^2 = 0.001$ ), religion ( $\chi^2 = 2.460$ ), type of family ( $\chi^2 = 1.669$ ), food consumed in family ( $\chi^2 = 0.233$ ) and knowledge regarding junk food.

## 7. Limitations

- The study was limited to only 100 adolescent students.
- The study was limited to the students (12 - 19 years) going to Delhi Public School and Lucknow Public School at Lucknow, U. P.

## 8. Conclusion

This study concluded that structured teaching program that is provided to the adolescent students was effective and the adolescent student got the adequate knowledge regarding junk food and its impact on health.

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