

General Health Related Problems and their Dietary Solution in College Going Students

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Abstract: *Adolescence is the middle stage of the life cycle, characterized by accelerated physical, mental, and emotional growth due to hormonal changes. Boys grow slower than girls and experience mood swings and increased nutritional requirements. Adolescent females are more prone to anemia and obesity due to declining age at menarche and lack of access to healthful foods. Anemia affects 20 - 25 percent of adolescent girls, while obesity affects 10 - 20 percent. Other factors contributing to obesity include hormone imbalance, stress, and familial behaviors. Vulgar acne is a major issue among young people, and has not been linked to any dietary element. It is advised that young people refrain from eating junk food, as it can lead to sebaceous gland over activity and infection. Junk food consumption and its consequences have become a major health concern globally, particularly among children and adolescents. It can lead to obesity and act as a risk factor for various non - communicable diseases, such as heart diseases, cardiovascular disease, cancer, hypertension, and diabetes. Junk food is calorie, salt, and fat dense, and overeating it can lead to a variety of health problems. High levels of junk food consumption, such as mi noodles, burgers, pao - bhaji, sandwiches, hot dogs, patties, pastries, pop - corn, potato chips, carbonated beverages, biscuits, muffins, toast, kulcha - Channa, samosas, and chocolates, have become a worldwide norm for adolescent diets. This has led to youth weight growth, infections, food poisoning, and dental ailments. They frequently eat too much fast food and too little produce, dairy, and other healthy nutrients. According to the WHO, more than 3% of people in India are considered obese. Adolescent obesity is a serious public health issue that is on the rise everywhere. It is one of the best methods for modifying people's eating habits without having an impact on their emotions. Nutritional advice on the value of a balanced diet, the negative consequences of junk food, and ways to improve nutritional status will help to stop the junk food addiction. Nutrition advice should be prioritized in order to encourage consumption of nutritious junk foods such fermented meals, wheat noodles made with lots of veggies, sprouted pulses, sprouted Tikki, and vegetable sprouted pulses, sprouted Tikki, vegetable samosa & cutlets, and wheat and multigrain bread, it should be proposed that nutrition counseling be given more attention.*

Keywords: Adolescents, Causes, Health issues, Prevention

1. Introduction

Youth, considered to be the most important stage of life, is a time of significant physical, physiological, psychological, and behavioral changes as well as shifting social interaction and relationship patterns. In order to lessen the likelihood of health issues in later years and to lay the framework for a healthy and productive adulthood, youth is a window of opportunity. During puberty, a variety of biological changes take place, including an increase in height and weight, the completion of skeletal growth with an increase in skeletal mass, the development of sexual maturity, and changes in the body's composition. Puberty is an age of impulsivity, vulnerability, peer groups, and media that lead to changes in perception and practice. It is also an age of decision - making skills and acquisition of new emotional, cognitive, and social skills. These changes are influenced by age, gender, and individual variations. Hormonal changes cause mood swings and stronger emotions in adolescents, and as they grow physically, so do their dietary requirements for energy, protein, minerals, and vitamins. Junk food shouldn't be consumed by students who are away from home for their studies because it can cause stomach infections. Junk food consumption and its effects are now a serious global health concern, especially for children, adolescents, and students residing in dorms and Pgs. Due to its worsening health effects and rising popularity, junk food consumption and its effects are becoming a serious public health concern on a global scale. Children and teenagers are greater at risk, despite the fact that its harmful health effects are highly frequent throughout all age groups. It may cause obesity and serve as a risk factor for a number of non - communicable diseases (NCDs), including cancer, diabetes, hypertension, heart disease, and others. This investigation into teen pupils'

junk food consumption and the elements that may be contributing to it was done.

2. Methodology

A sample size of 50 teenagers between the ages of 16 and 21 was used in this study, which was conducted in the city of Indore. A pretested questionnaire was used to gather data on the subjects' anthropometric measures, physical activity, food habits, and lifestyle habits.

3. Result

Data showed that out of the total participants (n=50), there were 25 male and 25 female respondents. According to this survey, 78% of female students suffered headaches, 32% had acid reflux, and 58% ate two meals every day. Male students ate three meals every day, and 58% ate four, along with lots of junk food and water to stay hydrated. Female students skipped meals more frequently than male students, ate at the cafeteria more frequently than at home, and ate fast food from outside more frequently on a daily and weekly basis. The majority of students, both male and female, use and drink regular tap water, whereas very few of them utilize and drink RO water. This study also showed that the majority of male students spend more time on screens than do female students. Finally, it may be concluded from the findings that female students pay less attention to physical activities than male students do.

4. Conclusion

The findings of this study show that female candidates are more likely than male applicants to have bloating, acidity issues, and headaches. Male applicants are also more likely to encounter these issues than female applicants. The results show that female students are more likely than male students to skip meals, and both genders tend to eat in a disorganized manner with very few students eating at home. It has been found that compared to male students, female students consume more fast food from outside sources both daily and monthly. The majority of female and male students use and drink ordinary tap water, whereas only a small percentage use and drink RO water, according to the survey. Additionally, it has been found that male students only sleep 1 - 3 hours less per night than female.

5. Dietary Solutions for Students

The principles of nutrition apply to both children and adults. The same kinds of nutrients, including vitamins, minerals, carbs, protein, and fats, are required by everyone. We refer to these as nutrients. At different ages, children require varied amounts of various nutrients. . A healthy lifestyle includes eating well, which is something that should be taught in children from an early age. The following broad recommendations will assist adolescents in making healthy food choices. Before making any dietary adjustments or putting their adolescent on a diet, it's crucial to talk to your doctor about their diet. the adolescent is adhering to a healthy diet plan, discuss the following healthy eating advice with them.

- 1) Eat 3 meals a day, with healthy snacks.
- 2) Increase fiber in the diet and decrease the use of salt.
- 3) Drink water. Try to avoid drinks that are high in sugar. Fruit juice can have a lot of calories, so limit your adolescent's intake. Whole fruit is always a better choice. Eat balanced meals.
- 4) When cooking for your adolescent, try to bake or broil instead of fry.
- 5) Make sure your adolescent watches (and decreases, if necessary) his or her sugar intake.
- 6) Eat fruit or vegetables for a snack.
- 7) Decrease the use of butter and heavy gravies.
- 8) Eat more chicken and fish. Limit red meat intake, and choose lean cuts when possible.

References

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