

# Knowledge regarding Prevention of Health Hazards of Junk Food among Adolescents (13 - 18)

Avanthi Devi Parsapu<sup>1</sup>, Pusarla Prasanthi<sup>2</sup>, Sandhya C<sup>3</sup>, Komakula NKS Santhoshi<sup>4</sup>

**Abstract:** *Ensure your health by proper food habit healthy nutritious food have been replaced by the new food mantra "junk food" this comprises of anything that is quick tasty convenient and fashionable filling with chemical and preservatives and topped with excessive sugar and salt bombing our bodies and deadening our brains leading to physical and psychological disorders including cancer. This study is conducted to assess the knowledge regarding prevention of health hazards of junk food among adolescents (13 - 18) Shivappa high school, Eluru, West Godavari dist, A. P. Discriptive survey approach, descriptive survey design were selected to conduct a study among 60 students (adolescents 13 - 18) from Shivappa high school chosen by the convenient sampling technique. Data was collected by using knowledge questionnaire. The study showed that majority findings revealed 50% of below average knowledge adolescents, 43% were having average knowledge adolescents, 7% of above average knowledge adolescents and there is an association between knowledge with demographic variables.*

**Keywords:** Knowledge, Prevention, Health hazards, junk foods, adolescents

## 1. Introduction

Junk foods are dishes that are loaded with excess calories but have little to no nutritional value. Usually, these foods are high in saturated and trans fats. Consistent consumption of these foods increases the intake of unhealthy fats and refined carbohydrates, which potentially raises the risk of chronic medical issues. By eating junk foods constantly, you might also end up getting habituated to them. As a result, you may not be too keen to consume healthy foods, such as vegetables, fruits, and mixed greens, among others, resulting in a lack of nourishment. However, excessive consumption of these foods might lead to issues like digestive disorders, obesity, and cardiovascular diseases. If you know of these facts and still struggle to avoid junk foods, read on to find out how to stick to healthier alternatives instead.

## 2. Need for the study

Globally, junk foods are popular stuff, and consumption is increasing constantly. Traditional foods have been nearly replaced by food items that can be found in a state of ready to eat, in canned form, and preserved for a long time. The consumption of such foods has peaked in developed countries; however, there is an increasing trend in the developing countries of the world. Despite established evidence of the negative impacts of junk foods on the human body, the consumption of junk foods is popular among youngsters. Such consumption may lead to a high prevalence of obesity, diabetes mellitus, hypertension, and coronary heart disease.

It is estimated that 16 million (1.0%) disability - adjusted life years (DALYs) lost and 1.7 million (2.8%) of worldwide mortality have been attributed to inadequate consumption of vegetables and fruits. Despite the socioeconomic condition of the family, junk food consumption has been emerging worldwide due to quick consumption, ready to eat, inexpensive, and of good taste. Such foods have been found prepared using low - quality ingredients such as refined grains, added sugar, and fats, despite nutritious ingredients. Fast foods have high sodium salt, which is often used as a preservative to make the foods more flavorful and satisfying.

Such foods attract more people especially children and adolescents.

## Problem statement

Assess the knowledge regarding prevention of health hazards of junk food among adolescents (13 - 18 years) Shivappa High School, Eluru, west Godavari dist, A. P

## Objectives

- To assess the knowledge regarding prevention of health hazards of junk food among adolescents at Shivappa High School.
- To find out the association between knowledge with demographic variables.

## 3. Review of Literature

### Genes

Reported that study conducted on the age group adolescents ranged from 12 - 16 years. high caloric and fatty, fried fast foods was high compared to their daily taking foods. 7.2 to 8.8% of students are daily taking the junk foods.

### Patricia Anderson

Reported that conducted on school children access to junk food in school children effect on the 44% of students. 10% increase in the proportion of schools that makes junk food available. Increase BMI (BODY MASS INDEX) by more than 2%.

## 4. Materials and Methods

**Research Approach:** Descriptive Survey Approach

**Design:** Descriptive survey Design.

**Setting:** Adolescents from Shivappa High School

**Sample size:** 60 Adolescents

**Sampling Technique:** Convenience Sampling Technique.

**Description of the Tool:** It consists of two sections.

**Section I:** Demographic data: Age, Sex Education, Occupation, Monthly income, Life style habits.

**Section II:** Questionnaire to assess the knowledge of Adolescents.

Volume 12 Issue 7, July 2023

[www.ijsr.net](http://www.ijsr.net)

Licensed Under Creative Commons Attribution CC BY

**Dependent Variable**

Dependent variables are the knowledge regarding prevention of health hazards of junk food.

**Demographic Variable:** These are age, sex, religion, food habits, personal habits, education, family history of illness, past illness.

**Data Collection Procedure**

Total 60 students (adolescents 13 - 18) from Shivappa high school selected by using convenience sampling technique. Data was collected by using questionnaire. It took 30 minutes to collect data from each student and the data was analyzed.

**5. Results and Discussion**

Frequency and percentage distribution of sample according to knowledge on prevention of occupational disorders.

Knowledge Level	Frequency	Percent %
Below Avg ( $\leq 50\%$ )	30	50
Avg (43%)	26	43
Above Avg ( $\geq 7\%$ )	4	7
Total	60	100.0

The above table shows 43% were having average knowledge 7% were having above average knowledge 50% were having below average knowledge.

**Results:** on analysis the findings revealed 50% of below average knowledge adolescents, 7% of above average knowledge adolescents.

**6. Conclusion**

Poor economical background leads illiterate parents with less knowledge regarding health problems of junk foods.

**7. Implications**

Educational programmes on health problems should be conducted by the students in variety settings.

Nursing administration should provide necessary administrative support to conduct health education regarding prevention of health hazards of junk food in any setting required

Nursing research on the prevention of health hazards of junk foods related problems and its prevention on various settings should be encouraged to generate good, valid and reliable data.

**8. Recommendations**

A comparative study can be conducted between private and government schools on junk food to identify risk factors

**References**

- [1] Anderson, J. J. B. The status of adolescent nutrition. *Nutrition Today*.1991; 26: 409–415.
- [2] Boulton, T. J. C. Patterns of food intake in childhood and adolescence and risk of later disease. *Australia and New Zealand Journal of Medicine*.1985; 15: 478–488.