Evaluation of Role of Junk Food on Anxiety among School Going Children Aged 13-17 years

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Abstract: *The inclination towards junk food has been a major point of discussion among researchers. Since last decade these foods became more popular among young generation. Junk food is popularly known as fast foods. These foods are very popular due to its easily availability, taste, low cost, attractive and time saving quality. Consumption of junk food has been linked with adverse effect on health status of young people. The problem of obesity and stress has been a major health problem among young people. Keeping this view in mind the present study aimed to assess the role of junk food on anxiety of school children. A total of 150 school children were purposively selected from different schools of Durg city. Personal information about age, cast, type of family, parent's educational status, and income of the family were assessed by JSSESS. Student's anxiety level was assessed by General Anxiety Scale for Children (GASC) and Junk Food Questionnaire was used to collect the information of junk food consumption. The result reveals the positive impact of junk food on anxiety of school children, as (4)2.66%children were in very high anxiety category, 10%students were in high anxiety category. The result also showed that the anxiety level of girls was higher than that of boys.*

Keywords: Junk Food, Anxiety, School Children, Obesity

1. Introduction

The period of adolescence is a critical period of stress and storm (Crow and Crow, 1965). The adolescent are more sensitive, short-tempered, impulsive, and idealistic and makes increased demands for greater independence. Adolescents contact with peer group is widened during this period and he/she shows tendency to accept peer group norms more easily than family norms (Kingsley, 1967).Anxiety is a psychological condition characterized by the abnormal behavior. It is the state with excessive degree of fear, worry and apprehension. Anxiety is reflected in the form of personality trait of neuroticism. It is mainly associated with worry, uncontrolled behavior and discomfort. Physical and psychological changes in adolescence influence their eating habits. Teenagers have the reputation of having the worst eating habits. They may skip a meal; they like to eat Junk foods which are generally inadequate in micro-nutrients, but high in calories, saturated fat and sodium.

Junk food is a term describing food that is perceived to be unhealthy or having poor nutritional value, Junk Food includes those food items that do not add any value to a person's diet. Here, value denotes essential nutrients, vitamins & minerals. Street food and fast food are also taken in the same context as junk. Several studies on junk food confirms the positive relation between junk food and anxiety.The present study was aimed to assess the role of junk food on anxiety of school going subjects.

2. Methodology

The present ex-post factorial study was taken to assess the role of junk food on anxiety of 150 adolescent children between the age group of 13-17 years. The study was carried out in Durg city of Chhattisgarh. The research design of the study was presented before the ethical committee of institute and got clearance for the study. Similarly before starting work prior permission from head of the institute was taken and children who gave written consent for work were included in the study. Personal information about age, cast, type of family, parent's educational status, and income of the family were assessed by JSSESS. Student's anxiety level was assessed by General Anxiety Scale for Children (GASC) and Junk Food Questionnaire was used to collect the information of Junk Food Consumption. All the results were statistically analyzed by using SPSS software. The comparative assessment was done using single group test and analysis of various with ANOVA. The significance level was chosen to be .01*

3. Result and Discussion

The results of the study are depicted in follow Tables.

Table 1: Junk Food Consumption Habit and Anxiety of boys

S. No.	Anxiety Level	Habitual (H) (n=25) No. %	Less Habitual (LH) (n=25) No. %	Not Habitual (NH) (n=25) No. %	Total (n=75) No. %
1	Very High	0 (0.00)	0 (0.00)	0 (0.00)	0 (0.00)
2	High	0 (0.00)	3 (12.00)	1 (4.00)	4 (5.33)
3	Average	9 (36.00)	14 (56.00)	14 (56.00)	37 (49.33)
4	Low	8 (32.00)	6 (24.00)	8 (32.00)	22 (29.33)
5	Very Low	8 (32.00)	2 (8.00)	2 (8.00)	12 (16.00)
6	Total	25	25	25	75

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Anxiety level and junk food consumption habit of school going children (Boys) are depicted in Table No.1.The result shows that among junk food habitual boys 36% had average, 32% had low and 32% had very low anxiety levels. Whereas, among less habitual boys 12% had high, 56% had average, 24% had low and 0nly 8 % had very low anxiety levels and among not habitual boys 4% had high, 56% had average, 32% had low and 8% had very low anxiety.

Table 2: Junk Food Consumption Habit and Anxiety of Girls

S. No.	Anxiety Level	Habitual (H) (n=25) No. %	Less Habitual (LH) (n=25) No. %	Not Habitual (NH) (n=25) No. %	Total (n=75) No. %
1	Very High	2 (8.00)	1 (4.00)	1 (4.00)	4 (5.33)
2	High	6 (24.00)	3 (12.00)	2 (8.00)	11 (14.67)
3	Average	8 (32.00)	10 (40.00)	13 (52.00)	31 (41.33)
4	Low	7 (28.00)	5 (20.00)	7 (28.00)	19 (25.33)
5	Very Low	2 (8.00)	6 (24.00)	2 (8.00)	10 (13.33)

Anxiety and junk food consumption habit of school going children (Girls) are depicted in Table No.2.The result shows that 8% junk food habitual girls had very high level of anxiety, 24% had high, 32% had average, 28% had low and 8% had very low anxiety. Whereas among less habitual girls 4% had very high, 12%had high, 40% had average, 20% had low and 24% had very low anxiety. And among not habitual girls 4% had very high, 8% had high, 52% had average, 28% had low and only 8% had very low anxiety.

Table 3: Comparative Analysis of Subjects as per Their Anxiety Category

S. No.	Anxiety Level	Boys (n=75) No. %	Girls (n=75) No. %	Total (n=150) No. %
1	Very High	0 (0.00)	4 (5.33)	4 (2.66)
2	High	4 (5.33)	11 (14.67)	15 (10.00)
3	Average	37 (49.33)	31 (41.33)	68 (45.33)
4	Low	22 (29.33)	19 (25.33)	41 (27.33)
5	Very Low	12 (16.00)	10 (13.33)	22 (14.66)

The Anxiety Level of school going children is depicted in table No.3 which shows that Anxiety Score 42 & above which is Very High Anxiety but no Boys were found of this Level and only 4 Girls out of 75 which were get this marks. Total 4 boys and 11 girls out of 75 each, were High Level of Anxiety. There were Score between 33-41 for Boys and 35-41 for Girls. 37 Boys and 31 Girls out of 75 each were Average Anxiety which was Anxiety Score between 18-32 for boys and 22-34 for girls. There were 22 Boys and 19 Girls were Low Anxiety which was getting Score between 10-17 for boys and 15-21 for girls. And 12 Boys and 10 Girls were Very Low Anxiety which Score was between 9 & below for boys and 14 & below for girls.

Table 4: Comparative analysis of Mean, S.D. and t-value of Anxiety in Subjects on the Basis of Tendency of consumption of Junk Food

Tendency to Eat Junk Food	N	Anxiety		't'
		Mean	S.D.	
Habitual	100	26.93	7.32	5.67**
Less Habitual	100	20.95	7.58	
Habitual	100	26.93	7.32	9.38**
Non Habitual	100	16.72	8.03	
Less Habitual	100	20.95	7.58	3.82**
Non Habitual	100	16.72	8.03	

** Significant at .01 level

Table No. 4, reveals the anxiety level of all subjects on the basis of their junk food consumption. It can be stated that subjects who were habituated to junk food had more anxiety level (M=26.93) as compared to subjects who were less habitual towards junk food (M=20.95). The reported t=5.67, statistically confirms this finding.

Table 4 also reveals that subjects who were habituated to junk food were more anxious (M=26.93) as compared to subjects who were non habituated towards junk food (M=16.92). The reported t=9.38, statistically confirms this finding. Entries reported in table No.4 also shows that subjects who were less habituated to junk food were more anxious (M=20.95) as compared to subjects who were non habituated towards junk food (M=16.92). The reported t=3.82, statistically confirms this finding.

Table 5: ANOVA test between subjects effect

Source	Sum of square	df	Mean Square (V)	F ratio	Remark
Gender	459.38	1	459.38	481.03	0.01
Food Habit	27.04	2	13.52	14.15	0.01
Gender*Food Habit	347.58	24	14.48	15.16	0.01
Error Term	137.52	144	0.96		
Total		171			

Comparing results on ANOVA it was significant at 0.01 levels (Table no.5). This test would be applicable whenever the no. of sample would be more and there will be cross queries.

4. Conclusion

The primary purpose of this study was to investigate the relationship between anxiety levels, gender and junk food habit of school going children. Findings show that girl's anxiety level was higher than boys. As it is a known fact that girls have been always afraid of fail; each testing situation has been considered as a possible chance of failure. Therefore the anxiety level was higher in girls. Whereas boys least bother about the results as compared to girls. We found positive correlation between junk food consumption and anxiety of school children. Several studies in this field reported that, anxiety was higher only in those males who have to take responsibility of their family. It can be concluded that changed life style, academic pressure, pressure of coaching classes, admission in good institution, peer pressure and parents expectation are major factors

contributing anxiety and excess consumption of junk food among school going children.

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