

Assessment Of Ill Effects Of Junk Foods Among Students At Selected College

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ABSTRACT

Modern eating environment had an effect on the student's eating habits. Diet and lifestyle have a great influence on their life, so it is important to embrace a healthy diet and practice for way of life, otherwise due to the cumulative effect of adverse factors throughout life of an individual.

Aim: To assess the awareness among the college students regarding junk food and its dangers and educating them to change their behavior towards healthy eating pattern.

Method: The study is a analytical cross-sectional survey and organized in freedom conception in total of hundred subjects were selected from Dr. N.G.P. Arts and Science College in Coimbatore district, Tamil Nadu, India. Selected subjects were in the age of 18-20 years.

Result: The results showed 55% of college students were coming from town area and with upper middle class. There was no significant association between the selected demographic variables and the knowledge on health hazards of junk foods among school children at $p>0.05$

Conclusion: This study concludes that the college in coordination with government and non-government organizations should tackle exploring with large typical sample, including parents and teachers. Moreover, the study observed that the college authority should monitor the healthy foods available not only in college campuses, but also in and around the campuses also

Keywords: Junk foods, Adolescence, Nutritive value, Health effects.

INTRODUCTION

India is one of the countries, who have wealthy traditional and civilization of food items. We possess some relations since olden times; we have grasped of fusion of different foods. Therefore we have various types of food in diet. It can be said that India has well inheritance of food items and recipes (Yamamoto et al., 2005).

Junk food places are either well-liked origins of on-resident. These foods are easily getting at low price at common places like outside the school campus and colleges, theatre and shopping malls, parks, and tourist places. These all types of foods obtainable at such places popularly called as fast food or junk foods. In latest years the drift of eating outside the home has been increased. It has been observed that these foods are most liked by working women as they carry these ready to eat foods while returning from their offices (Manpreet Kaur, 2008).

Youngsters observe their selves among the involved people that are go through wind gain modifications. Association, ways of life are converted to serve the modern trending age. Food is of no deviation, nutritional foods have been restored by the new food psalm- JUNK FOOD! It consists of everything that is fast, flavor, easy and modern (Glanz et al., 1998). It fulfills all age peoples, all places and the kids also (Larson et al., 2008).

Some food that has low nutritional levels is examine no healthy and defined as junk food. A food that contains high fat- such as Trans fat, sodium and sugar is known as a junk food (Bishavet al., 2004). Junk food is a zero nutritional food and has small levels of vitamins, minerals, amino acids and higher amount of sugar and fat. So it is considered as non healthy foods.

Junk food is simply to caring, buying and eating. When we consume these zero nutritional foods, the body is needed to form its own enzymes to change these zero calories into disposable energy. It is not considered as the enzyme forming in body can hired for the production of essential metamorphosis (Bahadoran et al., 2012; Kara Chan et al., 2016). Earlier studies observed that poor dietary habits can affect the knowledge power in future of their life. The student of today will be the adult of tomorrow, central to the future vision, focusing on today's students and educating them to change their behavior towards healthy eating pattern is necessary. Though, it is observed that college students eating junk food but does not fully know the involvement on health, so this study is aimed at conveying the lack of awareness that the college students have regarding junk food and its dangers.

Objectives of the Study:

Aim of the Study:

To assess the awareness among the college students regarding junk food and its dangers and educating them to change their behavior towards healthy eating pattern.

Specific Objectives:

To find out the association between demographic variables and level of knowledge on health hazards of junk foods among college students.

MATERIALS AND METHOD

This section distribute with methods assume for the research together with this explanation of work plan, environs and inhabitants of the research, assortments, collection of samples and samples investigation.

Work plan

A work plan is the form of techniques and strategy used in gathering and examines measures of the variables specified in the research problem.

Study Subjects:

This work was organized in liberty conception in total of hundred subjects were selected from Dr.N.G.P.Arts and Science College in Coimbatore district, Tamil Nadu, India. Selected subjects were in the age between18-20 years. Students were being in to adolescence age groups. Totally 100 students were selected. The students selected for this study were based on the method of raffle.

The inclusion criteria:

- Students of Dr.N.G.P.Arts and Science College in Coimbatore district.
- Both (male/female) students who willing to participate in the study was included in the study.
- Only healthy students were included in the study.
- Students whose age from 18 to 20 years was included in the study.

The exclusion criteria:

- Students whose age below 18 years was excluded from the study.
- Students whose age above 20 years was excluded from the study.
- Students who studied other than Dr. N.G.P. Arts and Science College in Coimbatore district were excluded from the study.
- Students with chronic illness were excluded from the study.
- Students who were on antibiotics and any other medications for chronic diseases were being excluded from the study.

Study design:

The study design is analytical cross-sectional survey with a interview technique using close-ended questionnaire to obtain quantitative data for obtaining answers to the questions being studied and for handling some of the difficulties encountered during the research. Study design is used for assessing the effectiveness of planned instructional module on health hazards of junk foods among college students of Dr.N.G.P. Arts and Science College in Coimbatore district, Tamil Nadu, India. Selected subjects were in the age between18-20 year's adolescence age groups.

Sample size:

The size of samples that contains 100 college students which ready to participate in this research.

Sampling Technique:

Adequate sample size of 100 students of Dr.N.G.P.Arts and Science College were included in the study by a probability simple random sampling technique .The students were selected for the study on the basis on the method of lottery based on inclusion and exclusion criteria to minimize sampling error and to ensure representativeness. Respondents who gave informed consent to participate in the study were requested to fill.Pre structured questionnaire were prepared and obtains data by direct interview with participants. After receive response from the respondents, data was collected, checked for completeness, and further analysis of the data was done by using SPSS software.

Study variables

Variables are described as attribute factors, feature and credit of an individual or object investigated in the research work (Polit and Hungler, 1999).

Dependent Variable

The dependent variable is defined as the research person is liked to understanding (or) forecasting (Polit and hungler, 1999). In this analysis the range of understanding on danger of junk foods belong to college students is dependent variable.

Independent Variable

Independent variable means it's alone and not depend on others. It gives the dependent variable. In this arranges teaching materials on danger of junk foods out of college students.

Tools used for the study

The interview portion was used for collection of data as quantitative and qualitatively.

Description of the tool

The researcher builds the implement depends on the aim of the study among literature evaluation and experienced ideas. The gathering of data is classified into two portions, one is demographic variable and another one is systematic explanation for analysis of perception as regards to danger of junk foods.

To test for validity and reliability of the instrument:

The questionnaire has given to experts for reviewing and corrections were made based on expertsuggestions. A pilot survey was administered giving more emphasis on internal consistency reliability and validity. And pilot study conducted on ten percent of the study sample to see the validity of the questionnaire. Specifically, the questionnaire was distributed to a small group from the target population, who were under observation, to make a pretest and identify the major issues that may occur with the items. Also, a reliability test (Cronbach's alpha) >0.72 was utilized to measure the internal consistency of the items.

Data collection

The data collection consists of demographic variables. information about demographic variables such as age , sex,status of the family, Area of residential ,occupation of the parent, monthly income, Expending

place of junk foods, Pocket money per month, frequency of eating junk food, type of eating Junk food and eat junk food with

Before collection of samples, sanction was getting from the particular person. Considering the detail of study, the collected samples were obtaining from the informed consent. The data were confident and secrecy of knowledge given by them.

The collected data from the students were corrected, tabulated and undertake in excel sheet. The data were examined and used graphic and probable manually. A possibility of lower than 0.05 was observed to be significant. The design of study was developed. Data on Mean, Standard deviation, and Mean difference, Range were used to estimate the level of college students among danger of junk foods.

Analyzing of data using statistical method

The purpose of data analysis is to reduce the data to intelligible and interpretable form so that the relation to each problem can be studied and tested. The collected data were divided, arranged and evaluated in order to ease comparison to identify the significant features of the data. The data was analyzed by using demographic variables. The demographic variables include adequate knowledge and inadequate knowledge on health hazards of junk foods. The Inferential statistics was used for analysis of p values and Pearsons chi-square test was used for association with demographic variables.

RESULTS

Analysis of data is the structural arrangement and production of data research and the examining the data research and also to examine the theory utilizing data. Evaluation is the sufficient description of the factors extent in aim of the research. These results distribute with the investigation and elucidation of the collected data following the computer serving belonging effect of fast foods on healthier adult students at selected college.

Results related to descriptive statistics on selected demographic variables

Age and gender of the students

Out of 100 students, majority of 57 percent were boys and 43 percent girls with regard in between the age of 18 to 20 years in every class (Table-1).

Status of Family

From our results, 24 percentages of adolescents were drop to lower middle class, 37 percentage of adolescence be in middle class and 39 percent of the adolescence living with upper middle class (Table-1).

Table 1: Distribution of samples according to their demographic variables of respondents

| S. No | Age | Boys | Girls | Percentage (N=100) | |
|----------------------------|--------------|------|-------|--------------------|-----|
| 1 | 18-20 | 57 | 43 | 57% | 43% |
| Status of family | | | | | |
| 1 | Lower class | 11 | 13 | 24% | |
| 2 | Middle class | 15 | 22 | 37% | |
| 3 | Upper class | 21 | 18 | 39% | |
| Area of Residential | | | | | |
| 1 | Rural | 56 | 44 | 55% | |
| 2 | Urban | 52 | 48 | 45% | |
| Junk Foods eating | | | | | |
| 1 | Fast food | 19 | 15 | 34% | |
| 2 | Snacks | 13 | 28 | 41% | |
| 3 | Soft drinks | 4 | 6 | 10% | |
| 4 | Candies | 7 | 8 | 15% | |

Area of Residential

In regard to area of residential 55% of college students were coming from town area and 45% are out of rural areas (Table-1).

Monthly family income

Depend on monthly income of family, 1% family are earning below rs 50000, 8% are middle of 50000 to 10,000, 32% are in between 10,000 to 15,000 and 59 (59%) are earned above 15,000 per month (Table-2).

Table-2: Distribution for the demographic variables for family income and occupation

| S. No | Monthly family income | Percentage |
|-------|----------------------------|------------|
| 1 | earning less than rs 50000 | 1% |

| | | |
|---|-------------------------------------------|-------------------|
| | income between 50000 to 10,000 | 8% |
| | earning in the middle of 10,000 to 15,000 | 32% |
| | earned above 15,000 per month | 59% |
| 2 | Father's Occupation | Percentage |
| | waged | 55% |
| | own jobs or business | 39% |
| | labours | 6% |
| 3 | Mother's Occupation | Percentage |
| | waged | 72% |
| | own jobs or business | 4% |
| | House wives | 24% |
| 4 | Monthly Pocket money | Percentage |
| | no pocket money | 7% |
| | below Rs.50/- | 44% |
| | between Rs.50 to Rs.100 | 25% |
| | above Rs 100 per month | 24% |

Father's and mother's Occupation

Regarding with father occupation 55% are waged, 39% were doing own jobs or business, 6 (6%) were labours. With regard to occupation of mothers 72 (72%) were waged, 4 (4%) were doing or own jobs or business and 24 (24%) are house wives (Table-2).

Monthly Pocket money

Regarding to the monthly pocket money 7% of the students without pocket money, 44(44%) had under Rs.50/- per month, 25% had middle of Rs.50 to Rs.100 and 24 (24%) had above Rs 100 per month (Table-2).

Expending place of junk food

Concerning place of eating junk food 45% at home, 55% had at food shops and no one from college canteen.

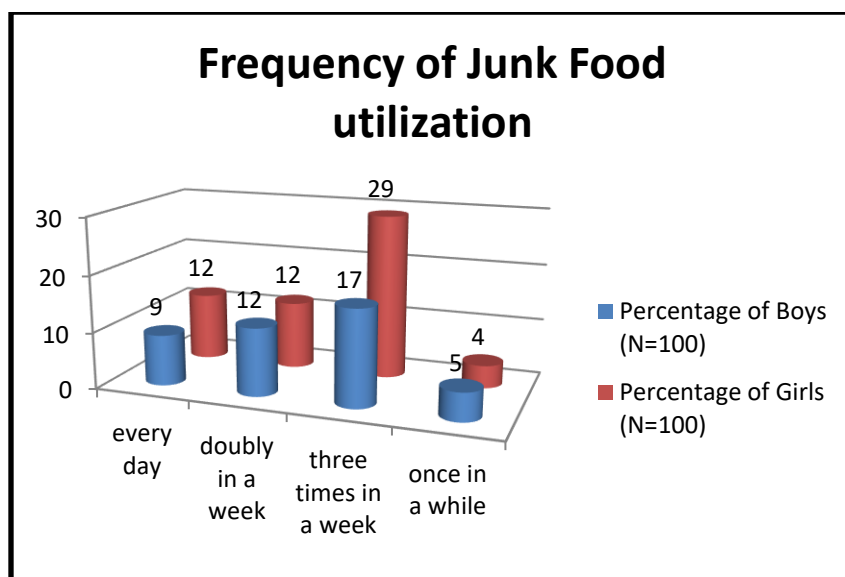
Type of eating Junk Foods

34 percent consume fast food, 41 percent eating snacks, 10 percent of adolescence drinking soft drinks and 15 percent boys consuming candies (Table-1).

Frequency of Junk Food utilization

From this analysis, that the 9% of boys and 12% of girls eating junk food every day, 12 % boys and 12% girls eating doubly in a week, 17% boys and 29% girls taking three times in week and 5% boys and 4% girls eating fast food once in a while (Fig-1).

Fig-1: Frequency of Junk Food utilization



Nutritional Knowledge regarding Junk Food

40% boys and 38% girls were without knowledge of nutritional regarding junk food, 17% boys and 5% girl sense about the fact of nutritional value of junk foods (Table-3).

Eating of Junk Food to Whom

25% boys and 26% girls away with their friends, 17% boys and 12% girls went with their family and 15% boys and 5% girls away with their relatives (Table-3).

Table-3: Distribution for the demographic variables for Nutritional Knowledge and its frequency

| S. No | Nutritional Knowledge | Percentage of Boys | Percentage of Girls |
|-------|-----------------------|--------------------|---------------------|
| 1 | without knowledge | 15% 40% | 38% |

| | | | |
|-------------------------------------|-------------------------------------------|-------|-------|
| | sense about the fact of nutritional value | 5%17% | 5% |
| Going junk food centers With | | | |
| 2 | with their friends | 2525% | 3626% |
| | with their family | 1317% | 2112% |
| | with their relatives | 1515% | 55% |

Analyzing the Association between Demographic Variables and Level of Knowledge

It reveals that there was no significant association between the selected demographic variables and the post test knowledge on health hazards of junk foods among school college students at $p > 0.05$ level (Table-4).

Table-4: Association between Demographic Variables and Level of Knowledge on health hazards of junk foods

| S.No. | Demographic variables | | Inadequate Knowledge | | Adequate Knowledge | | Total | | Chi Square value X2 | p value |
|-------|-----------------------|--------------|----------------------|-------|--------------------|-------|-------|------|---------------------|---------|
| | | | n | % | n | % | n | % | | |
| 1 | Age | 18-20 years | 0 | 0.00% | 100 | 100% | 100 | 100% | 2.79 | 0.175 |
| 2 | Gender | Boy | 17 | 29.8% | 40 | 70.2% | 57 | 100% | 1.924 | 0.588 |
| | | Girl | 5 | 11.6% | 38 | 88.4% | 43 | 100% | | |
| 3 | Status of family | Lower class | 6 | 25% | 18 | 75% | 24 | 100% | 1.581 | 0.209 |
| | | Middle class | 12 | 32.4% | 25 | 67.6% | 37 | 100% | | |
| | | Upper class | 9 | 23.1% | 30 | 76.9% | 39 | 100% | | |
| 4 | Area of Residential | Rural | 8 | 14.5% | 47 | 85.5% | 55 | 100% | 0.031 | 0.862 |
| | | Urban | 6 | 13.4% | 39 | 86.6% | 45 | 100% | | |
| 5 | | Fast food | 14 | 41.2% | 20 | 58.8% | 34 | 100% | 0.036 | 0.998 |

| | | | | | | | | | | |
|----------|------------------------------|-------------------------------------------|-----------|---------------|-----------|---------------|-----------|-------------|-------|-------|
| | Junk Foods eating | Snacks | 16 | 39% | 25 | 60.9 % | 41 | 100% | | |
| | | Soft drinks | 4 | 40% | 6 | 60% | 10 | 100% | | |
| | | Candies | 6 | 40% | 9 | 60% | 15 | 100% | | |
| 6 | Monthly family income | earning less than rs 50000 | 0 | 0.00% | 1 | 100% | 1 | 100% | 1.768 | 0.621 |
| | | income between 50000 to 10,000 | 3 | 37.5% | 5 | 62.5% | 8 | 100% | | |
| | | earning in the middle of 10,000 to 15,000 | 15 | 46.8% | 17 | 53.2 | 32 | 100% | | |
| | | earned above 15,000 per month | 21 | 35.6% | 38 | 64.4% | 59 | 100% | | |
| 7 | Father's Occupation | waged | 20 | 36.4 % | 35 | 63.6% | 55 | 100% | 0.465 | 0.924 |
| | | own jobs or business | 14 | 35.9% | 25 | 64.1% | 39 | 100% | | |
| | | labours | 3 | 50% | 3 | 50% | 6 | 100% | | |
| 8 | Mother's Occupation | waged | 21 | 29.2% | 51 | 70.8% | 72 | 100% | 0.826 | 0.363 |
| | | own jobs or business | 2 | 50% | 2 | 50% | 4 | 100% | | |
| | | House wives | 8 | 33.3% | 16 | 66.7% | 24 | 100% | | |
| 9 | | no pocket money | 3 | 42.8% | 4 | 57.2% | 7 | 100% | 5.322 | 0.149 |

| | | | | | | | | | | |
|-----------|-------------------------------------|-------------------------------------------|-----------|--------------|-----------|--------------|-----------|-------------|-------|-------|
| | Monthly Pocket money | below Rs.50/- | 8 | 18.2% | 36 | 81.8% | 44 | 100% | | |
| | | between Rs.50 to Rs.100 | 9 | 36% | 16 | 64% | 25 | 100% | | |
| | | above Rs 100 per month | 10 | 41.6% | 14 | 58.4% | 24 | 100% | | |
| 10 | Nutritional Knowledge | without knowledge | 17 | 29.8% | 40 | 70.2% | 57 | 100% | 4.749 | 0.29 |
| | | sense about the fact of nutritional value | 5 | 11.6% | 38 | 88.4% | 43 | 100% | | |
| 11 | Going junk food centers With | with their friends | 25 | 41.9% | 26 | 50.8% | 51 | 100% | 3.272 | 0.195 |
| | | with their family | 12 | 41.4% | 17 | 58.6% | 29 | 100% | | |
| | | with their relatives | 5 | 25% | 15 | 75% | 20 | 100% | | |

DISCUSSION

In today's society, the average person has at least encountered junk food once in their lifetime. It is served in our homes, sold on the street and advertised on media streams. The promise that it gives of good taste and convenience, as well as trend is what draws most consumers to it.

The discussion section is devoted to a thoughtful and insightful analysis of the findings leading to a discussion of their clinical and theoretical utility. Baker (1991); Krolner et al (2011) convey a research on elements associated to top fast food utilization in the middle of 8 to 16 years of age, in Haitian District of Beijing. Topper ten types of junk food utilization (assessed by World Health Organization) regarding children and adolescent also the providing elements so as to prove conformation for growing protecting and inhibiting factors and interference. A questionnaire research was regulated to explore the utilization of ten types of fast food implementation in 1019 children and adults aged between 8-16years (Green, 2019).

Arnold et al (2010) investigated the survey that make perception and to ask for stop on junk food notices to the children. Junk food noticing to students is critically required to help against higher factors of childhood obese, say Otago University (Mike Adams, 2010). Playing things, offering, reductions and games, thesaurus and celebrations, and pleads to savour and enjoying, are just few of the methods used by advertisers to improve junk food to child, belonging to a new logical reviews.

Hanan and Alfawaz, 2012 analyzed that Britain Researchers have investigated to eating child with fast foods can literally decrease their intelligence. The diet and normal healthily and welfare of 14000 child birthed from 1991 to 1992 in western side England were notices at age of three, four and a half, seven and again at age of 8 (Vandana Sharma, 2013; Wiles et al., 2009). It studied that unhealthy diet throughout the early growing years can indeed result to a low intelligence at the age 8. Such eating the food of junk items foods give an mean of 101 intelligence points however that eating the healthy food give an mean of 106 intelligence points. IQ point scores bring down by 1.67 for every higher on the grid that consider the level of fast fat utilized (Wirt and Zeng, 2014).

This investigation is also holdup by many researchers brought out to college and universities students in various countries of the world. Knighton et al. (2008) has analyzed that the unbalanced lunch with small quantity of vegetables and fruits were the most usual healthier diet habits of the college students. The nutritional and stable food appear as foremost to increasing the child's mental quantity to follow them well in other zones also (Stok et al., 2018). Consequently foremost to make sure the child can utilize large variation of new, natural foods and to stop fast foods particularly on the growing years, it affect them future in their life time (Nisar et al., 2009).

Moy Foong Ming et al (2006) have studies in their work that seventy percent of the college students had poor dietary habits due to high-fat junk foods utilization. The food menu of all the college canteens and nearby hotels and restaurants are mostly tenanted by different types of junk food. Until now these are easily available, students go for it without thinking about their wealth and health (James and Gold, 2019). Chi square test was used to find out the association between selected demographic variables and level of knowledge. The results showed that there was no significant association between the selected demographic variables and the knowledge on health hazards of junk foods among school children at $p>0.05$.

CONCLUSION

It was known that the junk food is taste, easy to eat and attractive food. So this junk food has been accepted all over the world. The eating of junk foods has risen since two decades especially between the younger peoples. It is available easily at lower cost outside of the house that formed the changes in the habit diet of all over the world population. So the junk food is considered as the part of our life. From our opinion apart from its lower nutritional levels, easy availability, lower cost, strategy of marketing, energy and time save and modification in the economic status of the population was the main form that attracts the students towards junk foods. This study concludes that the college in coordination with government

and non-government organizations should tackle exploring with large typical sample, including parents and teachers. Moreover, the study observed that the college authority should monitor the healthy foods available not only in college campuses, but also in and around the campuses also.

RECOMMENDATIONS

The similar study can be conducted on a larger sample.

Comparative study can be done between rural and urban settings.

A study can be conducted to find out the knowledge and attitude of parents and teachers towards junk foods.

LIMITATIONS

This investigative study has certain limitations though the real aim of this study is not affected by them. The scope of this work is limited to students of college, disregarding the rest of the peoples of higher and lower age peoples. And also this research work being carried out in Indian circumstances may not grasp true globally.

STRENGTH

This research study will be a reference for the budding research scholars.

Further research studies could be performed with every medical condition to investigate more effective knowledge communicating strategies.

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