



A STUDY TO ASSESS THE EFFECTIVENESS OF PTP ON KNOWLEDGE REGARDING HEALTH HAZARDS OF JUNK FOODS AMONG ADOLESCENTS IN SELECTED SCHOOL, KANPUR

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ABSTRACT

Any food that has no or very less nutritional value falls under the category of junk food. A pre experimental study was done to assess the effectiveness of Planned Teaching Program (PTP) regarding on knowledge regarding health hazards of junk foods among adolescents in selected school Kanpur. The research approach adopted for the study was quantitative research approach and the research design was one group pre-test post- test design. Setting of the study was selected in BPMG intercollege, Kanpur and the 60 samples were selected by convenient sampling technique. Data collection was done by structured knowledge questionnaire. The PTP was given to the participants after pre-test knowledge assessment. Post test was conducted after 7 days and the results revealed that among 60 adolescents, level of knowledge on care of child in breathing difficulty, 35 (58.33%) had adequate knowledge and 25 (41.67%) had moderate knowledge and none of the care givers had inadequate knowledge. The calculated t value was more than the table value at 0.05 level of significance which showed the effectiveness of the teaching program. The study concluded that PTP was very effective in improving knowledge health hazards of junk foods.

KEYWORDS : hazards, junk foods, planned teaching program, adolescents.

INTRODUCTION

Food is the basic requirement of life and a healthy diet is the right of every one. It plays a vital part in the growth and development of children¹. Adolescent time is a period of growth spurt and experimenting with the oneself. It is the time of food cravings, hormonal changes, life style changes etc².

Life style diseases are a major public health crisis nationally and internationally. These are considered as the one among the leading cause of death in the world population in the non communicable diseases.³ Childhood obesity, diabetes mellitus, coronary artery diseases, hypertension, Polycystic ovary diseases are few among them. We should give special attention as it is associated with serious health problems and the risk of premature illness and death later in life⁴. The prevention of life style diseases in children is through life style modification. Adolescent children are more affected by overweight and obesity due to hormonal changes and life style used with junk foods⁵.

Any food that has no or very less nutritional value falls under the category of junk food. Most of the children of this age during their meal time eat junk food and get addicted to the taste of the junk food. Though, junk foods are tasty but it has low nutritive value and high calories. Because of low nutritive value and high calories, children become obese. Junk foods are also laced with colours which are often in edible, carcinogenic and harmful to the body⁶.

Consumption of diet rich in sugar, saturated fat, salt and calorie in children can lead to early development of health hazards. There are various reasons for consumption of such food by children. Most of junk food users know well about negative effects associated with junk food consumption. However, they take junk food without considering their health complications. The young generations are getting addicted to junk food which indicates a serious public health problem. Prompt necessary actions should be undertaken to tackle this health problem. Implementation of laws to regulate the marketing of junk foods may be an important step in reducing fast food consumption by children. Awareness regarding healthy feeding may save children from harmful effects of junk food in this area⁷. Hence the researcher identified the need for a teaching strategy to modify the lifestyle of adolescents with

junk foods and initiated it to assess their knowledge regarding harmful effects of junk foods.

OBJECTIVES OF THE STUDY:

- To assess the pre test knowledge regarding health hazards of junk foods among adolescents
- To determine the effectiveness of planned teaching program on health hazards of junk foods among adolescents
- To explore the association between pre test level of knowledge on health hazards of junk foods and selected demographic variables of adolescents

HYPOTHESES

- H_1 : There is significant difference between the means of pre and post test knowledge scores of subjects exposed to planned teaching program on health hazards of junk foods at 0.05 level of significance
- H_2 : There is significant association between post test level of knowledge on health hazards of junk foods and selected demographic variables of adolescents.

MATERIALS AND METHODS USED

- **Research approach:** quantitative research approach.
- **Research design:** one group pre test post test research design.
- **Setting of the study:** BPMG inter college, Kanpur
- **Population:** all the adolescents
- **Target population:** Adolescents studying in schools
- **Accessible population:** Adolescents studying in selected school
- **Sample:** adolescents studying in selected school and fulfilling the inclusion criteria
- **Sample size:** 60 adolescents
- **Sampling technique:** convenient sampling technique

VARIABLES:

- **Independent variable:** Planned Teaching Program (PTP) regarding health hazards of junk foods
- **Dependent variable:** knowledge of adolescents regarding health hazards of junk foods.
- **Demographic variable:** age, religion, gender, educational status of parents and child, parents occupation, monthly family income, place of residence, type of family, number of siblings, source of health

information,

SAMPLING CRITERIA:

Inclusion criteria

- Adolescents who,
- are studying in 9th and 10th standards of a selected school, Kanpur
- give consent for the study

Exclusion criteria

- Adolescents who,
- are studying in not studying in 9th and 10th standard of a selected school, Kanpur.
- are not available in school at the time of study

DEVELOPMENT AND DESCRIPTION OF TOOLS USED IN THE STUDY:

The tool to assess the knowledge of adolescents regarding health hazards of junk foods was developed by the investigator by submitting to the review. Validity and reliability of the tool was checked.

THE TOOL CONSISTS OF 2 SECTIONS:

- Demographic data of adolescents.
- Structured knowledge questionnaire on health hazards of junk foods

Scoring key and interpretation of the tool

- Inadequate knowledge = <50%
- Moderately adequate knowledge = 50-75%
- Adequate knowledge = >75%

DATA COLLECTION PROCEDURE:

After getting permission from the school authority, a brief self-introduction of self and study was given to the students. An informed written consent from the adolescents were obtained. The investigator established rapport with the adolescents and assured them of confidentiality. Then the investigator after gaining confidence from the adolescents collected the data in three phases.

- Phase I:** Selection of adolescents
- Phase II:** Pre test and administration of planned teaching program
- Phase III:** post test after 1 week of planned teaching program

PLAN FOR DATA ANALYSIS:

The data obtained from 60 samples was analyzed by adopting the Descriptive statistics as frequency and percentage of samples, mean, mean percentage, standard deviation and inferential statistics as t test, chi-square test was prepared in accordance with various characteristics under study and percentage analysis was found

RESULTS & ANALYSIS

- Section 1:** Description of demographic data of 60 adolescents.
- Section 2:** Pre and post test knowledge scores of adolescents on health hazards of junk foods
- Section 3:** Effectiveness of PTP by comparing pre and post test knowledge scores of adolescents
- Section 4:** Association of demographic variables of adolescents

Section 1: Description of demographic data of 60 adolescents.

The demographic data of the 60 adolescents were arranged in the following graphical presentation by frequency and percentage distribution. Half of the samples were male and half were female and majority of the adolescents were from 15ys age group. Majority of them were from joint family and residing in urban area. No one had any previous health

education regarding junk foods. The major source of information was from friends and family

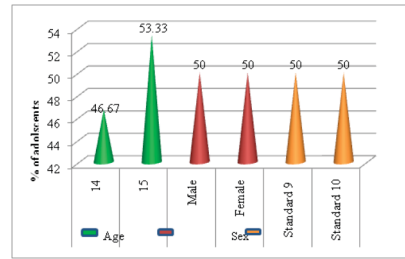


Fig 1. Cone diagram showing percentage distribution of age, sex and educational levels among adolescents.

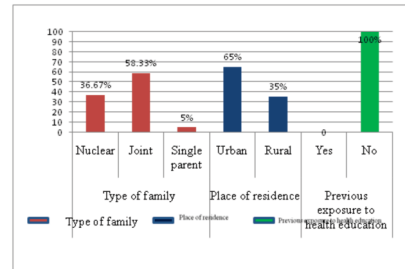


Fig 2. Column diagram showing percentage distribution of variables like type of family, place of residence and previous exposure to health education on childhood diabetes mellitus among the adolescents

Section 2. Pre test and post test knowledge scores

Table 1. Overall pre test and post test level of knowledge N=60

Knowledge Level	Category (Score)	Classification of respondents			
		Pre-test		Post-test	
		f	(%)	f	(%)
Inadequate	<50%	60	100	0	0
Moderate	50-75%	0	0	25	41.67
Adequate	>75%	0	0	35	58.33
Total		60	100	60	100

The pretest knowledge scores shows that all the adolescents had inadequate knowledge. Then after the administration of the planned teaching program the knowledge level improved ie 25 adolescents had moderate knowledge and 37 had adequate level of knowledge and none of them had inadequate knowledge level.

Section 3 : Effectiveness of PTP by comparing pre and post test knowledge scores of adolescents

Table 2. Effectiveness of PTP on health hazards of junk foods N=60

Aspects	Max. Score	Respondents			t-value
		Mean	SD	Mean (%)	
Pretest knowledge score	34	10.018	3.776	10.054	45.5*
Posttest knowledge score	34	25.133	1.995	73.921	

The above table shows that the mean post test value was more than pretest mean value. The calculated 't' value was 45.6 at 0.05 level of significance and it shows significant enhancement in knowledge after PTP on health hazards of junk foods among adolescents. Hence it proves that the teaching program was effective and H₀ was accepted.

When the χ^2 value was computed for age ($\chi^2 = 8.49$) and the standard in which the respondent is studying ($\chi^2 = 8.08$), the χ^2 value was found to be above the table value (3.84 for df = 1) at 0.05 level of significance. This indicates that there is a

statistically significant association between age and the standard in which the respondent is studying to the pre test knowledge scores. This shows that hypothesis H_2 can be accepted with regard to these variables.

CONCLUSION

This study showed that adolescents had an inadequate knowledge on health hazards of junk foods and a planned teaching program was very effective in improving the children level of knowledge. The study showed that lifestyle changes can be started from younger generation. Hence the study points out to the fact that teaching strategies by nursing professionals can improve the knowledge of children in various health issues generated by the modern civilization.

RECOMMENDATION

Based on the study, it is recommended that

- A replication of the present study be done on a larger population, covering a wider area.
- A replication of the present study be done along with assessment of prevalence of lifestyle diseased associated with junkfoods intake among adolescents.
- A study can be done to evaluate the effectiveness of other teaching modalities on health hazards of junk foods
- A study can be carried out to assess the skills of students in following a healthy lifestyle.

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