JETIR.ORG ISSN: 2349-5162 | ESTD Year : 2014 | Monthly Issue
JOURNAL OF EMERGING TECHNOLOGIES AND INNOVATIVE RESEARCH (JETIR)
An International Scholarly Open Access, Peer-reviewed, Refereed Journal

Impact of fast food on the menstrual health of adolescents

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Abstract: Fast foods are often made of cheaper ingredients such as refined grains, added sugar and fat, instead of something like grains, fruits and vegetables. Sodium (or salt) is used to make food tastier and more satisfying. Fast foods retain a high quantity of sodium, saturated fat as well as trans-fat and cholesterol, therefore fast food is advised not to eat frequently. Frequent eating of fast food for a long time and in high quantity often observed to lead problems. Diet plays a very important role in the growth and development of adolescents. Diet and the menstrual cycle are interdependent. Most of the time, adolescents tend to eat junk, greasy, unhealthy and spicy food which is detrimental to their health and the menstrual cycle.

Index Terms- Fast food, Adolescent Girls, Menstrual Health.

Objectives:-

1. To study the trend of fast food consumption among adolescent girls.
2. To find out the effects on fast food on adolescent's menstrual health.

INTRODUCTION:

Fast food, which is sometime called as junk food, is an umbrella term to address a variety of high-energy foods. Because fast foods are high in fat and sugar, salt, and low in protein, fiber, vitamins, and mineral, these are not good for health. Children generally do not understand how this type of food negatively impacts their health and how it can be addictive **(Thomas, 2018)**. The World Health Organization (WHO) defines adolescent as anyone from 10 to 19 years of age. In many societies, however, adolescence is closely associated with puberty and the cycle of physical changes that lead to reproductive maturity **(Das, 2015)**. Junk food has to do with too much fat, sodium, and unhealthy saturated ingredients. Junk food by name describes itself as a fast food that saves time but brings obesity, heart disease, and an early menstrual cycle in women and girls. Regular consumption of junk food has harmful effects on health, skin and hair. According to surveys, it has been found that girls who go to school and eat fast food frequently experience irregular periods.

Negi et al., (2018) conducted a cross-sectional study to determine the prevalence of menstrual irregularities in adolescent girls and their relationship with diet and exercise in the Garhwali region of India. In this cross-sectional study, questionnaires were conducted at various Garhwali schools. These profiles were based on socio-economic data, diet and physical activity, as well as menstrual irregularities. It was found that dysmenorrhea is associated with the consumption of junk food among 66.10 percent of the participants, and premenstrual syndrome is associated with a lack of physical activity among 78.94 percent of the participants. The result showed that eating habits and physical activity can directly affect adolescent menstrual health. **Shinde et al., (2017)** discovered that food plays a crucial role in the development, existence, reproduction and end of life. For centuries, food has been recognized as an important factor for people, healthy people, and the sick. People who eat food eat more fat, sodium, and saturated fat. An increase in junk food or junk food has led to increased problems in women, such as dysmenorrhea and excessive menstruation. This study showed that the relationship between fast food and fast food is associated with menstrual irregularities. Junk food has been reported to affect the axis of the hypothalamus-pituitary-ovary, altering hormone levels.

A cross-sectional study conducted by **Mohamadirizi et al., (2015)** revealed a relationship between the frequency of food intake and menstrual irregularities in high school students in Mashhad. A two-stage sampling method was used to select 407 girls for secondary schools in Mashhad. Subjects completed a questionnaire on demographic characteristics, frequency of food intake, and a questionnaire on menstrual irregularities (QMD) during the three phases of the menstrual cycle (one week before bleeding, during menstrual bleeding, and one week after menstruation). The data collected were analyzed using statistical tests, such as the Pearson correlation coefficient criterion, the independent student criterion, and unidirectional analysis of variance (ANOVA). The results showed

that 87.7 percent of students with moderate economic status. 82.2 percent were exposed to cigarette smoke, 94.8 percent of students had mothers with no university education, and 9.4 percent of students had working mothers. About 71 percent of students reported mild discomfort before menstruation, 81 percent reported mild discomfort during bleeding, and 39 percent reported mild discomfort after menstruation. No significant correlation was found between total menstrual insufficiency and the frequency of food intake. As for the inadequate frequency of nutrition and the high intensity of menstrual irregularities in high school students, as well as how the efforts in the field of health and education in the prevention and promotion of health in society are the duties of health workers. The results of this study focus on the fact that the nutritional structure is one of the important factors that predict menstrual irregularities, which vary by culture and country.

Fathy, (2020) sought to study the effect of skipping breakfast on the menstrual cycle in young women. A sample of 300 students was obtained at the Faculty of Nursing at the University of Menoufiya in Egypt. The authors believe that menstrual irregularities often affect the quality of life of adolescent girls and young adult women. Nutrient deficiency is considered one of the important factors determining hypothalamic-pituitary-ovarian dysfunction. Breakfast as part of a healthy diet and lifestyle can have a positive effect on the health and well-being of children and youth. Daily preferences in food significantly affect the menstrual function in young women. The results showed an increase in the proportion of menstrual regularity in the group that ate breakfast (89.1 percent) than in the second group that ate breakfast (83.9 percent). The results also revealed a statistically significant difference between first and second group with regard to premenstrual abdominal pain, anorexia and premenstrual cramps. On other hand no difference between the two groups relative to the other elements of PMS was found. In addition, the results of this study showed that; Dysmenorrhea was more common in girls who skipped breakfast than in girls who ate breakfast. It was found that skipping breakfast is associated with an irregular menstrual cycle and increases the incidence of dysmenorrhea, oligmenorrhea, premenstrual pain, anorexia and premenstrual cramps. However, there was no effect on other elements of PMS.

Pramanik et al., (2014) studied the menstrual health status of schoolchildren and its relationship with fast food consumption. For this study, adolescents with at least 2 years of age at secondary schools in West Bengal, India were selected. All students who arrived at the menarch and wished to take part in the study were invited to answer the questionnaires. Questionnaires focused on covering the menstrual history related information, eating habits and the frequency of fast food consumption. Dysmenorrhea and menstrual irregularities were found as the common problem for teenage girls. There was a significant correlation between the frequency of fast food consumption with menstrual irregularities and dysmenorrhea. In girls, they eat fast food, regularly developing at the beginning of the menarche. This study showed a significant side effect of fast food on menstrual health. Therefore, school health education programs should focus on reducing fast food consumption and developing healthy eating habits to improve menstrual health. **Vani et al., (2013)** were the researchers who conducted a cross-sectional study to determine the prevalence of menstrual irregularities in girls attending school in Pondicherry and its relationship to exercise and physical habits. Questionnaires were used to collect data from 853 teens attending fourth high schools in Pondicherry, India. All students who reached the menarche and who agreed to participate in the study were invited to answer the questionnaire. Dysmenorrhea and premenstrual symptoms were recorded as the common problems. Premenstrual symptoms were significantly more common in overweight girls, those who regularly ate junk food, ate less (diet) to lose weight, and those who did not participate in regular physical activity. Dysmenorrhea was significantly more common in girls who dieted to lose weight. The clot passage was also significantly higher for dieters. Changes in lifestyle, such as regular physical activity, reduced junk food intake, and healthy eating, should have been highlighted in health education programs to improve your health.

Arya et al., (2013) says junk food is high in calories, salt and fat. It was found that excessive consumption of junk food causes various diseases. School canteens offer foods high in fat and sugar that really help young people gain weight, as well as other problems, such as infections, food poisoning, and dental diseases. Eating junk food can prevent children from eating healthy food at school or at home. The practice of eating junk food, such as Maggie noodles, hamburgers, paobhajis, sandwiches, hot dogs, pancakes, pastries, popcorn, French fries, soft drinks, cookies, muffins, toasts, kulcha-chanha, samosa, chocolate, etc. D. Re. They have become a common feature of teens around the world. They often eat fast food and fruits, vegetables and dairy products. According to World Health Organization, more than 3 percent of the population in India is obese. Dietary advice on the importance of a balanced diet, the harmful effects of junk food will help reduce your dependence on junk food and improve your nutritional status.

CONCLUSION:

- Eating habits can directly affect adolescent's physical and menstrual health related gynecological disorders.
- Fast food has led to increased problems like dysmenorrhea and excessive menstruation in adolescent girls.
- Relevant relationship find between the frequency of fast food intake and menstrual irregularities in school going girls.
- Adolescent girls can improve academic performance and fertility with the help of good menstrual health.
- Antioxidant should be sufficient in diet for adolescent to minimize the risk of primary dysmenorrhea and improve menstrual health.
- Breakfast as part of a healthy diet. Dysmenorrhea was more common in girls who skipped breakfast than in girls who ate breakfast.
- School health programs should be focus on reducing fast food intake and developing healthy eating habits to improve menstrual health.

- Particular attention should be paid to nutrition counseling in order to facilitate the consumption of healthy foods, such as fermented foods, wheat noodles, the addition of plenty of vegetables, sprouted legumes, sprouted tikki, samosa and vegetable chops, wheat bread and multigrain cereals and bread.

ACKNOWLEDGMENT:

This research was supported by my research guide Dr. Sonika Chaudhary, who provided insight and expertise that greatly assisted the research. So I thank to her for sharing their pearls of wisdom with me during this research. I would also like to show my gratitude to my husband Mr. Sharad Kumar for supporting me.

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