

HARMFUL IMPACT OF JUNK FOOD ON TEENAGER'S HEALTH IN HARYANA

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ABSTRACT

Junk refer to food that is high in calories but low in nutritional content and something that is appealing or enjoyable but of little or no value. Junk food easily available in market at different cost. Junk food is not good for health because it contains high amounts of fat or sugar. Various type of Junk food that available in restaurants like cold-drinks, chips, chocolates, and candy etc. The number of junk food restaurants and chain is increasing because people around the world like to eat junk food. USA, Canada, Britain, Australia, Japan, Sweden etc. are the countries with most junk food consumption around the world. Junk food is more popular because of experience of great taste, better shelf life and easy transportation. The junk food advertising is also play a great role in junk food's popularity. But it should be avoided, because of lack of energy, high cholesterol and poor concentration. It causes a lot of harmful effect on the body like obesity, diabetes, heart disease and various types of skin cancers. Eliminating the temptation for junk food and developing the awareness for fitness can be helping in avoid the junk food from the healthy diet regimen.

Keywords: Junk food, soft drinks, obesity.

Introduction:

Junk food is the term used for that food which has a very low nutritional value. Generally this kind of food has high amount of fat, sugar, salt and calories. The term of 'Junk food' was initially used in 1972 by Micheal Jacobson (Director of the Centre for science in the public interest). 'Cracker Jack' was the first American junk food consisted of popcorn, molasses and peanuts. It was introduced by brothers Frederick and Louis fair in 1893. A few years later in 1896, their invention went on to be sold as cracker Jack commercially. Most of the types of junk foods came into existence in 20th century. This massive arrival of junk food is the result of mechanization, electricity and labour-saving devices, that had been used for the preparation of food. It was the time when manufacturers started making food with cheaper ingredients, with less nutritional value and by using fast preparation methods. But this type of food with low nutritional value lessened the healthiness of food. A surprising result was obtained by a study which was performed on rats in 2008 that junk food affects the brain the way as addictive drugs do. So, to have a control at the consumption of junk food, some countries introduced junk food taxes. Some interesting facts about junk food are as follows:- Money spent on the advertisement of a cereal is much more than the actual cost of ingredients of that real. Commercials for junk food are mostly targeted on young children and teenagers. Although junk food is bad for health, but most of the American and people among all over the world enjoy it on a daily basis. July 21 is celebrated as "National junk food day". Junk food is the food that lacks of having dietary fabric protein, vitamins and other minerals. Basically junk food is associated with in high calories and sugar. Therefore we can define them as positive terms .Junk food can be contains too high protein food with saturated fat. So the term has food breakfast (high in fats salt and sugar) is used in anus. Sometime fast restaurants and fast food are equated with junk food which cannot be categorised as junk. Andrew F. Smith Encyclopaedia of junk food and fast food described junk food as those commercial products including Candy Bakery goods, ice cream salt ,Snacks and soft things which have little or no nutritional value do have plenty of calories salt and fat. While not all fast foods are junk food. A self regulatory agency for UK and industry the United Kingdom advertising standard authority uses nutrition profiling to define the junk food as the energy scores the food for "A" (notorious energy saturated fat total sugar and so Sodium) and "c" nutritious

like food vegetable and nuts contents fibre and proteins. The difference between A and C score determines whether after food or bridge is categorised as access for junk food. Due to globalisation, the culture of junk food has spread all over the world. India has adopted this culture in great extent. Now-a-days India's Dishes are being replaced with the fast food as these foods consume less time to be prepared and give more taste while eating. Now a days, everyone focuses on facilities, but not on health. Healthy nutritious food is being replaced with junk foods. So junk food is the food which is easy to make and quick to consume. Now a days, the number of junk food restaurants and their advertisements are being promoted everywhere. Our neighbourhood, internet, television and other social websites promote their items. In the globalization process interaction and integration among people, companies and government started world wide . Globalization helps in free flow of food culture from one country to another country. Junk food expansion is the result of Globalization. Junk food is the food that is high in calories but low in nutritional content . Junk food is not good for health because it contains high amount of fat or sugar . Eating a poor quality diet, high in junk food creates a high risk of obesity, depression, heart disease, cancer and early death. Junk food is not healthy food for everyone. The consumption of junk food is harmful for every age group.

Meaning of teenage: Teenage refers to a distinct stage or that time when a child body is changing and becoming physically like that of an adult. Adult hood starts at the age of 18 years. The age of 18 to 19 years. In the United states the concept to recent development resulting from combination of childhood and Teenage.

The five main features of teenager are:

- Biological growth
- Development
- Increased decisions making process
- Increased pressure
- Searching livelihood

Table: Changes of teen-age

Stage	Early Stage	Middle Stage	Last Stage
With age	11 to 13 year	14 to 15 year	15 to 19 year
Physical growth	Rapid growth	95% height of teenagers increased	Physically maturity and reproductive growth
Intectual Growth	Self and social relationship	Cause and relationship better understood	In this age, teenagers become future orientend and thinking

			power increased. They become Goal oriented in this age.
Autonomy	In this age,kids argue with parents and others and reject the child linking	Conflict with society and family	Increase in decision building process, self attraction with same age group through hormonal changes
Body image	Physical change body	Excessive physical change	Usually full body image change and comfortable
Peer group	Friendship with same sex	In this age, exploration ability of date and attraction with partner	Selection of partner,individual preference and family preference
Identify development	In this age, strive for fulfilment of desire increases	Experimentation age, sex, drugs, friends & job	In this age, they find difference between real and imagination

Impact of Junk food:

- **High Blood Pressure :-**As we know that junk food items contain high sodium and regular in take of junk food which can cause high blood pressure. High blood pressure can create many other health issues like heart attack and heart stop. There is the limit of sodium described by health expert for teenagers i.e. 2400 mg but even small part of tomato chips can contain sodium more than 1600 MG. That's how the consumption of junk food can take sodium consumption on allergic level.
- **Dental issue** junk food contains sticky substances which get fixed in teeth and can cause many dental issues. Excess consumption of sodas and soft drinks can also prove threat for oral health of teenagers as they are the storehouse of sugar .Regular consumption of such food can cause tooth decay and gum disease.
- **Poor Concentration Level and Constant Fatigue:-** If a teenagers taking junk food regular, it means that he is not taking a healthy and nutritious diet. It means the junk food has overpowered not only over the stomach of your child as well as growth and future of your child is damaged because in the absence of taking nutritious diet there will be the deficiency of minerals and vitamins
- in the body of the teenagers .Due to deficiency, he will feel stressed and Drowsy all the time. This constant drowsiness can spoil the concentration level .
- **Chronic Illness:-**According to the survey of experts, junk food can be blamed for rates of rest of diabetes high blood pressure and heart attack of chronic illness is being increased in among children's and teenagers due to consumption of high amount of junk food. According to the survey one in three in their adult will have been diabetic by the year of 2050 in the USA. This physical and mental disability and premature death can be resulted due to diabetes. Another survey noted that this is children may suffer with the high cholesterol and the heart disease later in life.
- **Self Esteem and Depression:-** Having self-esteem and confidence is also necessary for a growing child but regular consumption of junk food can impact them negatively. According to kids club magazine, junk food can affect a child's physical and mental health. It

increases the unhealthy weight gain which can create the problem of lack of self confidence among children. Lack of self confidence and self esteem can cause depression which is very much dangerous for teenagers which can affect development performance in the school and social adjustment which can lead a teenagers suicide.

- **Central Nervous System**:- Short term of taking junk food can result satisfaction of hunger but as long term effect can be less positive people who take junk food face more depression than people do not eat junk food.
- **Reproductive System**:- Consumption of junk food may impact the strength of fertility phthalates content of junk food which are chemicals and can affect hormones in our body. The high exposure of these chemical can lead to reproductive issues as well as birth defect.

Positive Impact of Junk Food

- **Inform Society** advertisements make society aware of various products. Their uses safe handling of dangerous quotes best effective use technological advantages expect.
- **Health and Hygienic Awareness** advertisement of health drink Pepsi Coca-Cola Fruity oppressive deadbolt and Krishna and junk food like Kurkure, chips, Lays, crack chop find phase over success can make the people aware of health and hygiene. It helps people leave or better life standards of consumers.
- **The Right of Consumer** is made aware through advertisement only awareness of consumer due to advertisement are also due to advertisement. The Government of India runs an advertisement with slogan Jago Grahak Jago make people aware of their consumer rights and preventive course for dreaded disease. A research which has been discussed in their previous report studies the junk food leads to cancer and obesity .Obesity in wildcard your disease so with the help of advertisement we can make the consumer aware which include male lead nature Awareness of it
- **Mis-Presentation Advertisement** To present a product in the best life possible there is some leeway in the creative process the problem arises. When the dramatic ad c crosses a line into the for presenting a presenting a product science images advertisement influence how people feel about themselves open in a negative way this images often.
- **Elastic** to study the impact of junk food advertisements and understandable angel list expectations the images of junk food of an electric and attend table but advertisement are described to show that junk food healthy and showing people are happy by enjoying them but it is a not recently for example that reported by Nestle Cadbury and Maggi was banned by the authorities. Promotional of harmful product television radio film and popular music love about shopping junk food fact juice flavours milks as a potential in Princess award teenager by giving eating See all habit those things

SUGGESSTION FOR GOOD HEALTH

Good health is necessary for living a healthy life for everyone of us who needs to maintain a healthy diet and healthy habits throughout the life .The custom of eating junk food is increasing day by day and becoming a cause of disease for our future generation. Parents should be conscious towards the eating habits of their kids and teenagers because in the childhood they never know the harmful impact of junk food. They never decide the good or bad. Parents are fully responsible for the food eating habits among their kids. They should aware their kids about eating habits from childhood and make them clear about the difference between healthy and junk food. Our teenage quickly get influenced by the environment so they easily change their habits according to society. Generally junk food look also attractive and yummy for the people of every age group. The age group of teenage also gets attracted to the junk food. What they look from outsideis neverfrom inside. Junk foodis never considered good for the health this has been proved unhealthy in all way. Junk foodis unfit to the health. According to research, it is found that teenager age group is the most sensitive group during the consumption of food habits because during this age, there are many changes occur in the body to prepare one to enter to the adult age group. The junk food means a food which is not good to the body and heath in anyway. It is less nutritional and harmful to the body system. Most of junk food contains high level of saturated fats, sugar, salt and bad cholesterol which are toxic to health. Teenagers like to eat junk food and they enjoy special time with taking soft drinks, wafers, chips, noodles and chocolate available in market.

OBJECTIVES OF THE STUDY

- To study the impact of junk food on teenagers.

HYPOTHESIS:

- There is no significant impact of junk food on teenager.

Limitation: -

- The sample of the present study was drawn from highly populated districts in Haryana region North .
- The survey study is limited to four districts of Haryana only.
- In these study age limitation is only 13-19 years. It may be on children or adults or middle age.
- Since the data is collected from a sample of 800 teenagers Govt and private school, the results can't be generalized

REVIEW OF LITERATURE

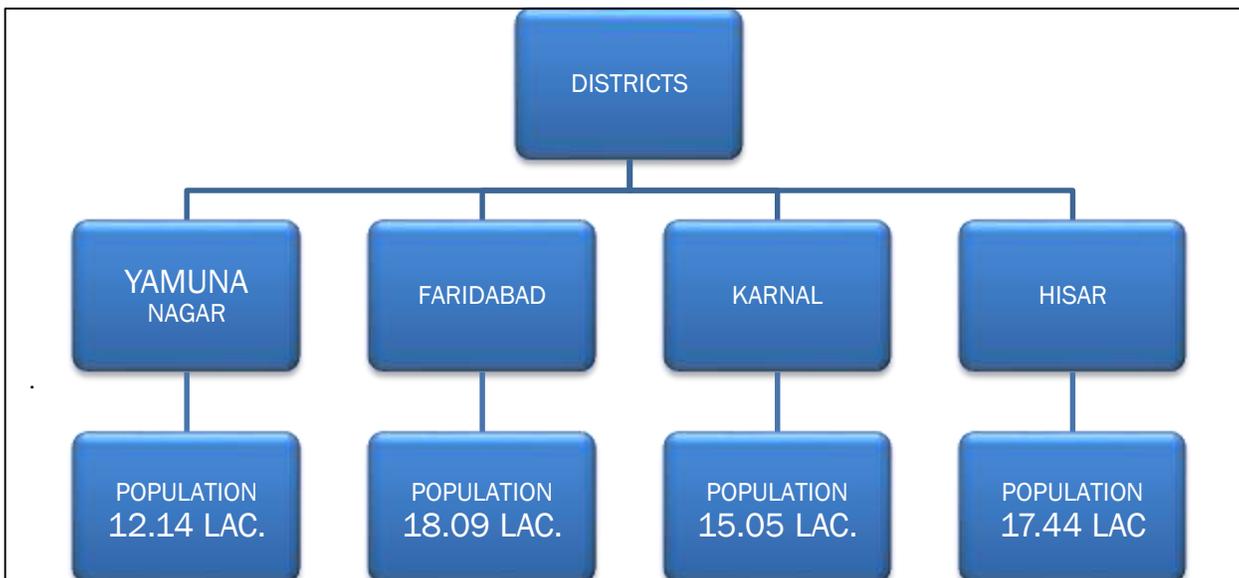
- **Meenakshi and Kuldeep (2014)** conducted a study on children and television commercials during cartoon programmes. In their study concluded that the use of celebrity played a vital role in influencing children towards television advertisements. They mainly imitated and tried to copy what their favourite sports person and actor were doing.
- **Sunayana et al., (2013)** conducted a study on content analysis of television advertising of foodstuffs and its effects on children. In their study concluded that that exposure to television enhances children's preferences for branded food. Rather than banning the advertisements it is better to expose children to advertisement that educate them.
- **Edwin et al., (2013)** conducted a study on impact of television advertisements on children. They found in their study that television advertising puts influence on children's attitude and behavior and pointed out that children below the age of eleven prone to accept television advertisements' claims and appeals as truthful and real because of failing to comprehend the objective of advertiser.
- **Hashim,B. and Zakkariya (2013)** conducted a study on role of noodles advertisements on the eating habits of children. In their study found out that television advertisements attract children through their glamorous and stylish imaginary. They concluded that majority of the surveyed children are highly satisfied by the contents in the advertisements of noodles and advocating a particular brand due for its amazing ta

• RESEARCH METHODOLOGY:

According to nature of the study researcher used descriptive survey method. The research methodology that has been adopted in this study "The impact of junk food on teenagers. In this study, we discuss the positive and negative impact of junk food on teenagers and simple tips to away the teenagers from junk food. In this study we also discuss the advertisement is influence the teenagers in high ratio. Now days manufactures have tricks to attract the teenagers towards junk food and increase the sale of junk food. In the study we discuss the impact of junk food on rural and urban areas. This study focus on north, south, east and west region of Haryana and check the consumption ratio of junk food in age group of 13 to 19 years. This study is based on school students of 9th to 12th classes of government and private schools of rural and urban areas of highly populated district according to census 2011 HISSAR, FARIDABAD,, KARNAL and YAMUNAGAR.. The validity of any research depends on the systematic method of collecting the data an analysing the same in a logical and sequential order. In the present study, an extensive use of both primary and secondary data was made.

Selection of Zone

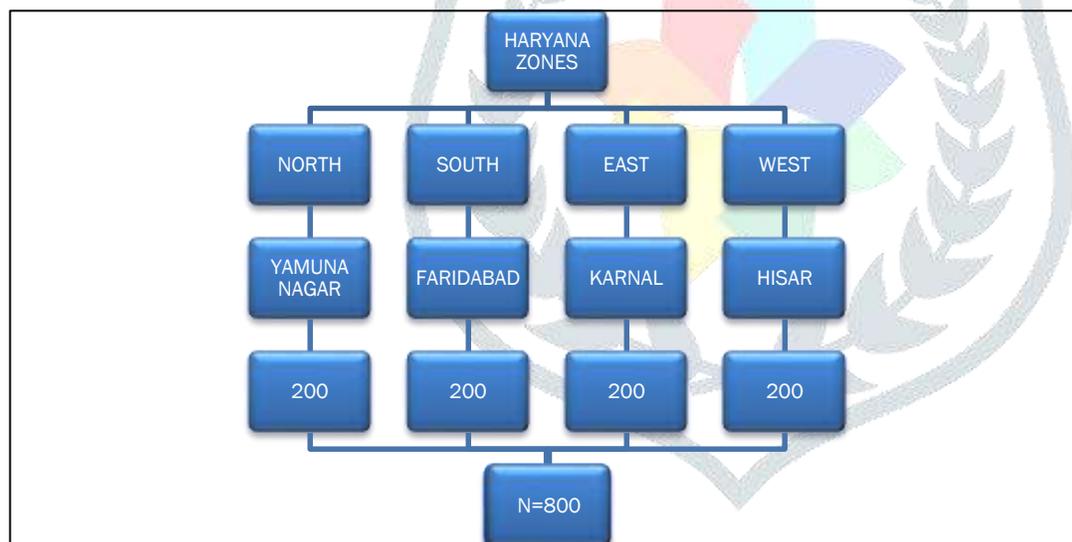
Researcher selected highly populated districts according census 2011 . In Haryana Zone Researcher selected Yamuna Nagar from North, Faridabad from South, Karnal from East Zone and Hissar from West Zone.



Source:Census 2011

Sample Area:

The stratified random sampling method was applied for collecting the data 800 school going teenagers study in Haryana zones. Selection of school was Haryana Zone of North, South, East and west and highly populated districted and highly populated village of this district are selected by the census 2011. Out of total schools 16 schools were selected (800) teenagers are selected by random sampling technique(blind folded)



Statistical Technique used:

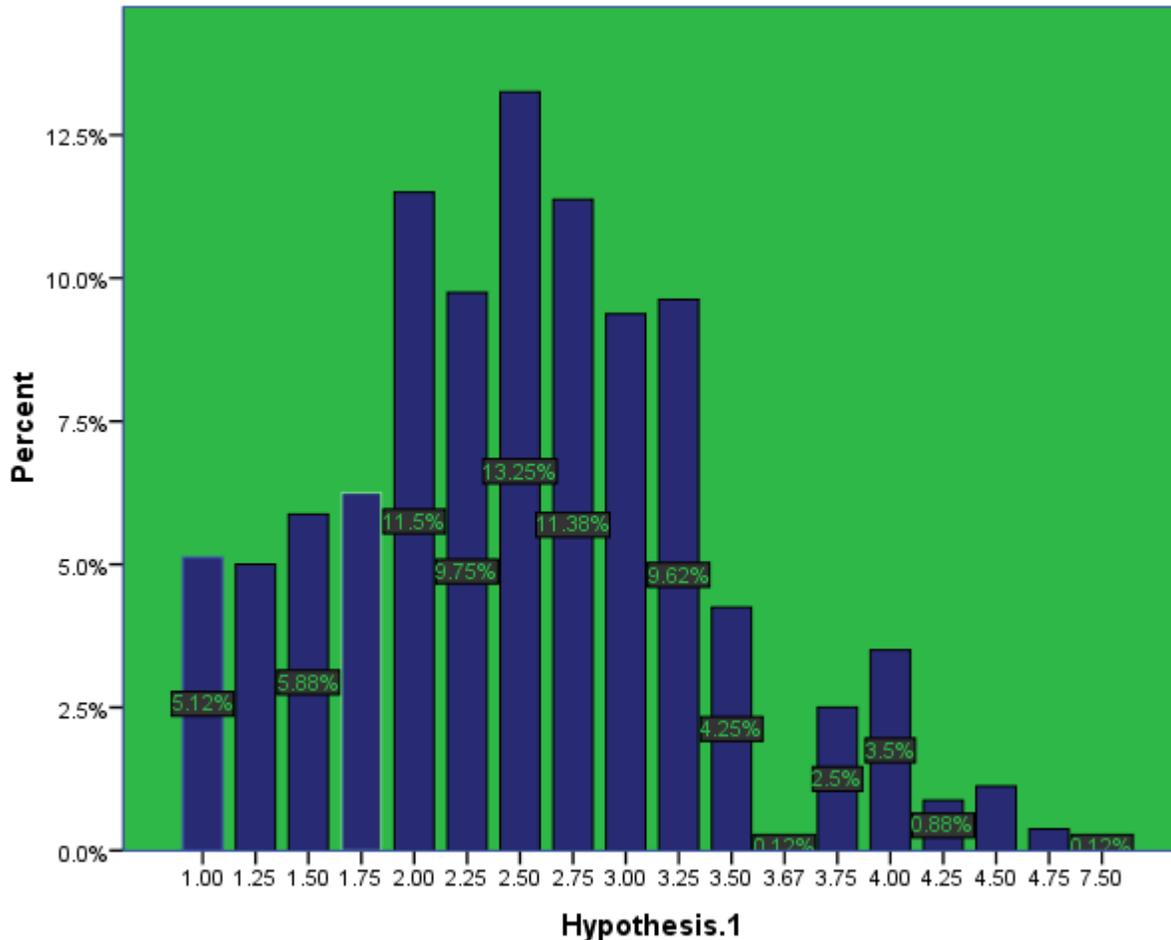
In the research the data is collected by primary and secondary method. Researcher used mean ,standard deviations and Anova test in SPSS for find out the significance value.

Result and Discussion**H(o): There is no significant impact of junk food on teenagers.(Anova Test)****Descriptives**

Age	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
					Lower Bound	Upper Bound		
2.5	119	2.39	.665	.061	2.27	2.51	1	3
11.5	54	2.59	.567	.077	2.44	2.75	1	3
2	143	2.76	.459	.038	2.69	2.84	1	3
2.5	103	2.58	.634	.063	2.46	2.71	1	3
3	194	2.58	.649	.047	2.49	2.67	1	3
3.5	86	2.58	.622	.067	2.45	2.71	1	3
3.5	48	2.38	.761	.110	2.15	2.60	1	3
4.5	33	2.48	.619	.108	2.27	2.70	1	3
1.5	20	2.45	.605	.135	2.17	2.73	1	3
Total	800	2.57	.625	.022	2.52	2.61	1	3

ANOVA

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	11.716	8	1.464	3.851	.000
Within Groups	300.773	791	.380		
Total	312.489	799			



Interpretation: The above descriptive table depicts about the impact of junk food on teenagers. Researcher collected the sample data of 800 teenagers boys and girls of Govt. and private school of Haryana zone. The sample data is collected from highly populated districts in Haryana zones. The significant value is $.000 < .005$. Hence the P value is less than significant value then reject the null hypothesis.

CONCLUSION

It has a known fact that Junk- food is tasty, convenient, and attractive food material, therefore this food has been, easily accepted all over world. The consumption of Junk-food has increased since two decades, especially among young people. It is easily available at low cost outside the home which resulted as a change in dietary habits of the population all over the world. It has become the part of our life. The rapid inclination towards Junk-food has been observed in India as well as, small city like Drug. In our opinion apart from its low nutritive value, its easily availability, its low cost, its marketing strategy, its energy and time saving characteristic and change in socio- economic status of the population, was major cause that attract teenagers towards junk food. Teenagers, a vital stage of growth, symbols the period of transition from childhood to adulthood. It is characterized by rapid physical change, resulting in sexual, mental, teenager's health in term of obesity, increased anxiety, abnormalities in blood pressure, physically inactive, lack of concentration in studies. Last but not least we must try to aware children regarding the side effects of Junk- food. Young mothers should try to feed home made fresh foods instead of Junk- food to their children. It is combined responsibility of parents and teachers to educate children about avoiding junk food and motivates them to choose nutritious and healthy diet and adopted healthy lifestyle. There is a need of consistent nutrition awareness program to enhance the nutritional status of children particularly young girls emotional psychological

and behavioural maturation. Both male and female face stress in this period. Hormonal changes, hectic schedule, adjustment with family, peer group pressure, study and carrier pressure makes Junk- food popular among adolescents and children. The present study found that excess consumption of junk food directly affects. In now days the virus covid-19 increase day by day so it is necessary to increase our immunity by consumption of healthy food.

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