



“KNOWLEDGE AND ATTITUDE REGARDING HEALTH HAZARDS OF FAST FOODS AMONG ADOLESCENTS AND TO DEVELOP AN INFORMATIONAL BOOKLET IN SELECTED SCHOOLS OF KAMRUP (M), ASSAM”

Daphishisha Kharwanlang¹, Dropati Thapa², Archana Das²

¹M.Sc Nursing, Department of Child Health Nursing
CPMS College of Nursing, Guwahati

² Assistant Professor, Department of Child Health Nursing
CPMS College of Nursing, Guwahati

³ HOD, Department of Child Health Nursing
CPMS College of Nursing, Guwahati

ABSTRACT

Background: Fast food refers to food that is easily and quickly prepared and serve but it has very less nutritional value, the ill impact and effect of fast food are many but adolescents are not aware of it. Most fast food items have juices and enzymes which add up a lot of fat and calories in our diet which lack in vitamins and fibre and other nutrients that the body needs for proper functioning. Eating of fast food leads to obesity, cardiovascular diseases and other physical problems. The growing health hazards, due to fast food, can only be reduced when more and more people take a healthy and balanced diet.

Materials and Method: Quantitative survey research approach and descriptive correlational research design was used for the study. The target population were 162 students selected by Probability simple random sampling technique using the lottery method. Structured self-administered questionnaire and 5-point Likert scale was developed to gather data and analysis was done by descriptive and inferential statistics.

Results: In the present study, reveals that majority 47.5% of the adolescents have moderately adequate knowledge, 27.8% have adequate knowledge and 24.7% have inadequate knowledge. Majority 43.8% of the adolescents have neutral attitude followed by 32.7% have positive attitude and 23.5% have negative attitude. Study found highly significant positive correlation between knowledge and attitude regarding health hazards of fast foods among adolescents ($r = 0.42$; $p = <0.001$). No significant association found between knowledge regarding health hazards of fast foods with all the demographic variables. Study found significant association between attitude regarding health fast foods among adolescents with selected demographic i.e. gender ($\chi^2 = 6.51$; $p = 0.04$), class standard ($\chi^2 = 6.27$; $p = 0.04$).

Conclusion: The study conclude that keeping in the view the finding of the study, the investigator felt that the problem is more serious than we think and adolescents are the mostly affected. It our, parents, people,

and health care workers' responsibility to make aware the adolescents about the ill effects of fast foods. The investigator's perception of preparing informational booklet is found to be meaningful. Providing booklet regarding fast foods and its health hazards helps the adolescents understand better and it may help in future also.

Keywords: Knowledge, attitude, health hazards, fast foods, adolescents, informational booklet.

INTRODUCTION

Fast food is such type of a food that is prepared and served very quickly but fast food has less nutritious as compared to traditional food and dishes. According to the National Institutes of Health (NIH) fast food are high in saturated fat, salt and calories. World Health Organization defines fast food as "Food that can be prepared quickly and easily and are sold in restaurants and snack bars as a quick meal or to be taken out."

In 1951 the word "Fast food" was first introduced in the Merriam-Webster dictionary. Fast food had appeared in the world during the ancient Roman period during which they sold wine and bread in the streets of the cities. Obviously, fast food is one of the unhealthiest options when it comes to our health and it has successfully drawn attention. Eating of fast food leads to obesity, cardiovascular diseases and other physical problems.

Now a days, fast food restaurants are one of the largest segments of the food industry with over 200,000 restaurants. In the United Kingdom revealed that about 22% of residents were found to purchase foods from takeaway outlets at least once a week and 58% a few times a month. Approximately 28% of the Australians are consuming takeaway meals at least twice a week and 37% of the US residents are eating fast food at least once over two non-consecutive days.

SPECIFIC OBJECTIVES OF THE STUDY

1. To assess the knowledge of adolescents regarding health hazards of fast foods.
2. To assess the attitude of adolescents regarding health hazards of fast foods.
3. To find out the correlation between knowledge and attitude of adolescents regarding health hazards of fast foods.
4. To determine the association between knowledge of adolescents regarding health hazards of fast foods with selected demographic variables.
5. To determine the association between attitude of adolescents regarding health hazards of fast foods with selected demographic variables.
6. To develop an informational booklet regarding health hazards of fast foods.

HYPOTHESES

Hypotheses were tested at 0.05 level of significance.

1. H₁: There is significant correlation between knowledge and attitude regarding health hazards of fast foods among adolescents
2. H₂: There is significant association between knowledge regarding health hazards of fast foods among adolescents with selected demographic variables.
3. H₃: There is significant association between attitude regarding health hazards of fast foods among adolescents with selected demographic variables.

MATERIALS AND METHODS

Quantitative survey research approach and descriptive correlational research design was used for the study. The target population were 162 students selected by Probability simple random sampling technique using the lottery method. Structured self-administered questionnaire and 5-point Likert scale was developed to gather data and analysis was done by descriptive and inferential statistics.

RESULTS AND DISCUSSION

Characteristics of demographic variables

In the present study, reveals that majority 47.5% of the adolescents have moderately adequate knowledge, 27.8% have adequate knowledge and 40 (24.7) have inadequate knowledge. Majority 43.8% of

the adolescents have neutral attitude followed by 32.7% have positive attitude and 23.5% have negative attitude. Study found highly significant positive correlation between knowledge and attitude regarding health hazards of fast foods among adolescents ($r = 0.42$; $p = <0.001$). No significant association found between knowledge regarding health hazards of fast foods with all the demographic variables. Study found significant association between attitude regarding health fast foods among adolescents with selected demographic i.e. gender ($\chi^2 = 6.51$; $p = 0.04$), class standard ($\chi^2 = 6.27$; $p = 0.04$).

Table 1: Knowledge level regarding health hazards of fast foods among adolescents

n=162

LEVEL OF KNOWLEDGE	FREQUENCY(f)	PERCENTAGE (%)
Adequate knowledge	45	27.8
Moderately adequate knowledge	77	47.5
Inadequate knowledge	40	24.7
Total	162	100

The data presented in table 1 shows that the frequency and percentage distribution of level of knowledge score of the adolescents that majority i.e. 77 (47.5%) of the adolescents have moderately adequate knowledge followed by 45 (27.8%) have adequate knowledge and 40 (24.7%) have inadequate knowledge.

Table 2: Attitude level regarding health hazards of fast foods among adolescents.

n=162

LEVEL OF ATTITUDE	FREQUENCY(f)	PERCENTAGE (%)
Negative attitude	38	23.5
Neutral attitude	71	43.8
Positive attitude	53	32.7
Total	162	100

The data presented in table 2 illustrate the frequency and percentage distribution of level of attitude score of the adolescents that majority i.e. 71 (43.8%) of the adolescents have neutral attitude followed by 53 (32.7%) have positive attitude and 38 (23.5%) have negative attitude.

Table 3: Correlation between level of knowledge score and attitude score regarding health hazards of fast foods among adolescents.

n=162

LEVEL OF KNOWLEDGE AND ATTITUDE SCORE	MEAN	STANDARD DEVIATION	'r' – VALUE	'p' – VALUE	INFERENCE
Knowledge	16.62	3.93	0.42	<0.001**	S
Attitude	38.73	11.11			

****S - Significant at $P < 0.05$ level of significance**

The data presented in table 3 shows that the correlation between knowledge and attitude regarding health hazards of fast foods among adolescents is highly positive $r = 0.42$; p value= <0.001 at 0.05 level of significance. Thus, Research hypothesis H_1 is accepted and null hypothesis H_{01} is rejected. Thus, the finding inferred that as the knowledge increase attitude also enhance.

There is no significant association found with demographic variables such as age, gender, class standard, type of family, monthly family income, father's education, mother's education, father's occupation, mother's occupation, monthly pocket money with knowledge regarding health hazards of fast foods among adolescents. Thus, the Research hypothesis H_2 is rejected in terms of all the demographic variables and null hypothesis H_{02} is retained.

In this present study, statistical significant association were found in regards to gender ($\chi^2 = 6.51$, p value= 0.04), class standard ($\chi^2 = 6.27$, p value = 0.04) with attitude regarding health hazards of fast foods among

adolescents. The rest of the demographic variable i.e. age, type of family, monthly family income, father's education, mother's education, father's occupation, mother's occupation, monthly pocket money with attitude regarding health hazards of fast foods among adolescents are found not significant. Thus, the null hypothesis H_{03} is rejected only in terms of a gender, class standard.

DISCUSSION

It has been observed from the present study, majority 77 (47.5%) of the adolescents have moderately adequate knowledge followed by 45(27.8%) have adequate knowledge and 40(24.7%) have inadequate knowledge. Majority 71(43.8%) of the adolescents have neutral attitude followed by 53(32.7%) have positive attitude and 38 (23.5%) have negative attitude.

The study findings were supported by a similar study conducted by Fancy R, Mr. Vijay M, Ms. Pushpakala KJ (2019). Non experimental descriptive design was used. The sample size was 50 and Simple Random Sampling Technique was used. The study results showed that only 6% of the adolescents were having adequate knowledge on ill effects of fast food. 52% of them having moderately adequate knowledge and 42% having inadequate knowledge. ⁽⁵¹⁾

Correlation between knowledge and attitude regarding health hazards of fast foods among adolescents.

In this present study, there is a highly significant positive correlation between knowledge and attitude regarding health hazards of fast foods among adolescents. Therefore, Research the hypothesis H_1 is accepted.

The study findings were supported by similar study conducted by Hassan A, Magrabi N.E, Ali S, (2021), a descriptive cross sectional research design was used. The study was conducted at four faculties of Assiut University. The sample was 1217 students and simple random sampling technique was used. A structured self-administered questionnaire was used. The study showed that 63.3% of studied students were males and 52.9% of them within middle socioeconomic class. Also the study showed that 91.9% of the students are having fast food, whereas a positive correlation was there between total score of student's knowledge and attitude towards fast food with statistical significant difference between having fast food, knowledge and attitude. The study concluded that due to lack of knowledge students had positive attitude towards fast food.

Association between knowledge regarding health hazards of fast foods among adolescents with selected demographic variables.

In the present study reveals that there is no significant association found between knowledge of adolescents with demographic variables such as age, gender, class standard, type of family, monthly family income, father's education, mother's education, father's occupation, mother's occupation, monthly pocket money. Therefore, Research hypothesis H_2 is rejected.

The study findings were supported by similar study done by Sharma D, Pathania P and Kumari M (2023) Quantitative research approach and non-randomized control group pre-test post-test design was used. Non -probability Convenient sampling technique was used. Sample size was 100 i.e.50 for experimental group and 50 for control group. I. The study revealed that the association of knowledge score and attitude score regarding health hazards of junk food among students with selected demographic variable in experimental and control group was not statistically significant. ⁽⁵⁵⁾

Association between attitude regarding health hazards of fast foods among adolescents with selected demographic variables.

In this present study, shows that gender and class standard is found statistically significant association with attitude regarding health hazards of fast foods. Therefore, Research hypothesis H_3 is accepted. However, other demographic variables such age, type of family, monthly family income, father's education, mother's education, father's occupation, mother's occupation, monthly pocket money was found non- significant with attitude regarding health hazards of fast foods.

The study findings were supported by similar study done by Mrs. Shalini & Dr. Konnur R (2020). The data was collected from 500 students of different Private schools, Patna and self-structured knowledge questionnaire, self-administered attitude questionnaire and checklist to assess the knowledge, attitude and practice of adolescents regarding health hazards of fast foods was used. Simple random technique was used to select the sample. The mean pre-test knowledge score was less i.e.13.47 and mean percentage was 26.94% than the mean post knowledge score which is 14.4 and mean percentage was 28.8%. It shows that there was increase in the post-test knowledge score. The mean percentage of pre-test attitude score which was 190.08 and mean percentage was 69.09% than the mean posttest attitude score i.e. 211.82 and the mean percentage was 77.02%. This shows that there was improvement in the attitude regarding the health hazard of fast food.

CONCLUSION

From findings of the study it can be concluded that among 162 adolescents, majority 77 (47.5%) of the adolescents have moderately adequate knowledge, 45(27.8%) have adequate knowledge and 40(24.7%) have inadequate knowledge and majority 71(43.8%) of the adolescents have neutral attitude, 53(32.7%) have positive attitude and 38 (23.5%) have negative attitude. Study found highly significant positive correlation between knowledge and attitude regarding health hazards of fast foods among adolescents ($r = 0.42$; $p = <0.001$). Association between knowledge of adolescents with demographic variables are not found significant and association between level of attitude of adolescents regarding health hazards of fast foods with selected demographic variables that is gender ($\chi^2 = 6.51$; $p = 0.04$) and class standard ($\chi^2 = 6.27$; $p = 0.04$) are found significant. As the findings shows majority of the adolescent have moderately adequate knowledge and moderately favourable attitude regarding health hazards of fast food. The investigator perception of preparing information booklet is found to be meaningful. It may help in future also.

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