

“A Study To Assess The Effectiveness Of Structured Teaching Programme Regarding Health Hazards Of Junk Food Among Adolescents In Selected High Schools Of Gwalior”

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Abstract

Nutrition is an important part of every individual's life. Adolescents go through a period of significant growth and body changes. The body's adjustment to puberty and continued development requires essential vitamins and minerals to cultivate healthy individual.

Adolescence is associated with search for independence, identity and changes in lifestyle. During childhood and adolescence, most individuals develop and establish a lifestyle within which a range of health behaviours is embedded. However, during adolescence, young people take part in the process of separating from parents, resulting in a decrease in parental influence on health behaviour as age increases. Unable to cope up with the rapidly changing world, the bodies and minds of adolescents have taken a battering. It is beginning to acknowledge that adolescents have specific needs that require specific care. So, adolescent clinic have begun to spring up across the length and breadth of the country.

Keywords: Effectiveness, Adolescents, Health Hazards, Junk Foods, STP.

Introduction

Nutritional intake during adolescence is important for growth, long-term health promotion and development of life-long eating behaviours. Nutritional intake during this period may have long-term health implications. Several physical, psychological and behavioural changes may affect food habits during adolescence and have long-term consequences on adult health status.

Factors identified by adolescents as being most influential on their food choices included hunger or cravings, appeal of food, time available to them and parents, and convenience of food. Factors of secondary importance included parental influences and situational factors. Other factors discussed included mood, body image concerns, habits, cost, media influences and lifestyle

choices. Reasons cited for not eating the "right kinds of foods" included lack of time to eat and lack of availability of healthful foods.

Junk food is a slang word for food with limited nutritional value. Salted snack foods, candy, most sweet, desserts, fried fast-food and carbonated beverages are some of the major junk foods. Junk foods include foods that are high in salt, sugar, fat or calories and low nutrient content. If junk foods regularly replace other types of foods in the daily diet, obesity, vitamins and mineral deficiencies and other health problems can occur.

Junk food has become a prominent feature of the diet of children throughout the world. Junk foods pose health risks both because of what they contain and what they replace in diet. Obesity rates have risen with soft-drink consumption. Preliminary research suggests that drinking soda pop instead of milk can contribute to broken bones in children. Regular soft drink and chocolates promote tooth decay. The diet, high in sugar and fat contributes to heart diseases. Several additives used in junk food such as caffeine, saccharin etc. can cause various health problems like nervousness, irritability, sleeplessness and headache.

Our modern eating environment has an effect on the way children eat. Junk food consumption tends to the occurrence of many life-threatening diseases during adulthood and later life. Studies proved that school based educational programme might be effective in influencing adolescents to choose a healthier diet. The health teaching programme is an effective teaching strategy which can be used for this purpose.

According to a national survey, at least 30% of the adolescents have bad teeth, 17% are overweight. The problem is growing literally. The overweight teenager is now a very visible urban phenomenon. In Delhi and Chandigarh, one in every four teenagers is obese, while the study of school children in Chennai shows 18% boys and 16% girls are overweight.

Methods

An evaluative research approach is used for this study. Pre-experimental, one group pre-test - post-test design was adopted for the study. To conduct research study in Silver Bells High School and Bhartiya Vidya Niketan School, Gwalior formal written permission was obtained from headmasters of the schools prior to the data collection. Confidentiality was assured to all the subjects to get their co-operation. An informed consent was taken from the subjects. The data collection period was 10.04.2018 to 06.05.2018.

The pre-test was conducted by structured knowledge questionnaire on 120 school children. Then, structured teaching programme regarding health hazards of junk food was administered. The investigator used power point slides to teach about various types of junk foods and health hazards of junk food. On the 7th day post-test was conducted on the same group using the same tool.

Significant Finding Of The Study

The pre-test result revealed that 98 (81.66%) of adolescents had poor knowledge, 22(18.33%) had average knowledge and none had very poor and good knowledge.

After the structured teaching program there was a significant increase in knowledge level of the mothers. Out of 120 adolescents, 20 (16.66%) adolescents had average knowledge, 100 (83.33%) had good knowledge and none had very poor and poor knowledge in post-test.

The mean post-test knowledge scores of adolescents were significantly higher than the mean pre-test scores. The calculated 't' value (53.6) was more than the tabled value 0.001 level of significance. Therefore, it can be said that the STP was found to be effective in improving the knowledge of adolescents.

Area wise comparison depicts that, the calculated 't' values (16.2, 57.2 and 39.74) are more than the table value. It means that, there was a significant change in knowledge level of adolescents regarding health hazards of Junk foods.

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