Effectiveness of Planned Teaching Programme on Health Hazards of Fast Food Consumption among Adolescents in Selected schools in Salem

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Abstract

A descriptive and evaluative approach was used to assess the knowledge on health hazards of fast food consumption among adolescents. The study was conducted at Vinayaka Vidyalaya School, Salem. Simple random sampling was used to select the sample. Self-Structured Knowledge Questionnaire to assess knowledge on health hazards of fast food consumption was used among adolescents. Paired t-test was used to assess the effectiveness of planned teaching programme on health hazards of fast food consumption among adolescents. Chi-Square was used to find out the association between pretest knowledge scores and selected demographic variables. The findings of the study revealed that there is significant difference between the pretest and posttest knowledge scores on health hazards of fast food consumption among adolescents.

Keywords: Adolescents, Fast food, Teaching programme

Introduction

Fast food costs relatively little and tastes good, but the negative effects on physical health last much longer than these immediate concerns with the high-calorie, fat, cholesterol, salt and sugar and therefore fewer vitamins, minerals and other nutrients -- than in healthier foods. Fast foods include chips, sandwiches, hamburgers, fried chicken, French fries, chicken nuggets, fish, pizza or ice-cream, although many fast food restaurants offer slower foods like chilly mashed potatoes or salads. Fast food is often highly processed and prepared in an industrial fashion, i.e., with standard ingredients and methodical and standardized cooking and production methods.

Need for the Study

Fast food is popular among children and adolescent however its consumption has often been associated with negative impacts on nutrition and health. On average, one-fifth of the population of USA [45 million people] eats in a fast food restaurant each day. Although it is possible to eat nutritious fast food, menus trend to be stacked with items high on most dietitians avoid costs. National Restaurant Association of India (NRAI) 2010 reported about the fast food industry in India is estimated at between Rs 6,750 and Rs 8,000 crore. The total value of junk food consumed in India in 2003 was about Rs 41,000 crore based on the National Sample Survey (NSS) data for the category 'beverages, refreshments and processed foods. Knowledge about the eating habits, nutritional aspects, quality of unhealthy foods, their health impact and preventive measures should be given to create awareness and render health education for change towards good eating practice.

Statement of Problem

A study to assess the effectiveness of planned teaching programme on health hazards of fast food consumption among adolescents in selected schools, in Salem.
Objectives

The objective of the study is:

- To assess the level of knowledge on health-related problems of eating fast food among the college students.
- To evaluate the effectiveness of planned teaching program on health hazards of fast food consumption among adolescents.
- To find out the association between the level of knowledge among students with their selected demographic variables.

Methodology

A descriptive and evaluative approach was used to assess the knowledge on health hazards of fast food consumption among adolescents. The study was conducted at Vinayaka Vidyalaya School, Salem. Simple random sampling was used to select the sample. Self-Structured Knowledge Questionnaire to assess knowledge on health hazards of fast food consumption was used among adolescents.

Results

This chapter deals with the analysis and interpretation of the data gathered to find out the effectiveness of planned teaching programme on health hazards of fast food consumption among adolescents. The data was gathered with the help of self-structured knowledge questionnaire from 60 adolescents selected in Vinayaka Vidyalaya School Salem. Descriptive and inferential statistics have been used to analyze the data in view with the objectives of the study.

The data presented in Figure 1 indicates that in pretest, majority (85%) of the adolescents were having poor knowledge of health hazards of fast food consumption, 15% of them were having average level of knowledge and none of them were having good and very good level of knowledge. But after attending the planned teaching programme, in posttest majority 80% of the adolescents acquired good level of knowledge, 16.7% acquired very good level of knowledge, 3.3% acquired average level of knowledge and none of them had poor level of knowledge on health hazards of fast food consumption.

The mean posttest knowledge score (19.90) was higher than the mean pretest knowledge score (8.65). This indicates that the mean posttest knowledge score was significantly higher than the mean pretest knowledge score. Hence null hypothesis H 01 is rejected.

Summary & Conclusion

Level of knowledge on health hazards of fast food consumption among adolescents, showed that, in pretest majority 85% of the adolescents are having poor knowledge and 15% are having average knowledge. But in post test, majorities 80% of adolescents are having good knowledge, 16.7% are having very good knowledge and 3.3 % are having average knowledge. This indicates that the PTP was very effective in increasing the knowledge on health hazards of fast food consumption among adolescents.

Conflict of Interest: None

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