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## **Assess the Knowledge Regarding the Effect of Fast Food Consumption on Health among Girls (20-25 Years) Studying in the Selected Nursing Colleges Khanna**

**\*Dr. Ashok Dhanwal, \*\*Ms. Renuka**

\*Dr. Ashok Dhanwal, Phd in Nursing

\*\*Ms. Renuka, Associate Professor, Mohali Nursing College, Fatahgarh Sahib

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### **ABSTRACT**

The air we breathe and water we drink, food has been basic to our existence. Food is necessary for energy, for growth, for repair of cells and for health. Now in these days most people like fast food and it is very popular among adults as well as in children. Aim: - The aim of the study is to assess the knowledge regarding the effect of fast food consumption on health among girls (20-25 Years). Settings and design: - The quantitative research approach was adopted. A total 60 samples were chosen. 30 from Kular School of Nursing and 30 from Swami Vivekanad College of Nursing was selected by non-probability sampling technique. The tool which was used to collect data had 2 parts i.e. first containing demographic variables and other is self structured knowledge questionnaire. Results: - Data was analyzed by descriptive and inferential statistics and presented through tables and figure. The knowledge score regarding the effect of fast food consumption on health among girls (20-25 Years) was average. The study findings showed that 82% had average knowledge, 5% had poor knowledge and 13% had good knowledge. Conclusion:- This study concluded that it will help to increase the knowledge of adults..

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**Keywords:** Assess, Knowledge, Effect of fast food on health, Nursing Students

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### **1 Introduction**

Fast food term refers to fast food which are easy to make and quick to consume. Fast food are zero in nutritional value and often high in fat, salt, sugar and calories. Common fast food includes salted snack foods, fried fast food, carbonated drinks. Trans fats behave like saturated fats when they getting in the body. They clog up the human arteries and cause plaque to build up contributing to heart diseases and stroke symptoms<sup>1</sup>. In 1999 -2002 National health and Survey data estimate that 65% of adults are either overweight or obese which represents a 16% increase in prevalence from data obtained in 1998. Excessive body weight is associated with co-morbidities such as hypertension, cardiovascular diseases, diabetes, depression and infertility<sup>2</sup>. Every individual has unique likes/ dislikes regarding food. These preferences develop over time and are influenced by personal experiences such as encouragement to eat, exposure to food, family customs, rituals and personal values. Dense sugar content can cause dental cavities and type 2 diabetes mellitus. On the other side, it must be noted that fast food is hazardous to health. High fat content, particularly cholesterol, sugar and salts have their adverse effect on health<sup>3</sup>. Globalization has seriously affected of eating habits of human and forced many community to consume fast food and high-calorie foods, known as junk food.<sup>4</sup> Studies show that the increasing density of fast food restaurants is associated with increased consumption of fast food itself.<sup>5</sup>

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### **Statement of problem:-**

A descriptive study to assess the knowledge regarding the effect of fast food consumption on health among girls (20-25 Years) studying in the selected Nursing Colleges Khanna, Ludhiana, Punjab.

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### **Objectives of the Study:-**

- To assess the knowledge score regarding the effect of fast food consumption on health among girls (20-25 years).
- To find out the association of knowledge score regarding the effect of fast food consumption on health among girls (20-25 years) with selected socio demographic variables.

## Material & Methods:-

Quantitative Research approach (non-experimental descriptive research design) was used. The present study was conducted in Nursing Colleges (Swami Vivekanand College of Nursing and Kular School of Nursing). Sample consisted of 60 nursing students. 30 from Swami Vivekanand College of Nursing and 30 from Kular School of Nursing. Sample selection was done on the basis of non probability sampling technique. The tool consist of two sections:- Section-A: Demographic variables like age, religion, residence, occupation of mother, occupation of father, type of family, income of family per month, dietary habits, How many times you visit restaurant in a week . Section-B: Self Structured knowledge questionnaire to assess the level of knowledge of fast food eating among girls. Tools consist of 24 questions with choices regarding fast food eating where correct answer is given 1 score and the others are given 0 score. Result done with descriptive and inferential statistics.

### Criterion Measure:

Level of knowledge	Score	Percentage
Good	17-24	13.3%
Average	9-16	81.7%
Poor	0-8	5%

## RESULTS:

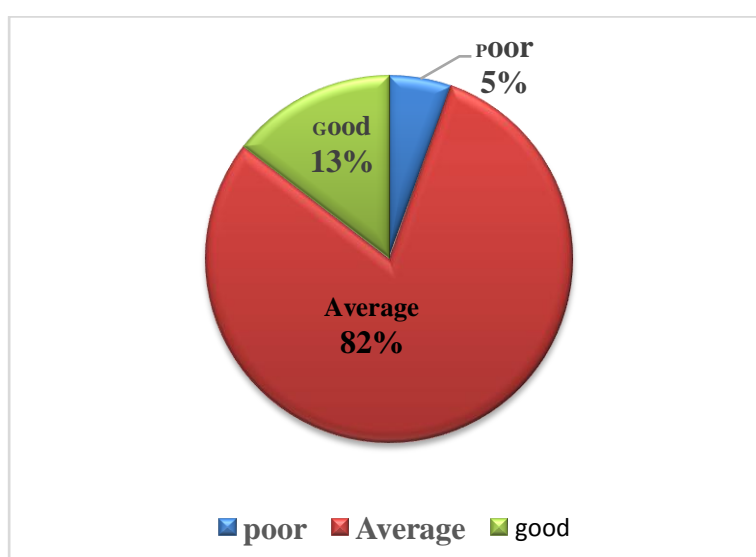
### SECTION A: Sample Characteristics:

It is evident that 90% (higher percentage) of nursing students belongs to 20-22 years of age followed by equal percentage 10% of nursing students noticed in the age group of 23-25 years. Regarding religion sample belonged to Sikh were 82%, Hindu 10%, Muslim 3% and Christian 5%. Related to residence 80% belongs to rural areas and 20% were belongs to urban area. The majority of occupation of mothers 97% was housewives, 3% on Private Job. The majority of occupation of father 67% was on Private Job, 15% were laborer, and 13% were on Government job. More than half of the respondents belonged to nuclear family 67% followed by joint family 33%. Regarding income of family majority of nursing students i.e. 47% had family income of  $\leq 10,000$ , 32% had income of 10,001-20,000, 12% had income of  $\geq 30,000$ , 10% nursing students had income had income of 20,001-30,000. Regarding nutritional status 73% were vegetarian and 27% were non vegetarian. Regarding number of visits in a restaurant in a week majority of nursing students 72% visits restaurant once a week followed by 18% visits two days in a week followed by 10% visits more than thrice a week.

### SECTION B:

**Table B and Fig. 1 - Frequency, percentage, mean, standard deviation of knowledge score of girls (20-25) regarding the effect of fast food consumption**

Knowledge score	Frequency	%	M $\pm$ SD
Poor	03	5	13.91 $\pm$ 3.06
Average	49	81.7	
Good	08	13.3	



**SECTION C****Table 3: Association of knowledge score with selected socio-demographic variables.**

Socio-demographic variables	Frequency	Mean	SD	t-value
1.Age: (a) 20-22 (b) 23-25	54 06	13.87 14.33	3.150 2.250	df=0.45 t=0.34 <sup>NS</sup>
2.Religion: (a) Sikh (b) Hindu (c) Muslim (d) Christian	49 6 2 3	14.12 12.50 14 13.33	3.05 3.93 1.41 2.08	df=0.52 t=56.3 <sup>NS</sup>
3.Residence: (a) Rural (b) Urban	48 12	13.8 14.1	3.22 2.40	df=0.37 t=0.31 <sup>NS</sup>
4. Occupation of Mother: (a) Housewife (b) Private Job	58 2	13.9 12.5	3.08 2.12	df=0.94 t=0.66 <sup>NS</sup>
5. Occupation of father: (a) Unemployed (b) Labourer (c) Private job (d) Government	3 9 41 8	15.00 14.33 13.82 13.50	1.73 2.78 3.27 2.92	df=0.23 t=3.56 <sup>NS</sup>
6. Type of family: (a) Nuclear (b) Joint	40 20	13.6 14.4	3.03 3.18	df=0.93 t=0.94 <sup>NS</sup>
7.Income of family/month: (a) < 10000 (b) 10001-20000 (c) 20001-30000 (d) > 30000	28 19 6 7	13.6 13.8 14.3 15.0	3.66 2.79 2.50 1.00	df=0.93 t=0.94 <sup>NS</sup>
8.Nutritional status: (a) Vegetarian (b) Non-vegetarian	44 16	13.8 14.0	3.30 2.35	df=0.25 t=0.22 <sup>NS</sup>
9. How many times you visit restaurant in a week (a) Once (b) Two days (c) More than 3 days	43 11 6	14.3 13.5 11.6	3.11 2.94 1.96	df=2.16 t=2.57 <sup>NS</sup>

Table 3: depicts that there was no significant association of knowledge score with socio demographic variables.

**Discussion:-**

A descriptive study to assess the knowledge regarding the effect of fast food consumption on health among girls (20-25 years) studying in the selected nursing colleges khanna. About 1/4th of the study participants visit in restaurants for fast food on an average of two to four times per week<sup>6</sup>. In current study, out of 60, 43% participants visit in restaurants for fast food once a week. The study findings showed that 82% had average knowledge, 5% had poor knowledge and 13% had good knowledge.

**Conclusion:-**

Balance diet is fundamental right for development and growth of people. Youth especially children and young adults during their meal time have fast food and get habituated to the taste of the fast food. For youngsters fast food is delicious, quick, fashionable and convenient. Fast food is tasty but it

has poor nutritive value and high calories. Therefore, Nutrition counselling regarding the benefits of a balanced diet and harmful effects of fast foods may help to reduce the fast food addiction in youngsters.

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### Recommendation:-

It is recommended that the study can be repeated on the large scale sample to validate and for better generalization of findings and Comparative study may be conducted to find out the similarities or differences between the knowledge of urban and rural people.

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### Author Profile:



Author, Dr. Ashok Dhanwal, Phd in Nursing



Author, Ms. Renuka, Associate Professor, Mohali Nursing College Bhagatpura, Fatehgarh Sahib affiliated from Baba Farid University of Health Sciences, Punjab