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## **ASSESS THE COMPLICATIONS OF BRAKE FAST SKIPPING AMONG ADOLESCENTS**

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### **Introduction**

In India, where a large number of young people frequently skip this important meal due to a variety of reasons, there is a growing concern that more and more adolescents are not eating breakfast. Studies have shown that a significant percentage of adolescents in India report that they skip breakfast on a regular basis, which indicates that the prevalence of skipping breakfast is quite high among this age group in India.

According to a study that was carried out by the Indian Market Research Bureau (IMRB) in the year 2016, it was discovered that approximately seventy percent of Indian adolescents skip breakfast at least once a week. According to the findings of the second part of the study, adolescents in India skip breakfast for a variety of reasons, the most common of which are a lack of time, an absence of appetite, and a goal to reduce body fat. According to the findings of the study, girls are also more likely to skip breakfast than boys are.

According to the findings of another survey that was carried out in 2014 by the National Sample Survey Organisation (NSSO), approximately 23% of adolescents in India between the ages of 10 and 19 regularly skipped breakfast. The findings of the study also showed that the percentage of people who skipped breakfast was significantly higher in urban areas than in rural areas. The study also discovered that adolescents who came from households with lower incomes were more likely to skip breakfast than their counterparts who came from households with higher incomes.

According to the findings of a study that was carried out in 2019 by researchers from the Postgraduate Institute of Medical Education and Research in Chandigarh, India, approximately sixty percent of adolescents between the ages of twelve and eighteen in Chandigarh regularly skipped breakfast. The study went on to reveal that the primary reasons why adolescents in Chandigarh skip breakfast are a lack of time, a lack of interest, and a desire to maintain or achieve a healthy weight.

The fact that skipping breakfast is so common among adolescents in India is cause for concern because it can result in a variety of negative outcomes, including poor academic performance, weight gain, nutritional deficiencies, mood swings, an increased risk of chronic diseases, poor athletic performance, increased stress levels, and a lowered immune response. It is important to address this issue by encouraging healthy breakfast habits among adolescents in India because of the severity of the problem.

Many people believe that breakfast is the most important meal they will eat all day. People believe that it gives us the necessary fuel to get the day started and that it continues to keep us energised throughout the day. However, research has shown that a significant number of adolescents have a habit of skipping breakfast. This is due to a combination of factors, including a lack of time, disinterest, and the objective of achieving a lower body mass index (BMI). Skipping breakfast is associated with a variety of health risks, particularly for adolescents. This article will examine the risks that are associated with skipping breakfast among adolescents.

Complications that arise from Children and Teens Not Eating Breakfast a poor showing in one's academic pursuits

Research has found that skipping breakfast is associated with lower academic performance among adolescents. According to a number of studies, students who don't eat breakfast are more likely to have grades that are lower than those who do eat breakfast regularly. This is due to the fact that breakfast supplies the essential fuel for the brain to operate at its optimum level. Skipping breakfast can result in reduced cognitive function, lack of concentration, and lethargy, all of which can have an adverse effect on academic performance.

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### **Weight Gain**

Breakfast is often skipped by many adolescents in an effort to reduce their overall body mass. However, studies have shown that skipping breakfast can lead to an increase in overall body weight. This is due to the fact that skipping breakfast can result in excessive eating later in the day, particularly during

subsequent meals like lunch and dinner. In addition, skipping breakfast causes our bodies to go into a state of starvation, which slows down our metabolism and makes it more difficult to get rid of excess fat.

### ***Nutritional Deficiencies***

Because it gives you the nutrients and energy you need to get through the day, breakfast is the most important meal of the day. Skipping breakfast can result in nutritional deficiencies, which can have a variety of negative effects on one's health. Skipping breakfast, for instance, can result in a deficiency of calcium, iron, and vitamin D, all of which are essential for maintaining healthy bones. It is also possible for this to result in a lack of fibre, which can have negative effects on both gut health and digestion.

### ***Mood Swings***

Skipping breakfast can have a negative impact on one's mood, particularly in adolescents. According to a number of studies, skipping breakfast can result in feelings of irritability, anxiety, and depression. This is due to the fact that eating breakfast supplies the glucose that is required for the brain to operate at its optimum level. Skipping breakfast can lower blood sugar levels, which can have an impact on mood as well as emotional stability. This can be avoided by eating breakfast every day.

### ***a Greater Possibility of Developing Chronic Diseases***

There is a correlation between skipping breakfast and an increased risk of developing chronic diseases such as obesity, type 2 diabetes, and cardiovascular disease. This is due to the fact that skipping breakfast can result in later-day overeating, which in turn can cause weight gain as well as an increased risk of developing chronic diseases. Skipping breakfast can lead to nutritional deficiencies, which can have a variety of negative effects on one's health. These deficiencies can be caused by a lack of nutrients that are supplied by breakfast, which are necessary for optimal body function.

### ***Poor performance in athletic competition***

Skipping breakfast among adolescents can also have an effect on their performance in athletics. According to a number of studies, eating breakfast supplies the body with the fuel it needs to perform at its best whenever it engages in physical activity. Skipping breakfast can result in lower levels of energy, fatigue, and endurance, all of which can have a negative effect on an athlete's performance.

### ***A higher overall level of stress***

Skipping breakfast is a common practise among adolescents that has been linked to increased stress levels. According to a number of studies, skipping breakfast can result in elevated levels of the hormone cortisol, which is produced in response to stress. In addition, skipping breakfast can result in a lack of energy, which can have an effect on how one deals with stress and the coping mechanisms they use.

### ***Immunity that is Lessened***

The body, including the immune system, receives the nutrients it needs to operate at its utmost potential when a person consumes breakfast. Skipping breakfast can result in a deficiency of nutrients, which can have a negative impact on the immune system and make adolescents more prone to infections and illnesses.

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## **Conclusion**

When adolescents skip breakfast, it can lead to a variety of negative consequences, such as poor academic performance, weight gain, nutritional deficiencies, mood swings, increased risk of chronic diseases, poor athletic performance, increased stress levels, and decreased immunity. For this reason, it is essential that parents and teachers encourage their adolescent children to make breakfast a regular part of their routine. In addition, schools have an opportunity to participate in the promotion of breakfast by offering students a variety of nutritious breakfast options. We can ensure that teenagers get their day started off right by encouraging them to eat breakfast. In India, there is a significant problem with adolescents skipping breakfast on a regular basis, which is a significant concern given the high prevalence of adolescents who skip this vital meal. Teenagers in India tend to skip breakfast for a variety of reasons, the most common of which are a shortage of time, a lack of interest, and a wish to reduce their body mass. As a result of the widespread practise of skipping breakfast, which can result in a variety of complications, it is critical to encourage adolescents in India to develop healthy breakfast habits. We can help ensure that adolescents begin their day with the nutrients and energy they need to perform at their highest potential if we encourage them to engage in healthy breakfast habits.

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