



“A STUDY TO ASSESS THE EFFECTIVENESS OF EDUCATIONAL INTERVENTIONAL PACKAGE EFFECTS OF FAST AND PROCESSED FOOD AMONG ADOLESCENT SCHOOLS AT SELECTED SECONDARY SCHOOL, KANPUR, UTTAR PRADESH”

Harshita Masih^{*1}, Km. Pooja^{*}, Km. Maneesha^{*1}, Miss. Madhu Rajput^{*2}

^{*1}Students nurses, Faculty of Nursing, Rama University, Mandhana, Kanpur, Uttar Pradesh India.

^{*2}Nursing Lecturer, Medical Surgical Nursing Department Faculty of Nursing, Rama University Mandhana, Kanpur, Uttar Pradesh.

ABSTRACT

Fast food is defined as a type of food which could be processed, canned, frozen, and prepared in short time and served quickly. Fast food has gained popularity in India in the last 20 years. Fast food is called as junk food too, as it does not have high nutritional value. In spite being called as junk food, the rise of national and international brands of various chains is all time high. Fast food is harmful for the health as it is loaded with fat and high calories. It has imbalance ratio of protein and sugar which leads to several cases of cancer, obesity, diabetes, indigestion etc. The research on the same issue has been going on for many years now in the United.

The current study were conducted to assess the effectiveness of educational interventional package on knowledge regarding ill effects of fast and processed food. 60 sample were collected by using simple random sampling technique through self-structured knowledge questionnaire. The data collected and analysed based on descriptive and inferential statistics. The result of the study showed that the post-test mean score (24.08) were high when compared to the pre-test mean (10.81) score of knowledge. Paired “t” test applied to compare pre-test and post-test mean knowledge score and calculated “t” value 15.7 significant at 0.05 level of significant which shows that there is significant difference between pre-test and post-test level of knowledge hence the formulated research hypothesis H1 was accepted. In the socio-demographic variables significant association with age and any previous information, but there was no significant association with gender, religion, type of family, class of studying, source of information. Here calculated value of Chi-square were less than table value at 0.05 level of significance. The study concluded that educational interventional package was effective and improves knowledge regarding ill effects of fast and processed food among adolescents at selected secondary school, Kanpur, Uttar Pradesh.

KEY WORDS: Fast and processed food, educational interventional package, adolescents students.

INTRODUCTION

Food is an important part of a balanced diet. It is something everyone needs, every day. Life can be sustained only with adequate nourishment. Man needs food for growth, development and to lead an active and healthy life. Food is a substance, usually composed of carbohydrates, fats, proteins and water that can be eaten or drunk by an animal or human for nutrition.

“Eat healthy and live healthy” is one of the essential requirements for long life. Unfortunately, today’s world has been adapted to system of consumption of foods which have several adverse effects, life style changes has compared as so much that one has so little time to really think what we are eating is right. Globalisation and urbanisation have greatly affected 3 on one’s eating habit forced many people to consumes fancy and high calorie food popularly known as fast and processed food. This global problem of consuming fast and processed food on a large scale and its impact on health needs emphasis and health education which can greatly contribute to its limited consumption and switching prior to healthy eating habit for the better living.

NEED FOR THE STUDY

In our body all activities are depends on energy, comes from food so we can say that intake of food is necessary for all living beings. A diet that provides nutrients for proper functioning and growth called as balanced and healthy diet. In order to live healthy life, we have to get the nutrition from such healthy diet. The intake of balanced diet is necessary because every organ and tissues need proper nutrition for its proper functioning. Lack of balanced diet, body becomes more prone to many diseases, infection, fatigue and poor performance. In present situation every body’s life is to look after their own health and the body and every one depends and wants only easily available and easy to prepared food. The fast and processed food is very popular among all aged people including teenagers, children’s, youngsters and old, but nobody care or known about the effects of fast and processed food on health.

Fast food is typically ready to eat convenience foods containing high levels of saturated fats, salt or sugar and little or no fruit vegetables or dietary fibre and are considered to have little or no health benefits. Common fast and processed food includes salted snacks foods candy, gum, most sweet desserts, fried fast food and carbonated beverages (soda). There is a urgent need to educate the urban community on the aspects of healthy food habits and desired lifestyle to prevent ill effects of fast and processed food.

PROBLEM STATEMENT

“A study to assess the effectiveness of educational interventional package on knowledge regarding ill effects of fast and processed food among adolescents at selected secondary school, Kanpur, Uttar Pradesh”.

OBJECTIVES OF THE STUDY

PROGNOSTIC IMPLICATIONS OF GAP LENGTH IN TRACHEOESOPHAGEAL FISTULA WITH ESOPHAGEAL ATRESIA CASES

1. To assess the existing knowledge regarding ill effects of fast and processed food among adolescents at selected secondary school. Kanpur, Uttar Pradesh.
2. To evaluate the effectiveness of educational interventional package on knowledge regarding ill effects of fast and processed food among adolescents at selected secondary school Kanpur, Uttar Pradesh.
3. To find out the association between the pre-test knowledge score regarding ill effects of fast and processed food. Among adolescents at selected secondary school Kanpur, Uttar Pradesh.

HYPOTHESIS:

- H01: There is a no significant difference between the pre-test and post-test level of knowledge regarding ill effects of fast and processed food among adolescents in selected school.
- H02: There is no significant association between the pre-test level of knowledge regarding ill effects of fast and processed food among adolescents with their selected demographic variables
- H1: There is a significant difference between the pre-test and post-test level of knowledge regarding ill effects of fast and processed food among adolescents in selected school.
- H2: There is significant association between the pre-test level of knowledge regarding ill effects of fast and processed food among adolescents with their selected demographic variables.

MATERIAL AND METHOD

Research Approach

For the present study the researcher was used Quantitative Evaluative Research Approach had used.

RESEARCH DESIGN

The research design adopted for the current study had Qausi-experimental one group pre-test post-test design.

VARIABLES –

INDEPENDENT VARIABLES

In the present study, the independent variable are the Educational interventional package on knowledge regarding ill effects of fat and processed food.

DEPENDENT VARIABLES

In the present study the dependent variable refers to the knowledge of adolescents regarding ill effects of fast and processed food.

POPULATION

PROGNOSTIC IMPLICATIONS OF GAP LENGTH IN TRACHEOESOPHAGEAL FISTULA WITH ESOPHAGEAL ATRESIA CASES

Population for the study were adolescents at selected secondary school, Kanpur, Uttar Pradesh.

TARGET POPULATION

The target population for the study consist of adolescents who were studying in selected school at Kanpur.

ACCESSIBLE POPULATION

Accessible population of study consist of adolescents studying in BPMG School Mandhana, Kanpur.

SAMPLE

In this study, the sample was Adolescents who fulfilled sampling criteria for the present study.

SAMPLE SIZE

The sample size consists of 60 Adolescents.

SAMPLING TECHNIQUE

In this study simple random sampling technique was used.

Inclusion criteria

The study includes –

- Adolescents studying in selected school in Kanpur.
- Adolescents able to understand English.

Exclusion criteria:

The study exclude adolescents:

- Adolescents who was absent during the time of data collection.
- Adolescents who was not in 11-19 year age group.
- Adolescents who was not willing to participate in study.

DEVELOPMENT OF RESEARCH TOOL:-

On the basis of develop framework to achieve the objectives of the study. A self-structured questionnaire was prepared to assess the effectiveness of educational intervention package on knowledge regarding ill effects of fast and processed food in selected secondary school, Kanpur, Uttar Pradesh. The tools were initially prepared in English by the language expert.

DESCRIPTION OF TOOL

PROGNOSTIC IMPLICATIONS OF GAP LENGTH IN TRACHEOESOPHAGEAL FISTULA WITH ESOPHAGEAL ATRESIA CASES

A tool were developed to selected school in Kanpur, Uttar Pradesh. The tool consists of two sections

SECTION A: Demographical variable

It deals with the demographic variables age, gender, religion, Class of studying, types of family, source of information and any previous information

SECTION B:Consist of 30 multiple question for the assessing the knowledge level regarding ill effects of fast and processed food.

RESULT-

SECTION A:

Majority of adults 43(71.7%) were aged between 11-13 years

The data represent that the 30 frequency (50%) are males and 30 frequency (50%) are females students.

Majority of adults56 (93.4%) were Hindus

Majority of adults 34 (56.7%) were belong to 6-7 classes

Majority of adults 31 (51.7%) students belongs to nuclear family

Majority of adults 32 (53.3%) had information from teacher

Majority of adults 51(85%) are having previous information

SECTION-B

Table11: Distribution of adolescents according to the pre-test and post-test level of knowledge regarding ill effects of fast and processed food. n=60

S.NO	Level of knowledge	Pre test		Post test	
		Frequency	%	Frequency	%
1	Inadequate knowledge (0-14)	52	86.7%	2	3.3%
2	Moderate knowledge (15-22)	08	13.3%	12	20%
3	Adequate knowledge (23-30)	0	0%	46	76.7%
	Total	60	100%	60	100%

SECTION –C

COMPARISON OF PRETEST AND POSTTEST LEVEL OF KNOWLEDGE REGARDING ILL EFFECTS OF FAST AND PROCESSED FOOD AMONG ADOLESCENTS’ STUDENTS.

Mean value of the pre-test (10.81) and post-test(24.01) and mean percentage of pre-test (18.01) and post test(40.13), and standard deviation of pre-test (4.42) and post-test(3.76).

SECTION-D

Table 13: Frequency, Mean, mean difference, paired ‘t’-test of structured questionnaire.

S. No	Level of knowledge	Mean	Mean Difference	SD	Paired 't'.value
1.	Pre-test	10.81	13.27	4.42	15.7
2.	Post-test	24.08		3.76	

From the above interference, it is made clear that the educational interventional package has pa positive impact on knowledge among adolescents’ students. There is a significant difference between the pre-test and post-test level of knowledge regarding ill effects of fast and processed food. Hence H₁ is proved.

Nursing Implication

- Location of the study can be seen in the area of nursing services, nursing education, nursing administration, and nursing research, community health nursing.

Nursing services

- The implication of nursing services that the nurses play an important role in the awareness educational interventional package help the students to update their knowledge.
- The finding of the study can be disseminated to motivate nurses to create awareness program.

Nursing Education

- The nurse educators can recommend this topic to the student for health education activities of Community to increase the knowledge level of students regarding ill effects of fast and processed food.
- The findings will help the nursing students to understand the need to be equipped with adequate knowledge.

Nursing Administration

- The findings of the study help the nurse administrators to take appropriate measures about providing knowledge to students regarding ill effects of fast and processed food.
- Continuous quality assessment can be done to assist the quality of education provided to the adolescents students

Nursing Research

- Nursing practice need to be based on scientific knowledge because nurses are facing lots of challenges while delivering health service the people.
- That has to encourage further study regarding ill effects of fast and processed food.
- The study finding help to motivate and initiate for the research related to the effectiveness of the educational interventional package regarding ill effects fast and processed food.

Community Health Nursing

- Nurses have expanded and extended role of promotion prevention, curative and rehabilitation of
- individual family and community level.
- Nurses can provide centralize approach regarding ill effects of fast and processed food by taking action to impart knowledge to the committee people.

Recommendation

- On the basis of the findings of the study following recommendations put forward for further research.
- A similar study can be replicated on large samples to generalize the findings
- A similar study can be conducted loaded by including additional or different demography.
- A similar study can be conducted by using true experimental approach.
- Can be better to have as experimental study.

Limitations:

- The sample for the study was limited to 60 samples.
- The study was limited to adolescents students.

Duration of the data collection process was 1 weeks only

CONCLUSION

The present study was aimed at assess the effectiveness of educational interventional package on adolescent. The recent data was collected and analysed statically based IN BPMG school Kanpur, Uttar Pradesh. On basis of findings of the study following conclusion were drawn: In the pre-test knowledge based on selected school Kanpur Uttar Pradesh regarding ill effects of fast and processed food that among. In pretest among the subject 52 sample (86.7%)

inadequate level of knowledge ,8 sample (13.3%) had moderate level of knowledge , 0 sample (0%) had adequate level of knowledge and in posttest among the subject ,2 sample (3.3%) had inadequate level of knowledge ,12 sample (20%) moderate level of knowledge and 46 sample (76.7%) had adequate level of knowledge. It was inferred that, most of the students had moderate knowledge in pre- test & most of had adequate knowledge in post-test.

There was no significant association between pre-test knowledge score fit their selected demographic variable.

The effectiveness of educational interventional package improved the knowledge level among adolescents regarding ill effects of fast and processed food.

The Following Conclusion Was Drawn on the Basis Data of Analysis

Educational interventional package was effective in improving the knowledge of adolescent's students regarding ill effects of fast and processed food. It is the most importance means of creating awareness & increasing their knowledge regarding ill effects of fast and processed food.

The findings of the study revealed that was no significant association of pre-test knowledge with selected demographic variables such as Age, gender, religion, class of studying, types of family, source of information and previous information regarding ill effects of fast and processed food.

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