



# Adolescent Students' Opinion And Awareness On Ill Effects Of Street Food

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## Abstract

Early life has increasingly been recognized as a time frame in which nutritional requirements rise and lifetime diet and lifestyle taste and preferences are founded, not just as an initial moment of opportunity for catch-up growth (Goldberg GR et al. 2013) but also as a period in which nutritional requirements growth and long-time dietary interests are established. These practices can have an effect on the health status of teenagers and also coming generations (Viner RM, 2013). The aim of the study is to assess awareness on the ill effects of street food among school students. Descriptive research design been used in this study. It is concerned with describing the social demographic characters along the economic, street food issues, spreads germs and bacteria, hygienic methods, and the problems related to consumption of street food among school students. The universe of the study is 9<sup>th</sup> standards boys and girls who are studying in private higher secondary School in Trichy. There are 124 boys and 86girls who constitute the universe of the study. The researcher selected 50, 9<sup>th</sup> grade students for this study by using simple random sampling (lottery method). The research used self-prepared questionnaire covering their awareness on the ill effects of street food among school students. Major findings of the study is discussed in the full paper.

**Key words:** Adolescent, Students, Awareness, Ill effects and Street food.

## Introduction

Adolescence is a time when the reproductive system develops, reproductive maturity occurs, identity is formed, and gender specific roles are formed, and challenges linked to identity, gender roles, and related problems emerge (Nath, 2008). A study by Kotecha et al. found that identifying and ranking difficulties among urban teenagers may be broken down into four categories: healthcare and nutrition, academics, physical growth, and development (Kotecha PV et al. 2011). Because adolescent physical progress is related with increasing nutritional requirements, it is crucial to establish appropriate eating habits. Numerous

studies of teenage and early twenties diets and nutrient intake in the industrialized world have revealed that their meals are often heavy in fats and refined carbohydrates (Bull NL 1988).

Adolescence is also a time when people are more susceptible to fat. Overweight in the affluent population is caused by a lack of physical activity and outdoor activities, as well as the intake of low - saturated "junk" foodstuffs (Choudhury P. 2006). Snacking, mainly on energy-dense foods; meal skipping, particularly breakfast; frequent intake of processed food; and poor intake of fruits and vegetables are just a few of the dietary habits that appear to be relatively prevalent among students. Some of these trends are expected to be frequent among urban adolescents in India, but there is very little research available.

Kids who consume a diet heavy in sugar, saturated fat, salt, and calories are more likely to become obese, pressure, dyslipidemia, and low blood sugar later in life (8). Globalization has resulted in variances in people's food consumption patterns, as it does in many other areas of life. Consuming food and beverage outside of the home is increasing in emerging countries, resulting in disparities in consumption styles. Diverse social conditions and women's active participation in the workforce have resulted in noticeable changes in countries' economy, which have been mirrored in culture of food and beverage. As a result, in recent years, people in developing countries have spent the majority of their disposable cash on food, transforming street delicacies into nutritious alternatives. Foods and beverages served on the open areas like street and in other public locations that are ready to eat without any processing or preparation are known as street foods. 8. Food is sold on the street where people are gathered in small groups.

Although there are hazardous health risks associated with open street meals, they are a decent dietary option for young students and provide a way for persons with poor income groups and those who work in lean and small companies to meet their nutritional needs. Young people love street food because it is inexpensive, readily available, and diverse. In Turkey, some research has been carried out.

It was discovered that students preferred meatballs in bread, bagel, street food pastry, traditional cuisine pastry, and baklava as desserts. According to Ercan et al. a substantial percentage of 79 male and 11 female street food vendors believe that food is a source of sickness. It was underlined that; local street food vendors' hygienic knowledge, attitude, and applications differed, and that cleanliness and hygiene practices alone were insufficient.

According to studies, food safety and the selling of street food are not covered by most countries' policies. Cooking process and sale has become a source of self-employment for persons with little or no education, who are jobless, and who are experiencing financial woes in urban areas, because the number of people buying from this sector is significant<sup>8</sup>.

Early life has increasingly been recognized as a time frame in which nutritional requirements rise and lifetime diet and lifestyle taste and preferences are founded, not just as an initial moment of opportunity for catch-up growth (Goldberg GR et al. 2013) but also as a period in which nutritional requirements growth and long-time dietary interests are established. These practices can have an effect on the health status of teenagers and also coming generations (Viner RM, 2013)

## Methods and materials used

### Aim of the study:

The aim of the study is to assess the awareness on ill effects of street food among school students.

### Research Design:

Descriptive research design been used in this study. It is concerned with describing the socio demographic characters along the economic status, habit of consuming street food, their awareness on health and hygienic condition of street food and the ill effects associate with the consumption of street food among school students.

### Universe:

The universe of the study is 9<sup>th</sup> standards boys and girls who are studying in a Private higher secondary school in Trichy. There are 124 boys and 86girls who constitute the universe of the study.

### Sampling Technique:

The researcher selected 50, 9<sup>th</sup> grade students for this study by using simple random sampling (lottery method).

### Tools of data collection:

The research used self-prepared questionnaire covering the adolescent students' opinion and awareness associated with the consumption of street food and its ill effects.

### Pilot Study:

The researcher conducted a pilot study to have some preliminary information about the school and for the feasibility of conducting such a study in the school. Through the pilot study the researcher informed the details of the study and the selected topic and discussed it with the school Headmaster and got permission to conduct research over there.

### Pre-Test

Pretest is defined as a study which is done in the initial stage of the project in order to find the reliability of the question based on the respondent's response.

The researcher has conducted a pre-test by considering 5 respondents from the school to know the applicability of the questionnaire. After pre-test there was no change taken place in the questionnaire, hence the pre-tested respondents were included in the study sample.

## Findings and discussion

All the respondents are between 13-15 years of age. More than  $\frac{1}{2}$  of the respondents are boys.  $\frac{1}{3}$ <sup>rd</sup> of the respondents is belonged to 1, and second order birth. More than  $\frac{3}{5}$ <sup>th</sup> of the respondents are average at their academic performance. Nearly  $\frac{2}{5}$ <sup>th</sup> of the respondents have only one sibling. More than  $\frac{2}{5}$ <sup>th</sup> of the respondents have more than 4 friends. More than  $\frac{1}{2}$  of the respondents have more than 3 members in their family. More than  $\frac{1}{2}$  of the respondents live with their both the parents.

More than  $\frac{2}{3}$ <sup>rd</sup> of the respondents' mothers are their family head. More than half of the respondents' parents have school education alone. More than  $\frac{1}{2}$  of the respondents are degree holders. More than  $\frac{1}{4}$ <sup>th</sup> of the respondents working in private sector. More than  $\frac{2}{3}$ <sup>rd</sup> of the respondents are from nuclear family.  $\frac{2}{5}$ <sup>th</sup> of the respondents' family monthly income is below Rs 10,000. More than half of the respondents are hailing

from rented house. More than 3/4<sup>th</sup> of the respondents are from urban areas and the remaining are from rural areas.

More than 3/5<sup>th</sup> of the respondents knew that street food is not good for their health and it affect their nutrition. More than 3/4<sup>th</sup> of the respondents accepted that street food spreads infection. The respondents prefer street food for its low price (31%), fast delivery (29%), and taste (40%). Nearly 1/3<sup>rd</sup> of the respondents' experience health issues after consumed street food.

More than 1/2 of the respondents consume street food more than 3 times a week. All the respondents get packet money. More than 1/2 of the respondents consume street food without their parents' permission. More than half of the respondents opined that street food do not fulfil quality. More than 1/2 of the respondents opined that the place of selling street food is not maintained cleanliness. More than 1/2 of the respondents exposed that street food vendors do not wear gloves. More than 1/2 of the respondents opined that there was no proper waste management system is maintained by street food vendors. Nearly half of the respondents opined that street food are not covered and sold.

More than 1/2 of the respondents felt that street food is not prepared hygienically. More than 3/5<sup>th</sup> of the respondents received awareness about street food. More than 1/2 of the respondents know that street food consumption leads to obesity.

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