A Descriptive Study To Assess The Knowledge Of Mothers Of Adolescents Related To Effects Of Fast Foods

[1]Rajiv Kumar Soni, [2]Dr Manoj Prajapat

[1]Ph.D Scholar, [2]Research Supervisor
[1]Department of Nursing, [2]Department of Nursing,
[1]Malwanchal University, Indore, Madhya Pradesh, India, [2]Malwanchal University, Indore, Madhya Pradesh, India

Abstract

The current study has been undertaken to assess the knowledge score regarding effects of fast foods among mothers of adolescents in Selected community area, Indore. The research design used for study was descriptive in nature. The tool for study was self-structured knowledge questionnaire which consists of 2 parts-PART- I consisted questions related to Socio-demographic data; PART-II consisted of self -structured knowledge questionnaire to assess the pre-test knowledge score regarding effects of fast foods among mothers of adolescents. The findings of the study revealed that 62.5% subjects have poor knowledge; 27.5% have average knowledge score towards effects of fast foods while 10.0% have fair knowledge score towards effects of fast foods. The mean knowledge score of subjects was 11.59 ± 4.11.

Keyword- Assess, knowledge & effects of fast foods.

1. INTRODUCTION

Adolescence is time of change among adolescence & adulthood. It incorporates some enormous changes to body, & to manner in which a youngster identifies with world. Numerous physicals, intellectual, sexual, social, & passionate variation that occur in this time can gets expectation & uneasiness to the kids & the family members. Getting the available materials from store at various stages can advance solid improvement all through youth & in the way to enter the early adulthood.

Fast food-junk food is characterized as those business items, including bread kitchen merchandise, sweets, pungent bites, frozen yogurt & soda pops, which have practically no healthy benefit except for do have a lot of salt, calories, & fats. While not all quick food varieties are lousy nourishments, most are. Fast food varieties are prepared to-eat food sources served expeditiously in wake of requesting. A few fast-food varieties are over in sweet & declines in healthy benefit, while other quick-food sources, like plates of mixed greens, might be low in carbohydrates & top in dietary benefit. Fast consumptions give void calorie, providing pretty much nothing or none of nutrients, protein, minerals necessitated for a nutritious eating routine. Numerous food sources, like pizza, burgers, & tacos, can be thought of as either sound/fast foods, contingent upon their fixings & readiness strategies. The more exceptionally handled things normally fall under fast food class, morning meals grains that are generally sweet/rich fructose corn liquid & Maida/processed corn flour.

II.   Objective of the study

1. To assess the knowledge scores regarding effects of fast foods among mothers of adolescents.
2. To find out association between pre-test knowledge score regarding effects of fast foods among mothers of adolescents with their selected demographic variables.

III. Hypotheses:

RH$_0$: There will be no significant association between knowledge score on effects of fast foods among mothers of adolescents with their selected demographic variables.

RH$_1$: There will be significant association between knowledge score on effects of fast foods among mothers of adolescents with their selected demographic variables.

IV. Methodology

A descriptive research design was used to assess the knowledge score regarding effects of fast foods among mothers of adolescents in Selected community area, Indore. The study was carried out on 40 mothers of adolescents selected by convenience sampling technique. Demographical variable and self-structured 30 knowledge questionnaire were used to assess the Knowledge score regarding effects of fast foods by survey method.

V. Analysis and interpretation

SECTION-I Table -1 Frequency & percentage distribution of samples according to their demographic variables.

n = 40

S. No	Demographic Variables	Frequency	Percentage
1	**Age in Years**		
a.	21-30	28	70.0
b.	31-40	9	22.5
c.	Above 40	3	7.5
2	**Occupation**		
a.	House wife	18	45.0
b	Working	22	55.0
3	**Educational status**		
a.	Higher secondary	8	20.0
b.	Graduates	30	75.0
c.	PG	2	5.0
4	**Types of family**		
a.	Extended	5	12.5
b	Nuclear	23	57.5
c	Joint	12	30.0

SECTION-II- Table- 2.1.1- Frequency and percentage distribution of pre-test scores of studied subjects:

Category and test Score	Frequency (N=40)	Frequency Percentage (%)
POOR (1-10)	25	62.5
AVERAGE (11-20)	11	27.5
FAIR (21-30)	4	10.0
TOTAL	40	100.0

The present table 2.1.1 concerned with the existing knowledge regarding effects of fast foods among mothers of adolescents were shown by pre-test score and it is observed that most of the mothers of adolescents 25 (62.5%) were poor (01-10) knowledge & some mothers of adolescents have 11 (27.5%) were from average category while few mothers of adolescents have 4 (10.0%) were from fair (21-30) category.
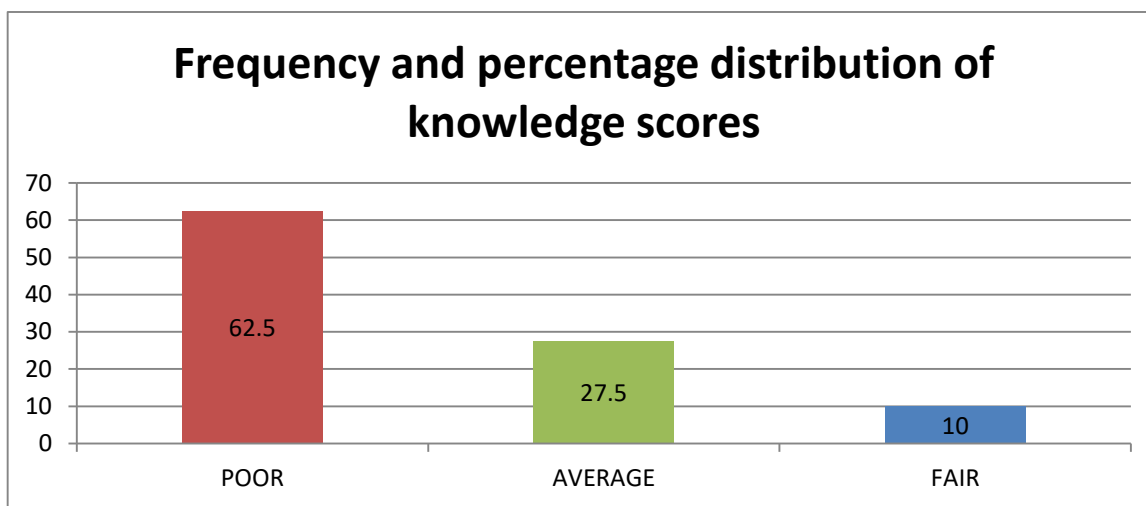
Frequency and percentage distribution of knowledge scores

FIG.-2.1.1- **Frequency and percentage distribution of Pre-test scores of studied subjects**

Table-2.1.2. - **Mean ($\overline{X}$) and standard Deviation (s) of knowledge scores:**

Knowledge Pre –test	Mean ($\overline{X}$)	Std Dev (S)
Pre-test score	11.59	4.11

The information regarding mean, percentage of mean and standard deviation of test scores in shown in table 2.1.2 knowledge in mean pre-test score was 11.59 ± 4.11 while in knowledge regarding alcoholism its risk factors among mothers of adolescents in Selected community area, Indore.

Hence, it is confirmed from the tables of section-II that there is mean of test scores which partially fulfill first objective of the present study.
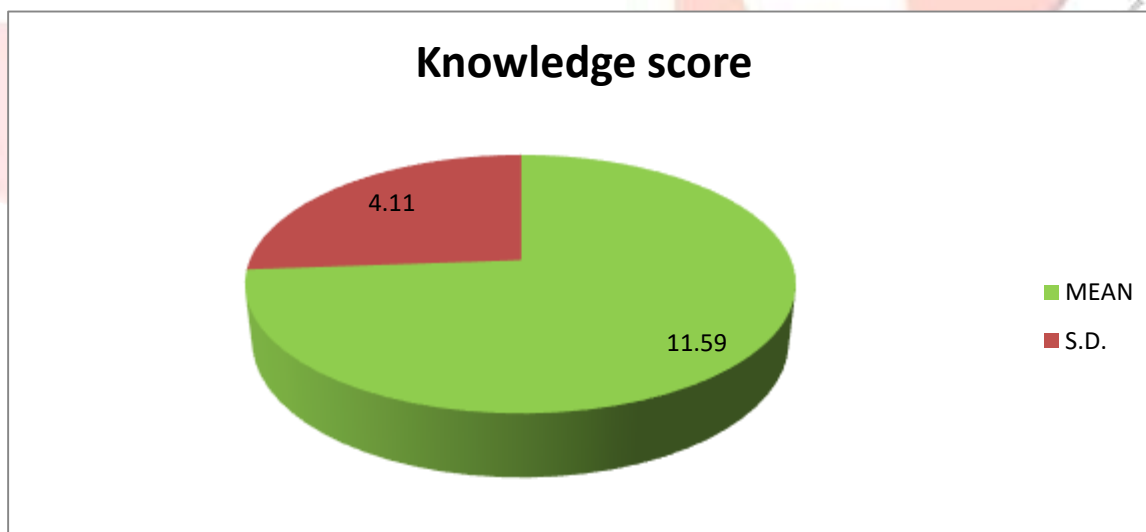
Knowledge score

SECTION-III Association of knowledge scores between test and selected demographic variables:

Table- 3.1 Association of age of mothers of adolescents with pre-test scores:

Age	Test scores			Total
(in years)	**POOR (1-10)**	**AVERAGE (11-20)**	**FAIR (21-30)**	
21-30	18	9	1	**28**
31-40	6	0	3	**9**
Above 40	1	2	0	**3**
Total	**25**	**11**	**4**	**40**
X^2=11.17		p<0.05(significant)		

The association of age & test scores is shown in present table 3.1. The probability value for Chi-Square test is 11.17 for 4 DF which indicated significant value (p<0.05). Hence, it is identified that there is significant association between age & test scores.

Table- 3.2 Association of occupation with pre-test scores:

Occupation	Test scores			Total
	POOR (1-10)	AVERAGE (11-20)	FAIR (21-30)	
House wife	11	5	2	**18**
Working	14	6	2	**22**
Total	**25**	**11**	**4**	**40**
X^2=0.05		p>0.05 (Insignificant)		

The association of occupation & test scores is shown in present table 3.2. The probability value for Chi-Square test is 0.05 for 2 df which indicated occupation & test scores. Hence, it is identified that there is insignificant association between occupation & test scores.

Table- 3.3 Association of educational status with pre-test scores:

Educational status	Test scores			Total
	POOR (1-10)	AVERAGE (11-20)	FAIR (21-30)	
Higher secondary	6	0	2	**8**
Graduates	19	9	2	**30**
PG	0	2	0	**2**
Total	**25**	**11**	**4**	**40**
X^2=9.87		p<0.05 (significant)		

The association of educational status & test score is shown in present table 3.3. The probability value for Chi-Square test is 9.87 for 4 degrees of freedom which indicated educational status and test scores. Hence, it is identified that there is significant association between educational status & test scores.

Table- 3.4 Association of Types of family of mothers of adolescents with pre-test scores:

Types of family	Test scores			Total
	POOR (1-10)	AVERAGE (11-20)	FAIR (21-30)	
Extended	16	5	2	**23**
Nuclear	2	3	0	**5**
Joint	7	3	2	**12**
Total	**25**	**11**	**4**	**40**
X^2=3.92		p>0.05 (Insignificant)		

The association of types of family & test scores is shown in present table 3.4. The probability value for Chi-Square test is 3.92 for 4 degrees of freedom which indicated types of family of mothers of adolescents & test scores. Hence, it is identified that there is insignificant association between types of family of mothers of adolescents & test scores

VI. Results

The findings of the study revealed that 62.5% subjects have poor knowledge; 27.5% have average knowledge score towards effects of fast foods while 10.0% have fair knowledge score towards effects of fast foods. The mean knowledge score of subjects was 11.59 ± 4.11. The association of knowledge score of mothers of adolescents was found to be statistically insignificant with demographic variables ($p < 0.05$).

VII. Conclusion

It was concluded that majority of mothers of adolescents had poor knowledge score regarding effects of fast foods. Mothers of adolescents should also educate regarding effects of fast foods.

VIII. Limitations

- This was limited to Selected community area, Indore.
- This was limited to 40 mothers of adolescents.

IX. Reference

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