

**A study to assess the effectiveness of teen friendly teaching program on knowledge regarding health hazards of junk foods among teenagers in selected community area at Kanyakumari District Tamilnadu India**

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**Abstract:**

**Introduction:** Teenagers are a key window of brain development, excessively eating junk foods during adolescence would alter brain development. So the teenagers also have risk to expose health hazards of junk foods.**Statement of the Problem:**A study to assess the effectiveness of teen friendly teaching program on knowledge regarding health hazards of junk foods among teenagers in selected community area at Kanyakumari district. **Objectives:** To assess the pre-test and post-test level of knowledge on health hazards of junk foods among teenagers.To determine the effectiveness of teen friendly teaching program among teenagers regarding health hazards of junk foods. **Methodology:**Quantitative research approach with pre experimental one group pre-test post-test research design is adopted. The setting adopted for this study was Painkulam community area. In this study sample is teenagers who are 13-19 years who met inclusion criteria, in selected community area, Painkulam. Probability simple random sampling techniques by using lottery method was used. Demographic variables and Structured questionnaire for assessment of knowledge regarding health hazards of junk foods is used as a tool.**Results:** The study reveals that the mean post test score of level of knowledge on health hazards of junk foods in experimental group was 20.16, pre-test score knowledge regarding health hazards of junk foods 9.9. The obtained paired 't' test value is 14.10was highly significant at < 0.05 level. The mean difference is 10.26 is a true difference and has not occurred by chance. **Conclusion:** The study proved that teen friendly teaching program was very effective in improving knowledge regarding health hazards of junk foods among teenagers.

**Key Words:**Junk food,teen friendly teaching program

**Introduction:**

In the twenty-first century, "junk food" has spread throughout the world. Even worse, junk food is now accessible everywhere. Almost wherever we go, including grocery stores and convenience stores, we see it. In 1972, Michael Jacobson, the head of the Centre for Science, used the phrase "empty calories" to describe junk food. Because he covered the negative impacts of junk food's use of ingredients like trans-fat, salt, and brilliant food colors, the food business recognized him as the "Chief of the food police." Junk food is a term used to describe any food that is deemed unhealthy due to its low nutritional value.

As the name implies, a friendly teacher treats his or her students like friends. In actuality, a teacher friend blends the wisdom of a friend with the direction of a teacher. Everybody hopes to have an understanding instructor at some point. A teacher like that behaves as a buddy, mentor, and philosopher. We won't ever stray from the correct three-life path if we have our teacher as a friend. A kind instructor never openly humiliates a pupil in the class by criticizing them. An approachable teaching style is always kind to them.

In terms of prevention, nurses play a key role. In both the community and the hospital, nurses should be able to investigate the risks associated with junk food. To improve the nutritional status of the children, the school health nurse should lead a training program for parents and teachers. Improving primary prevention and preventive complications is the main goal of nursing interventions in the population.

**Need for the study:**

The present scenario show that many of the adult diseases have their origin in their childhood, this is due to lack of proper knowledge and awareness about the consequences of changes in their food habits. The investigator felt that children do not have adequate knowledge about the health hazards of junk foods. Teenagers also have risk to become addicted to junk foods. So, the investigator decides to create awareness among the teenagers about the health hazards of junk foods to promote healthy eating habits in teenagers for their healthy future and disease-free life. The teen friendly teaching program improve the level of knowledge regarding health hazards of junk foods.

When junk food is consumed in excess, it can reduce appetite and eliminate the nutritional value of foods. Due to their excessive fat, salt, and sugar content, these junk foods are the root cause of many chronic illnesses, such as diabetes, cancer, and obesity, which worsen over time. Adult hypertension is linked to excessive salt intake throughout childhood. High-calorie diets contribute to childhood obesity, which in turn develops diabetes, hypertension, and other underlying disorders. Junk food has long-lasting psychological effects that impact a child's

intelligence and personality in addition to physiological ones. Effectively managing their nutritional requirements boosts their self-esteem and promotes more research.

During this critical time, nutrition has a significant long-term impact by supplying building blocks. According to the researcher, kids don't know enough about the negative health effects of junk food. Adolescents are also susceptible to junk food addiction. In order to encourage teens to eat healthily and lead disease-free lives in the future, the researcher decided to educate them on the negative health effects of junk food. The teen-friendly education program raises awareness of junk food's negative health effects.

### **Statement of the Problem:**

A study to assess the effectiveness of teen friendly teaching program on knowledge regarding health hazards of junk foods among teenagers in selected community area at Kanyakumari district.

### **Objectives:**

- To assess the pre-test and post-test level of knowledge on health hazards of junk foods among teenagers.
- To determine the effectiveness of teen friendly teaching program among teenagers regarding health hazards of junk foods.
- To find the association between the pre-test level of knowledge on health hazards of junk foods with the selected demographic variables such as age, sex, educational status of the father, educational status of the mother, occupation of the father, occupation of the mother, family income per month and total number of children in family.

### **Hypothesis:**

H1 - The mean post test score of knowledge will be significantly higher than the mean pre-test score of knowledge on health hazards of junk foods among teenagers.

H2 - There will be significant association between pre-test score and the selected demographic variables such as age, sex, educational status of the father, educational status of the mother, occupation of the father, occupation of the mother, family income per month and total number of children in the family.

### **Assumption:**

Teenagers are more risk to eat junk foods

Teenagers have some knowledge regarding health hazards of junk foods.

Teen friendly teaching program will help them to enhance the knowledge of teenagers regarding health hazards of junk foods.

**Operational Definition:**

**Assess:** It refers to evaluate (or) estimate the ability .

In this study, assess refers to systematically measure the level of knowledge regarding health hazards of junk food among teenagers before and after the teen friendly teaching program. Knowledge regarding health hazards of junk food assessed by structured teaching program.

**Effectiveness:** Effectiveness is commonly referred as the degree to which predetermined goal are achieved. (Jackson, 2004) In this study refers to desire to the changes that can be brought by teen friendly teaching program on knowledge regarding health hazards of junk foods.

**Knowledge:** The term knowledge can refer a theoretical or practical understanding of a subject. (Mohajan, 2016) In this study to promote the awareness or understanding about the health hazards of junk foods.

**Teen friendly teaching program:** It refers to act like a friend for students. It is suitable for students; designed with the needs and interests of study. In this study the systematically prepared teen friendly teaching program to improve the knowledge on health hazards of junk foods among the teenagers with storytelling method.

**Health Hazards:** A material or substance that poses a significant threat or danger to the health. (Rosemary K Sokas, 2017) 10 In this study the junk food poses a significant threat or danger to the health such as obesity, increased blood pressure, high blood glucose level, heart disease, tooth decay, addiction, learning difficulties, indigestion and diarrhoea.

**Junk Foods:** It refers to the food that is high in salt, sugar or caloric and low in nutritive value which directly poses health hazards, common junk foods, soft drinks, candy, deep-fried and salted items. (Andrew F. Smith, 2003) In this study food that in high in fat, sodium and sugar provides high calories, but no value, is generally known as junk foods.

**Teenagers:** The teenagers refer to all numbers ending in the suffix-teen. Literally the person from thirteen to nineteen, an adolescent. (John Buvier, 2000) In this study teenagers are person with in the age group of 13-19 years in Painkulam, Kanyakumari district.

**Delimitations:**

The study is delimited to

The teenagers from Painkulam community between the age group 13 to 19 years.

Teenagers who are available at the time of data collection.

Period of data collection 15 days.

The study is limited 60 teenagers.

### Review of Literature

Balbir Yadhav et al (2019) Conducted a cross sectional study to assess the knowledge regarding health hazards of junk foods and its prevention among adolescents in Sri Hemkunt Public school Mohali, Punjab. The sample size was 60 23 adolescence students in high school. The research design was one group pre-test and post-test design which belongs to pre-experimental design. Purposive non random sampling technique was used to select the sample. Structured questionnaire was used to assess the health hazards of junk foods. In pre-test score 35% adolescents had low knowledge, 65% adolescents had average knowledge and no one had high knowledge after the structured teaching program, post test score 56.7% had average knowledge and 43.3% had adequate knowledge and no one had low knowledge level. This indicates that structured teaching programme was effective.

Ramila Subedi (2020), A study to assess the effectiveness of Student friendly teaching and learning environment among teenagers in selected educational schools in Nepal. This study aims to exploring the opportunities and challenges the school leaders, teachers, students and parents have the experiencing while creating student friendly teaching learning atmosphere in technical vocational educational training schools. A school leader and student from one while a teacher and a parent from other two different technical vocational educational training schools were selected as research participants. Purposive sampling technique used to select the sampling. The data were collected by in-depth interview from the participants. Story telling method was used to creating student friendly teaching learning environment at school. The study hence implies that, student friendly teaching learning environment was recounted to have been constructed in stimulating confidence, creativity, critically, social spirit and self-reliance among study.

**Research Approach:** The investigator used quantitative research approach for the study.

**Research Design:** The research design was a quantitative research approach with pre-experimental one group pre-test post-test research design.

**Independent Variable:** In this study, teen friendly teaching program is independent variable.

**Dependent variable:** In this study level of knowledge in health hazards of junk foods among teenagers is dependent variable.

**Research Settings:** The setting adopted for this study was Painkulam community area.

**Sample:** In this study sample is teenagers who are 13-19 years who met inclusion criteria, in selected community area, Painkulam.

**Sample Size:**60

**Sampling Techniques:** Probability simple random sampling techniques by using lottery method

**Inclusion criteria:**

Boys and girls between the age of 13 to 19 years

Teenagers who are willing to participate.

Those who are available at the time of data collection.

Teenagers who can understand and speak in Tamil and English.

**Exclusion criteria:**

Teenagers who have exposed to similar teaching previously.

Teenagers who are not willing to participate.

**Tool:**

The researcher has used the following tools for data collection.

Section A: Demographic variables

Section B: Structured questionnaire for assessment of knowledge regarding health hazards of junk foods.

**Section-A**

This section consists of information about demographic variables such as age, sex, educational status of the father, educational status of the mother, occupation of the father, occupation of the mother, family income per month, total number of children in the family.

**Section- B**

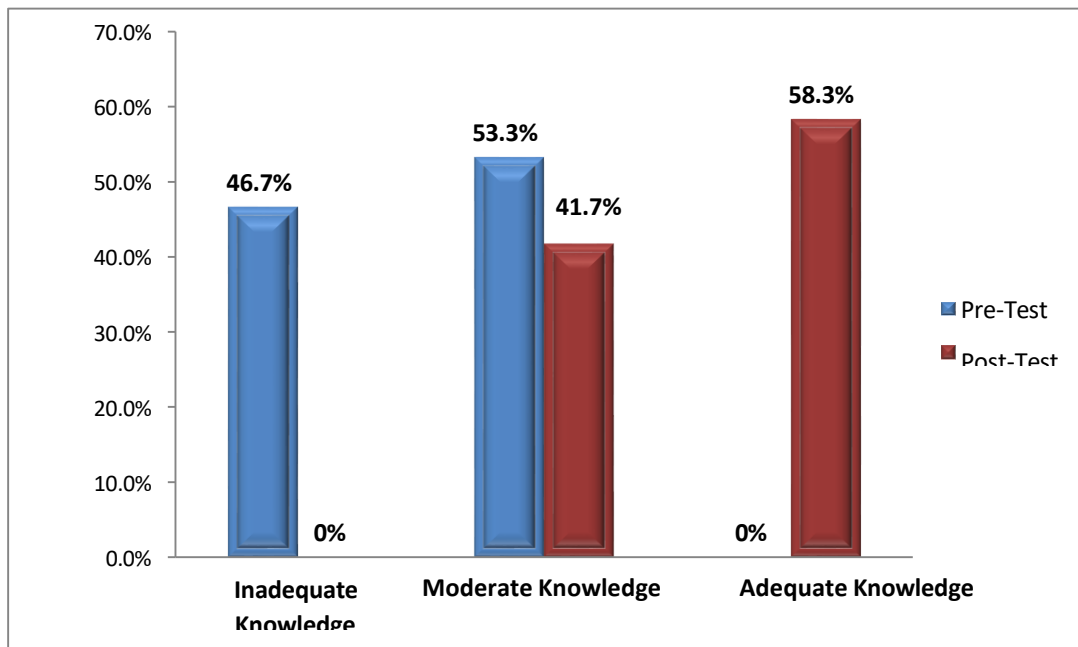
This section deals with questionnaires for assessment of knowledge regarding health hazards of junk foods. It consists of 25 multiple choice questions related to health hazards of junk foods among teenagers. Each correct answer will be given the score one and the wrong answer will be given the score zero. The total possible score will

be 25. Score Interpretation: Score Grade 0-40% Inadequate knowledge 41-70% Moderate knowledge 71-100% Adequate knowledge

## Results and discussion:

Pre-test and post-test level of knowledge regarding health hazards of junk foods in experimental group.

Level of knowledge	Pre score		Post score	
	F	%	F	%
Inadequate knowledge	28	46.7	00	0.00
Moderate knowledge	32	53.3	25	41.7
Adequate knowledge	00	00.0	35	58.3
Total	60	100.0	60	100.0



Pre-test and post-test regarding level of knowledge regarding health regards of junk foods.

Comparison of pre-test and post-test level of knowledge on teen friendly teaching program regarding health hazards of junk foods in experimental group.

Group	Test	Mean	Standard deviation	Mean Difference	Paired 't' test	'p' value
Experimental group	Pre test	9.9	4.21	10.26	14.10	<0.001
	Post test	20.16	3.65			

**The first objective of the study to assess the pre-test and post-test level of knowledge on health hazards of junk foods:** The assessment of knowledge regarding health hazards of junk foods was carried out in Painkulam community area at Kanyakumari district. The teenagers who were selected had been assessed with demographic variables and questionnaire method. The result showed that in pre-test, among 60 teenagers 28(46.7%) had inadequate knowledge, 32(53.3%) had moderate knowledge and none of them had adequate knowledge. The overall mean of knowledge regarding health hazards of junk foods in the pre-test was 9.9 and standard deviation was 4.29 and the post-test mean was 20.16, standard deviation 3.65 and mean difference 10.26 and obtained 't' value 14.10 and p value 0.001. This reveals that teenagers need educational program and awareness 60 about health hazards of junk foods and need to improve their knowledge on healthy eating habits.

**The second objective was to determine the effectiveness of teen friendly teaching program among teenagers regarding health hazards of junk foods:** With regard of post test score, the result shows that 35(58.3%) of teenagers had adequate knowledge, 25(41.7%) of them had moderate knowledge and none of them had inadequate knowledge. The overall mean of pre-test level of knowledge regarding health hazards of junk foods among teenagers 9.9 and 4.29 of standard deviation mean difference 10.26, and obtained 't' value was 14.10 which was statistically significant( $p > 0.05$ ). From this we can concluded that teen friendly teaching program regarding health hazards of junk food was improved the level of knowledge in teenagers regarding health hazards of junk foods.



**The third objective was the to associate between pre-test level of knowledge on health hazards of junk foods with selected demographic variables** The association between the pre-test knowledge level of score on health hazards of junk foods in their selected demographic variables such as age, sex, educational status of the father, educational status of the mother, occupation of the father, occupation of the mother, family income per month, total number of children in family. In variables of educational status of the mother which was significant at p value  $>0.05$  level. Other variables are not significant in selected demographic variables.

### **Recommendations for the future study:**

This study can be conducted with larger number of samples.

A study can be conducted to find out the knowledge and attitude of parents and teachers towards junk foods

A true experimental study can be done to assess the knowledge regarding health hazards of junk foods.

The effectiveness can be assessed by various methods of teaching like interactive video and audio programmed instruction about health hazards of junk foods in implementing the knowledge and attitude among teenagers

A study can be conducted in different settings.

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