

A Study to Evaluate the Effectiveness of Education Program On Knowledge Regarding Avoidance of Junk Food Among Adolescents Studying in Selected Schools of District Mohali, Punjab

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Abstract

Introduction : Staying healthy involves not only adopting positive habits but also following a nutritious diet. For growth and development as well as an active lifestyle, a balanced diet with diverse, moderate quantities is necessary. Adolescent are going to more susceptible to heart disease, obesity, high cholesterol, and malnutrition because they frequently eat fast, processed foods like Chips, burger and soft drinks.

Methodology : The research design used was pre experimental research design. The total sample was 100 adolescents, which was selected by non-probability purposive sampling technique. The self-structure knowledge questionnaire was chosen as the research instrument. The tool was validated by 7 nursing experts for establishing the content validity. Using the Cronbach's Alpha technique in IBM SPSS version 26, the tool's reliability was evaluated and it was found "r" 0.767, which indicated that the tool are highly reliable.

Results : There was no statistically significant difference in pre-test knowledge scores among experimental (7.68+1.728). However, there was statistically significant difference among post-test knowledge score of experimental group (16.57+2.11) with $t = 33.275$ (df 99) $p = 0.001$ after implementing education program. Further there was a statistically significant difference in pre-test score (7.68+1.728) and post-test score (16.57+2.11) in experimental group ($P = 0.001$).

Hence, it can be inferred that pre-test knowledge score of experimental group was less. But after implementing education program on avoidance of junk food to the experimental group, the value of post-test was significantly higher than the pre-test knowledge score. So It is concluded that the structured teaching program regarding avoidance of junk food was effective. Therefore, null hypothesis is rejected and research hypothesis is accepted at $p < (0.05)$.

Conclusion : The study concluded Education program enhance the knowledge regarding avoidance of junk food among adolescents.

Keywords : Evaluate, Effectiveness, Education program, Adolescents, Junk food, School

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Introduction

Maintaining a healthy lifestyle throughout one's whole life, including consuming a nutritious food and engaging in healthy behaviors, is essential to having good health and is a must for everyone. A varied selection of foods in appropriate serving sizes should make up a balanced diet. Food is essential to the growth and development of humans, as well as to leading an active and healthy life. Food is a material that may be consumed by an animal or human for the purpose of obtaining nutrients or drinking it for enjoyment. Food typically consisting of carbs, fats, proteins, and water. Many serious health risks, such as malnutrition, obesity, high cholesterol, and heart disease, are associated with a diet high in processed foods.

Objectives of the study

1. To assess the knowledge of adolescent by pre-test knowledge score regarding avoidance of junk food
2. To administer education program on avoidance of junk food among adolescents studying in selected schools of district Mohali, Punjab.
3. To evaluate the effectiveness of education program on avoidance of junk food among adolescents by comparing pre and post-test knowledge score.

Methodology

Research Approach : The research approach depends upon the purpose of the study. The quantitative research approach was adopted for the study.

Research Design : The research design of the study was pre-experimental research design.

Research setting of the study : The present study was conducted at B.S.H. Arya Senior Sec School, district Mohali, Punjab.

Target Population : The target population for the present study was all the adolescent (10-19 years old) studying at selected school of district Mohali, Punjab.

Inclusion Criteria-Adolescent who were

- ✓ Willing to participate
- ✓ Were present at the time of data collection

Exclusion criteria :

Adolescent who were

- ✓ Not willing to participate
- ✓ We're not present at the time of data collection

Sampling Technique : It describes how a subset of the population is chosen to represent the full population. A non-probability purposive sampling technique was employed in this study.

Sample size : Total sample size of the present study was 100 adolescents in B.S.H. Arya Senior Sec School in Sector 78, District Sohana, Mohali, Punjab.

Variables under the Study

The Independent Variables

The effect of education program on knowledge regarding avoidance of junk food among adolescent is the independent variable in this study.

The Dependent Variables

The knowledge of adolescents regarding the health effects of junk food is the dependent variable.

Development and Description of the tool

Part I - It includes demographic details such age in years, sex, religion, monthly family income, food habits, place of residence, and the mother's and father's educational attainment.

Part II - This section includes questions about the effects of junk food on teenage health. There were twenty-five multiple-choice items in the questionnaire. Only one right answer was available for each item, and each right answer received one point. The structural questionnaire might have a maximum score of 25.

Results : Table-1: Frequency and percentage distribution of socio demographic variable.

Socio-Demographic variables	Option	F	%
Age	10-13 years	17	17.0%
	14-16 years	41	41.0%
	17-19 years	42	42.0%
Gender	Male	31	31.0%
	Female	69	69.0%
Residential	Urban	55	55.0%
	Rural	45	45.0%
Father's Education	Illiterate	50	50.0%
	Primary education	19	19.0%
	Secondary education	22	22.0%
	Graduate/Post graduation	09	9.0%
Mother's Education	Illiterate	48	48.0%
	Primary education	20	20.0%
	Secondary education	16	16.0%
	Graduate/Post graduation	16	16.0%
Occupation of father	Working	100	100.0%
	Non-working	0	0.0%

Occupation of mother	Working	34	34.0%
	Non-working	66	66.0%
Family monthly income	Up to 10,000	12	12.0%
	10,001 - 40,000	23	23.0%
	40,001 - 80,000	25	25.0%
Type of family	Above 80,001	40	40.0%
	Nuclear family	33	33.0%
Religion	Joint Family	67	67.0%
	Hindi	35	35.0%
	Sikh	40	40.0%
	Christian	06	6.0%
	Muslim	19	19.0%

SECTION-II**Table 2: Comparison of pre-test and post-test level of knowledge on avoidance of Junk food among adolescents. N=100**

Knowledge Score	Pre-test		Post- Test	
	F	%	F	%
Inadequate knowledge (0-08)	62	(62%)	0	(0%)
Moderate knowledge (09-16)	38	(38%)	48	(48%)
Adequate knowledge (17-25)	0	(0%)	52	(52%)
Maximum = 25, Minimum = 0				

Table 3: Effectiveness of education program on avoidance of junk food among adolescents by Paired 't' test.

Knowledge	Mean ±S.D	Mean %	Mean Diff.	Paired 't' test	P value	Table value at 0.05	Result
Pre-Test	7.68±1.728	30.70	8.890	33.295	<0.001	1.98	Significant
Post -Test	16.57±2.114	66.30					
Maximum = 25, Minimum = 0							

Recommendation

1. The study can be done in large population to generalize the findings.
2. To validate and generalize the study's findings, a large sample size might be used for replication.
3. Similar research can be carried out in various contexts, such as a community.
4. The effectiveness of a systematic training program on adolescents' knowledge about junk food in the community can be evaluated using a pre-experimental study.

5. The effectiveness of a systematic training program on adolescents' awareness about junk food in a community or hospital setting can be evaluated through a quasi-experimental study.
6. A comparative study can be conducted to assess the level knowledge regarding junk food among adolescents in rural and urban areas.
7. Adolescents in hospitals might have their knowledge of junk food evaluated by a descriptive study.
8. The randomization principle can be used to do similar research.

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