

“A Study to Assess the Knowledge on Ill Effects of Junk Foods among Students at Selected School in Puducherry.”

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ABSTRACT

Introduction: Children grow, develop, and learn throughout their lives, starting at birth. School children plays, learns, speaks, and acts offers important clues about his or her development. Nurse can help child's development by providing a safe and loving home. The most common issues among the school children is eating of junk foods. The most common and frequent ill effects of junk foods on health is obesity, memory loss, and poor concentrations. The common cause of intake of junk food is the advertisement, taste and colorful appearance.

Statement Of the Problem:

A study to assess the knowledge on ill effects of junk foods among students at selected school in Puducherry.

Objectives Of The Study:

- To assess the level of knowledge regarding junk foods among students(11-13 years) in a selected school.
- To determine the harmful effects of junk foods among students(11-13 years)
- To associate the effectiveness of knowledge score among the students (11-13years) with their selected demographic variables.

Research Methodology: The design adopted was non experimental research design. The population of the study is eighth standard school students. The study sample was school children of age group 11-13 years. The period of data collection was one week. Totally 30 school students in a selected school was selected by convenient sampling technique. The data was gathered and analyzed by using descriptive and inferential statistical method and interpretations were made on the basis of the objectives of the study.

Result:

- 1) By using frequency and percentage wise distribution of knowledge regarding ill effects of junk foods on health among school children reveals that out of 30 students, 2(6.7%) have inadequate knowledge, 28(93.3%) have moderate knowledge and 0(0%) have adequate knowledge.
- 2) The findings reveal that their mean and standard deviation values are 14.6 and 2.66 respectively.
- 3) By using association of knowledge regarding ill effects of junk food on health among school children with their selected demographic variables shows that statistically significant association with religion, junk food as breakfast, check nutritive value, aware of chemical present and amount spent for junk food per week. There was no association between demographic variables such as age of the child, gender, reason for junk food consumption, favorite junk food and frequency of junk food per week.

Recommendations

Based on findings of the present study, the following recommendations have been made,

- A study could be conducted with larger size.
- A similar study could be performed for a longer duration.
- This study could also be conducted as a comparative study using post experimental test.
- The study can be done as a quasi-experimental design.

INTRODUCTION

"We are living in a world today where lemonade is made from artificial flavors and furniture polish is made from real lemons"

-Alfresh E Newman

Food is an integral 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 or pleasure.

The most common fast foods available in India are burgers, pizzas, wraps and rolls, mini-meals, chips, samosa, paobhaji, panipoori, pakodas, Chinese food like gobimanchoori, noodles, Beverages like soft drinks, coffee, shakes etc. In India alone the fast food industry is growing by 40% a year. Eating at home remains very much ingrained in Indian culture and changes in eating habits are very slow moving with barriers to eating out entrenched in certain sectors of Indian Society. The growth in nuclear families, particularly in urban India, exposure to global media and Western cuisine and an increasing number of women joining the work face have had an impact on eating out trends. Adolescent is the age group of enjoyment with friends especially in fast food corners.

Fast food is kind of addictive; you get hooked on to it and continue consuming it in an uncontrolled way in spite of knowing that it is unhealthy. The more you consume, the more difficult it is for you to opt for healthy foods.

According to the Massachusetts Medical Society Committee on Nutrition, fast food is especially high in fat content, and studies have found associations between fast food intake and increased body mass index (BMI) and weight gain. Fast food comprises a growing portion of food eaten outside the home. In 1953, fast food accounted for 4% of total sales of food outside the home; by 1997, it accounted for 34%. As a percentage of discretionary food expenditure, fast food doubled from 20% in the 1970s to 40% by 1995. Finally, as a percentage of total energy intake, fast food quintupled from 2% in the 1970s to 10% in 1995. One-third of US adults report having eaten at a fast food outlet on any given day; 7% of Americans eat at a fast food restaurant daily.

Statement Of The Problem:

A study to assess the knowledge on ill effect of junk foods on health among the school students in a selected school in Puducherry.

Objectives:

- To assess the level of knowledge regarding junk food among students (11-13 years) in a selected school.
- To determine the harmful effect of junk food among the students (11-13 years) in a selected school.
- To associate the effectiveness of knowledge score among students (11-13 years) with their selected demographic variables.

Operational Definition:**Assess:**

Evaluate or estimate the nature, ability or quality of something.

Effectiveness: It is the capability of producing a desired result or the ability to produce the desired output.

Junk Food: It is a perforative term for food containing high level of calories from sugar, or fats with little fibre, protein, vitamins or minerals. Junk food can also refers to high protein foods like meat prepared with saturated fat.

Knowledge: It is a familiarity, awareness or understanding of someone or something, such as fact, information, description, or skills, which is acquired through experience or education with perceiving, discovering or learning.

School: It is an institution designed to provide learning spaces and learning environment for the teaching of students under the direction of teacher.

Children: A young human being below the age of puberty.

Hypothesis:

H1: There will be a significant association between the demographic variables and the knowledge score related to ill effects of junk foods.

Assumption:

- The child may have in-adequate knowledge about ill effects of junk foods.
- Structured education program on ill effects of junk food will help to improve the knowledge among the school students.

Limitations:**The Study Limited To:**

- The sample size was limited to 30 school children.
- The study was limited to one week of time period.

METHODOLOGY**Research Approach:**

A quantitative research approach was used for this study

Research Design:

A descriptive study research design was adopted for this study.

Variables Of The Study:

Independent variable: It includes the factors influencing the age, gender and socio-economic status.

Dependent variable: knowledge among school children regarding ill effects of junk foods.



Population: The target population for the study includes eight standard student at particular school, at Puducherry.

Sample: Study Sample consist of eighth standard children of (11-13 years) at Puducherry who met inclusion criteria.

Sampling Technique: Convenience sampling technique was used in this study.

Sample Size: Sample size for the study consists of 30 children.

Inclusion criteria:

- * Children with the age group of 11-13 years
- * Children who are available during the period of data collection.
- * Children who are all willing to participate.

Exclusion criteria:

- * Children with the age group of below 11years and above 13 years
- * Children who are not willing.

Description Of Tool:

Section A:Demographic Data

It consist of demographic characters i.e., age of the child, sex of the child, religion of the child, junk food as breakfast, checking nutritive value, awareness about chemical present, amount spent per week, reason for consumption of junk foods, favorite junk foods and frequency of consumption per week

SECTION B: Structured open ended question related to ill effects of junk food.

Structured open ended questionnaire was used to assess the knowledge regarding ill effects of junk foods on health among school children in selected school in Puducherry.

Score Interpretation:

Score Interetation Of Knowledge:

LEVEL OF KNOWLEDGE	RANGE
Inadequate knowledge	1-10 marks
Moderate knowledge	11-20 marks
adequate knowledge	21-30 marks

Data Collection Procedure

Research proposal was approved by ethical committee, RNPC. The study was carried out in selected school in puducherry. The permission was obtained from the Head of the department.

The purpose of the study was explained to each study subject and oral consent was obtained. Assurance was given to the study subject that anonymity of each individual would be maintained. Questionnaire techniques were used to collect the data. The question regarding knowledge about ill effects of junk foods on health were given and answers were marked in the questionnaire. The test lasted for nearly 1-1:30 hours. The knowledge regarding ill effects of junk food on health is given through video and charts.

Validity:

Validity is the essential characteristics of the entities, procedures or devices actually to measure the dimensions that they meant to measure. The contents of the tool were evaluated by five experts from Child Health Nursing Department. A criterion rating scale for validation of the tool was developed, experts were asked to give opinion and suggestion about the content of the tool; modification was made as per the experts opinion. This modification was incorporated in the final preparation of the tool.

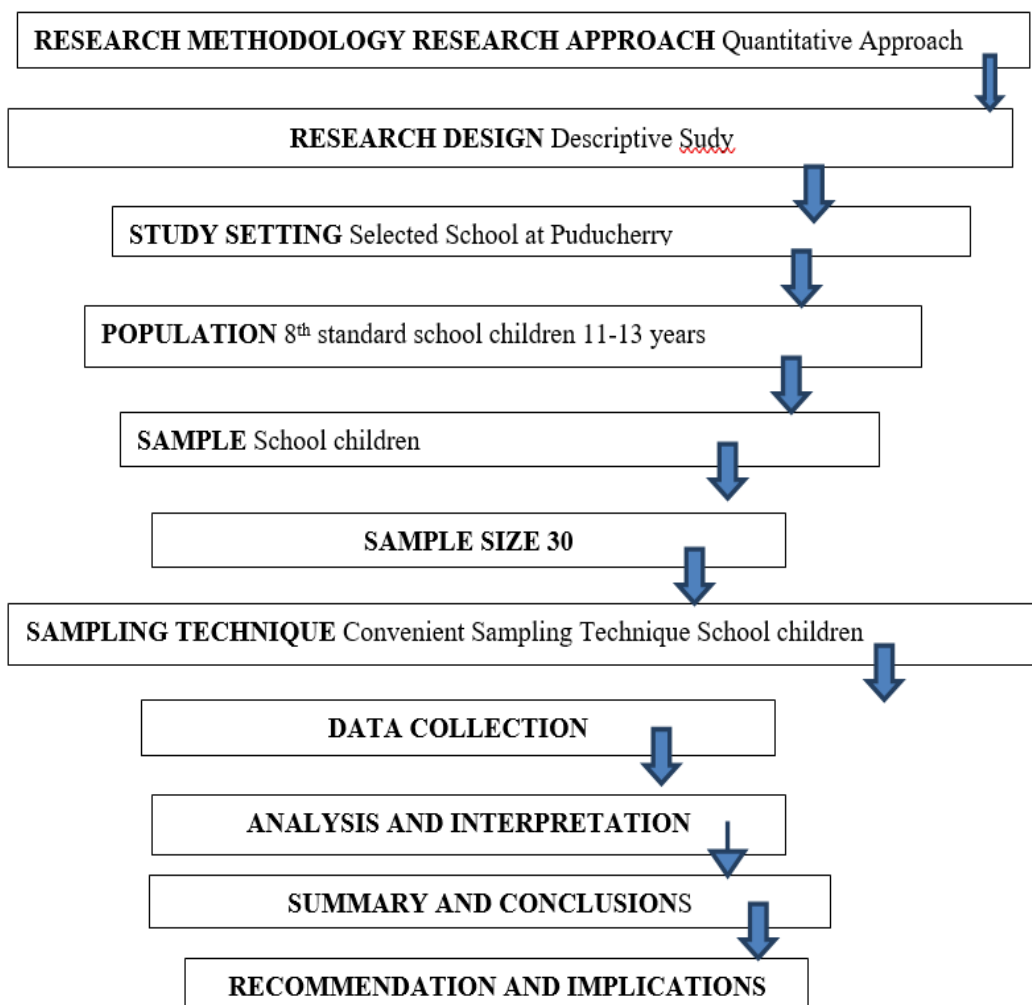
Reliability:

The reliability of the tool was established by using split half method ($r=0.8$). It shows that the tool is reliable for main study

Plan For Data Analysis:

The data obtained was analyzed in terms of the objective of the study using descriptive and inferential statistics. The plan of data analysis was as follows.

S.NO	Data analysis	Methods	Remarks
1.	Descriptive statistics	Frequency, percentage mean, standard	To describe the demographic variables, to assess the knowledge on ill effects of junk food among school going children.
2.	Inferential statistics	Chi square test	Analyzing the association between knowledge score on selected demographic variables



DISCUSSION, SUMMARY AND CONCLUSION

Discussion:

The aim of the present study was to assess the knowledge regarding ill effects of junk foods on health among school children in selected school in Puducherry.

A total number of 30 children were selected for this study. The knowledge was assessed using structured questionnaire.

The first objective of the study was to assess the level of knowledge regarding junk food among students (11-13 years) in a selected school.

It reveals that out of 30 students, 28(93.3%) have moderate knowledge, 2(6.7%) have inadequate knowledge and 0(0%) have adequate knowledge.

From the present study result that 53.3% are male students who are eating junk foods frequently.

The present study was supported by the literature, **Flower et.,al.,(2025)** had conducted a descriptive study on assessing the level of knowledge of children regarding ill effects of junk foods consumption. A random sample of 60 children with habit of eating junk food from a urban area of mid western school district were assessed by the school nurse, which assesses the level of knowledge. Only 38% passed the assessment tool. Result suggest that the most of children are selected under normal level should supervise elementary.

The second objective of the study was to determine the harmful effect of junk food among the students(11-13 years) in a selected school.

It reveals that out of 30 students, 28(93.3%) have moderate knowledge, 2(6.7%) have inadequate knowledge and 0(0%) have adequate knowledge.

It states that their mean and standard deviation were 14.6 and 2.66 respectively.

Hence the present study revealed that the knowledge was inadequate and moderately adequate among the school children in a selected school.

Thus the research hypothesis, there will be a significant association between the demographic variables and the knowledge score related to ill effects of junk foods is accepted.

The third objective of the study was to associate the effectiveness of knowledge score among students(11-13years) with their selected variables.

Table IV reveals that chi-square test done was statistically significant associated with religion, amount spent for junk food consumption, check nutritive value, aware of chemical present in junk foods and alternative for breakfast. There was no significance between the demographic variables such as age of the child, gender, reason for consumption, favorite junk food and frequency of consumption.

The significant of religion when compared to muslims and Christians, Hindus were take more junk foods often.

Summary:

This study deals with summary of the study and major findings of the study. The present study was conducted with view to assess the knowledge regarding ill effects of junk foods on health among school students in a selected school in Puducherry.

Major Findings Of The Study:

The analysis of the data were organized and presented under following aspect.

- 1) By using the frequency and percentage wise distribution of knowledge regarding ill effects of junk food on health among school children reveals that out of 30 students, 2(6.7%) have inadequate knowledge, 28(93.3%) have moderate knowledge and 0(0%) have adequate knowledge.
- 2) The findings reveals that their mean and standard deviation values are 14.6 and 2.66 respectively.
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Conclusion

This study assessed the knowledge of school students in Puducherry regarding the ill effects of junk foods. Findings revealed that many students lack awareness about health risks like obesity, memory loss and poor concentration associated with junk food consumption. The result suggests implementing educational interventions and awareness programs in school to improve students knowledge and promote healthier eating habits.

NURSING IMPLICATIONS, LIMITATIONS AND RECOMMENDATIONS

Nursing Implications:

The present study can help the nurses to enrich their practice, skills and knowledge of ill effects of junk foods among school children. The study may help the nurse to provide effective knowledge regarding ill effects of junk foods on health to school students.

Nursing Practice:

The expanded role of the professional nurse emphasizes the activities which promote health and preventive behavior among people. Since junk foods are creating serious issues among school children, so every nurse should make use of these results to update their knowledge and make use of every opportunity to improve their knowledge.

Nursing Education:

One of the leading function of the nurse is imparting education. Nursing students can achieve knowledge regarding the ill effects of junk foods and school students. Thereby they can help the school children to get rid of the problem by explaining the supportive therapies for ill effects of junk foods.

Nursing Research:

The investigators need a lot of review materials and one may lead to obtained by using the study report. Various methods may be used to strengthen the knowledge of the people by the researchers, which should be published for the benefits of those who are not able to participate in these studies.

Nursing Administrations:

It is the duty of health administration, to make education department aware of existing health problems. Public should made aware of the problem and promotion of such health behavior can be done through media, newspaper, television, magazines etc. administrative support should be provided to activities.

Limitations:

This study was limited to nursing assessment of school students only.



Recommendations

Based on findings of the present study, the following recommendations have been made,

- * A study could be conducted with larger size.
- * Similar study could be performed for a longer duration.
- * This study could also be conducted as a comparative study using pre and post experimental study method.
- * The study can be done as a quasi-design.

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DEMOGRAPHIC VARIABLES

NAME OF THE STUDENT:

SAMPLE NO. :

NAME OF THE SCHOOL:

DATE:

STANDARD AND SECTION :

1. Age in years

a) 11 years

b) 12 years

c) 13 years



2. Gender

- a) Male
- b) Female
- c) Others

3. Religion

- a) Hindu
- b) Muslim
- c) Christian
- d) Others

4. Do you take junk food as an alternate to breakfast?

- a) Yes
- b) No

Do you check the nutritive fact label in the junk food?

- a) Yes
- b) No

6. Are you aware about the chemical present in the junk foods?

- a) Yes
- b) No

How much amount do you spent on junk food consumption for a week?

- a) Below 200
- b) Rs.200-500
- c) Above 500

8. What is the reason for junk food consumption?

- a) Taste
- b) Time pass
- c) Changing lifestyle
- d) Influence of advertisements

9. What is your favorite junk foods?



a) Fast foods

b) Snacks

c) Candies

d) Soft drinks

10. How many times do you eat junk food an average per week?

a) Once a week

b) Thrice a week

c) Twice a week

d) More than three times

Structured Questionnaires

Fast foods are otherwise known as

a) Junk foods

b) Healthy foods

c) Addictive foods

d) Both a and c

Why you are consuming junk foods?

a) Taste

b) Time pass

c) Colorful

d) Both a and c

Which junk food causes depression?

a) Alcohol

b) Panipoori

c) Parotta

d) All the above

Which is not the fast foods?

a) Salted foods

b) Fried foods



c) Carbonated beverages

d) Fruit juices

Which foods reduces depression?

a) Alcohol

b) Samosa

c) Vegetables and fruits

d) None of the above

Which junk foods boosts carving?

a) Pizza

b) Chips and lays

c) Burger

d) All the above

Consumption of trans fat and saturaced ode is it for

a) Fever

b) Cold

c) Depression

d) Coma

Junk foods have

a) Low nutritional value

b) Rich nutritional value

c) Hygienic and digestible

d) Healthy for all

Which can accumulate in your body causing obesity?

a) Sugar and fat

b) Vitamins

c) Minerals

d) Proteins

A diet rich in sodium is also dangerous for people with



- a) High blood pressure
- b) Low blood pressure
- c) High blood glucose level
- d) Low blood glucose level

Fast foods fall into these categories?

- a) High in saturated fat
- b) High in sodium
- c) High in carbohydrate
- d) All the above

Which fast foods cause the over weight gain?

- a) French fries
- b) Fruit salad
- c) Vegetable salad
- d) Sprouted pulses

Which acid can cause erosion of teeth enamel that present in sof drinks?

- a) Citric acid
- b) Lactic acid
- c) Phosphoric acid
- d) Both a and c

What type of food can easily stick in between the teeth?

- a) Pizza, potato chips and white bread
- b) Apple juices
- c) Milk
- d) Grape juices

Eating excess of junk foods may leads to?

- a) Sleep disturbances
- b) Boosts appetite
- c) Both a and b



d) None of the above

Over eating of parota may leads to

a) Constipation

b) Obesity

c) Diarrhea

d) All the above

Junk foods eating may cause

a) Heart diseases

b) Digestive problems

c) Skin problems

d) All the above

Digestive problems of junk foods

a) Indigestion

b) Easy digestion

c) Ulcer

d) Both a and c

Increased cholesterol in junk food may leads to what skin diseases

a) Acne and allergy

b) Psoriasis

c) Redness of the skin

d) None of the above

Maintaining healthy life style includes

a) Not smoking

b) Avoid alcoholism

c) Avoiding junk foods

d) All the above

What will happen due to consumption of junk foods



- a) Lack of sleep
- b) Lack of appetite
- c) Fever severe
- d) Cold

How to stop the junk food craving

- a) Drink water, eat more proteins,
- b) Plan for your meal, get enough sleep
- c) Avoid getting extremely hungry
- d) All the above

Why people are easily addicted to the junk foods

- a) Tasty
- b) Easy to buy
- c) Low or affordable price
- d) All the above

Mr. X take a junk food for prolonged time, now he have symptoms like insomnia, anxiety, guilt, loneliness, sleeplessness, loss of appetite, this condition is called as

- a) Respiratory infection
- b) Depression
- c) Diarrhea
- d) Fever

What are the causes of shortness of breadth

- a) Obesity
- b) Over eating
- c) Weak
- d) All the above

What are the harmful effects that affects the respiratory system after eating junk foods

- a) Shortness of breath
- b) Leg pain
- c) Headache



d) Fever

What are the complication of getting obese

- a) Brain disease
- b) Mental disorders
- c) Heart diseases
- d) All the above

Heart disease occur due to

- a) High cholesterol
- b) Obesity
- c) High sodium
- d) All the above

Junk foods is deficient in

- a) Sodium
- b) Carbohydrates
- c) Vitamins and minerals
- d) Fats

Weight gain may leads to

- a) Inferiority complex
- b) Superiority complex
- c) Happy life
- d) Both a and c.