Effectiveness of structured teaching program on knowledge regarding fast food and its hazards among adolescents at selected school, villupuram district.

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**ABSTRACT**

**Aim:**  to assess the effectiveness of structured teaching program on knowledge regarding fast food and its hazards among adolescents at selected school, villupuram district. **Objectives: (i) t**o assess the pre and post test level of knowledge regarding fast food and its hazards among adolescents.(ii) to assess the effectiveness of structured teaching program on level of knowledge regarding fast food and its hazards among adolescents.(iii) To find out the association between post test level of knowledge regarding fast food and its hazards among adolescents with their selected demographic variables. **Methods & Materials:** Pre-experimental design one group pre-test and post-test is adopted. 50, adolescents from 8th and 9th standard were selected by using convenient sampling techniqueat Tagore Matriculation Higher Secondary School at Tindivanam, Villupuram district.The data were collected using demographic variables and structured knowledge questionnaire. After the pretest, structured teaching programme was administered and reinforcement was given for 7 days. After7days, the post test was conducted by using same structured questionnaire. The data collected was analyzed using both descriptive and inferential statistics. **Results:** Pre test mean score was 10.2 with the standard deviation of 2.55 and post test mean score of 15.16 with the standard deviation of 2.68. and the paired ‘t’ value is 18.036 is significant. **Conclusion:** The study concluded that with the result of paired ‘t’ test value 18.036 is significant that indicted the effect of structured teaching programme improved the knowledge level regarding fast food and its hazards among adolescents. The structured teaching programme helps to create awareness among the adolescents.

**Key Words:** Fast food hazards, Adolescents

**I INTRODUCTION**

Good nutrition is very essential for development of children both physically and mentally. Children must know what they eat; it affects their growth and behavior. Changes in our society have intensified the need for food skills, to the extent that they need to become part of the child’s basic education for good health and survival. Most people have forgotten that the primary reason for eating is nourishment. In many ways, our culture is structured to foster poor eating habits. Television commercials and supermarkets are propagating a wide variety of enticing fast foods, attractively packaged and often tagged with tempting offers.

Diet plays an important role both in maintenance of health and prevention of several chronic diseases, including obesity, coronary heart disease, and certain types of cancer, stroke, and type 2 diabetes. Obtaining various nutrients the body need’s for its normal functioning depends on the quality and quantity of food one eats. One has to choose healthy foods rich in nutrients. In recent years consumption of “Fast foods” has increased in many western countries as well as in urban population of developing countries like India. In many houses one can find factory-made foil-wrapped cheese, blended butter, ice cream packs, pastries and other so called “fast foods”. High consumption of these Fast foods leads to many health hazards. To help prevent diet-related chronic diseases, the investigator has proposed that healthy eating behaviors should be established in childhood and maintained during adolescence.

The effects of fast food include nutritional deficiencies, obesity, increased cholesterol levels, cardiac problems and many other threatening health hazards. Most of these quick and convenient meals contain high amount of sodium, which increases and aggravates the risks of high blood pressure. According to the recommendations of the National Research Council of the National Academy of Sciences 1,200 – 1,500 mg of sodium is the daily sodium requirement for adults. Although the body requires minimum quantities of sodium, too much sodium contributes to high blood pressure. Sodium can also lead to building-up of fluids in case of people who are suffering from people with congestive heart failure, cirrhosis, or kidney disease

Adolescence is a fascinating period of life that makes the transition from being a dependent child to independently functioning adult. The present scenario flashes light on many adult diseases, have their roots in childhood and adolescence. This is due to lack of knowledge and awareness regarding faulty food habits. The above facts reveal that there is an urgent need to educate the adolescents regarding health hazards of junk food. Hence the investigator felt the need to provide knowledge regarding health hazards of junk food among adolescents.

Though many studies are conducted in the field of harmful effects of fast foods on health, the researcher could not find any valid study to assess the effectiveness of structured teaching programme on knowledge of adolescents regarding the harmful effects of fast food on health. Hence the researcher felt the need for a study to find the effectiveness of structured teaching programme on knowledge regarding the harmful effects of fast food on health among school children at Villupuram district.

**II STATEMENT OF THE PROBLEM**

 A study to assess the effectiveness of structured teaching program on knowledge regarding fast food and its hazards among adolescents at selected school, villupuram district.

**III OBJECTIVES**

* To assess the pre and post test level of knowledge regarding fast food and its hazards among adolescents.
* To assess the effectiveness of structured teaching program on level of knowledge regarding fast food and its hazards among adolescents.
* To find out the association between post test level of knowledge regarding fast food and its hazards among adolescents with their selected demographic variables.

**IV HYPOTHESIS**

 H1-There will be significant difference between the pre-test and post test level of knowledge regarding fast food and its hazards among adolescents.

H2- There will be a significant association between the post test level of knowledge regarding fast food and its hazards among adolescents with the selected socio demographic variables.

**V METHODS AND MATERIALS**

Pre-experimental design one group pre-test and post-test is adopted. 50, adolescents from 8th and 9th standard were selected by using convenient sampling techniqueat Tagore Matriculation Higher Secondary School at Tindivanam, Villupuram district.The data were collected using demographic variables and structured knowledge questionnaire. After the pretest, structured teaching programme was administered and reinforcement was given for 7 days. After7days, the post test was conducted by using same structured questionnaire. The data collected was analyzed using both descriptive and inferential statistics.

**VI RESULTS**

**Table 1:** pre and post test level of knowledge on fast food and its hazards among school children’s

**N=50**

|  |  |  |
| --- | --- | --- |
| **Level of knowledge** | **Pre- test** | **Post-test** |
| **N** | **N%** | **N** | **N%** |
| Adequate Knowledge | **2** | **4%** | **29** | **58%** |
| Moderate Knowledge | **7** | **14%** | **17** | **34%** |
| Inadequate Knowledge | **31** | **62%** | **4** | **8%** |

 The above table shows that, during pre test 4 % of them had adequate knowledge, 14 % of them had moderately adequate knowledge and 62% of them had inadequate knowledge. In Post test 58% of school children’s had adequate knowledge and 34% of school children’s had moderately adequate knowledge and 8% had inadequate knowledge.

**Table 2:** effectiveness of structured teaching program on level of knowledge regarding fast food and its hazards among adolescents

 **N=50**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Observation** | **Mean** | **Sd** | **Mean difference** | **Standard error** | **T value** |
| **Pre-test** | **10.2** | **2.55** | 4.96 | 0.275 | 18.036\*S (P=0.00001) |
| **Post- test** | **15.16** | **2.68** |

**\*significant at P<0.05**

The above table shows that, pretest mean score was 10.2 with the standard deviation of 2.55 and post test mean score of 15.16 with the standard deviation of 2.68. and the paired ‘t’ value is 18.036 is significant which indicates there is improvement on level of knowledge regarding fast food and its hazards among adolescents.

**Table 3** association between knowledge on fast food and its hazards among adolescents with their selected demographic variables.

**n=50**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  **S.NO** | **DEMOGRAPHIC VARIABLES** | **D.f** | **TABLE VALUE** | **CHI-SQUARE** | **Level of significant** |
| 1. | Age  | 6 | 2.45 | 2.69 | No association |
| 2. | Sex | 4 | 2.78 | 6.72 | No association |
| 3. | Religion | 6 | 2.45 | 5.79 | No association |
| 4. | Fathers Education | 6 | 2.45 | 6.70 | No association |
| 5. | Fathers Occupation | 6 | 2.45 | 8.34 | No association |
| 6. | Mothers Education | 6 | 2.45 | 20.85 | No association |
| 7. | Mothers Occupation | 6 | 2.45 | 7.06 | No association |
| 8. | Family Monthly Income | 6 | 2.45 | 5.77 | No association |
| 9. | Type of Family | 6 | 2.45 | 2.15 | No association |
| 10. | Area of Living | 4 | 2.78 | 2.73 | No association |
| 11. | Type of food habit | 4 | 2.78 | 5.38 | No association |
| 12. | Consumption of fast food per month | 6 | 2.45 | 4.44 | No association |
| 13. | Previous information about fast food | 2 | 4.30 | 0.66 | No association |
| 14. | Source of information | 6 | 2.45 | 7.63 | No association |

The above table shows that, there is no significant association between knowledge on fast food hazards among adolescent with their selected socio demographic variable.

**VII DISCUSSION**

**The first objective of the study is to assess the pre-test and post test level of knowledge about fast food and its hazards among adolescents at Tindivanam, Villupuram**.

The findings reveals that out of pre- test 50(100%) of adolescents 2 (4%) of having adequate knowledge, 7(14%) of having moderate knowledge, and 31(62%) of having inadequate knowledge and post test 50(100%) of adolescents 29(58%) of having adequate knowledge, 17(34%) of having moderate knowledge and 4(8%) of having inadequate knowledge.

**The second objective of the study is to assess the effectiveness of structured teaching programme on level of knowledge regarding fast food and its hazards among adolescents.**

Pre test mean score was 10.2 with the standard deviation of 2.55 and post test mean score of 15.16 with the standard deviation of 2.68. and the paired ‘t’ value is 18.036 is significant which indicates there is improvement on level of knowledge regarding fast food and its hazards among adolescents. **Hence hypothesis H1 is accepted.**

**The third objective of the study is to find out association between post test level of knowledge regarding fast food and its hazards among adolescents with their selected demographic variables.**

There is no significant association between knowledge on fast food hazards among adolescent with their selected socio demographic variable. **Hence Hypothesis H2 is Rejected**

**VIII CONCLUSION**

The study concluded that with the result of paired ‘t’ test value 18.036 is significant that indicted the effect of structured teaching programme improved the knowledge level regarding fast food and its hazards among adolescents. The structured teaching programme helps to create awareness among the adolescents. It helps the adolescents to know about the hazards of fast and motivates them to take healthy foods which helps to improve their health status.

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