

**A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE ON ILL
EFFECTS OF JUNK FOOD AMONG UNDERGRADUATE STUDENTS AT
SELECTED COLLEGE IN BANGALORE.**



SMT. NAGARATHNAMMA COLLEGE OF NURSING

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BY

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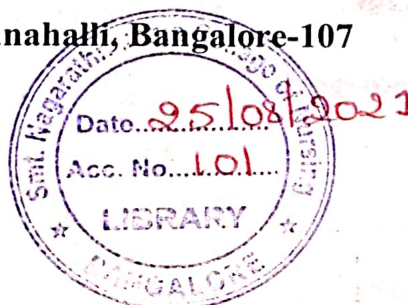
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ABSTRACT

Title : “A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE ON ILL EFFECTS OF JUNK FOOD AMONG UNDERGRADUATE STUDENTS AT VAGDEVI COLLEGE, BANGALORE.”

Background : Eating junk food on a regular basis can lead to an increased risk of obesity and chronic diseases like cardiovascular disease, type 2 diabetes, non-alcoholic fatty liver disease and some cancers. A study conducted among students showed that the increasing use of preservatives and flavouring agents has the potential to cause health problem among the people. However, there are no published studies from India exploring the awareness, safety perception, & practices about Food Preservatives (FPs) and Flavouring Agents (FAs). So this study was conducted with the objectives of assessing the awareness, safety perceptions & practices about Food Preservatives (FPs), Flavouring Agents (FAs) used in most junk foods. Also, it was found that 23% of the student meals come from fast foods and about 50% of the students reported that they ate atleast 3 fast food meals in a week. The problem, therefore is that eating junk food in excess could lead to serious health issues in future.

Aim: However, it is found that college students consume junk food but do not fully understand the implications on health. This study is aimed at addressing the lack of knowledge that the undergraduate students have concerning junk food and its ill effects.

Objective: The objective of this study is to assess the knowledge on ill effects of junk food among undergraduate students.

Method: Descriptive survey approach was used to collect data from 60 subjects, selected by purposive sampling technique.

Result: The data was collected by administering a modified self-administered questionnaire from a sample of 60 undergraduate students. The study reveals that the majority of subjects 31 (51.7%) belong to the age group of >18 years, in which majority 70% were female, 48% were Hindu and majority 67% of subjects were at secondary level of education. Over 50% of the respondents mothers were housewives. The total number of questions were 25, out of which mean score percentage was 56.4% which indicates the students have moderate knowledge regarding junk food and its ill effects.

Conclusion: Undergraduate students require healthy diets to maintain good health. It is therefore a necessity to determine their knowledge so that if inadequate, a practical guidance may be given to them so as to prevent disease and illness.

(keywords: junk food, ill effects, disease, undergraduate students)

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