

A STUDY TO ASSESS THE KNOWLEDGE REGARDING THE IMPACT OF SKIPPING THE MORNING MEAL AMONG A GROUP OF STUDENTS IN SELECTED NURSING COLLEGE OF DEHRADUN, UTTARAKHAND WITH A VIEW TO DEVELOP A PAMPHLET.

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ABSTRACT

Introduction : Skipping the morning meal refers to the omission of breakfast, the first meal consumed after an overnight fast. Skipping the morning meal is a common practice among students due to busy schedules, lifestyle changes, and personal habits. Regular breakfast consumption is essential for providing energy, maintaining nutritional status, and supporting physical and mental well-being. Skipping breakfast may negatively affect concentration, academic performance, and overall health. Therefore, it is important to understand the impact of morning meal skipping on students' health and daily functioning.

Methodology : Quantitative research approach with Descriptive research design was used in the study. The study was conducted in the Uttaranchal (P.G.) College of Bio-Medical Sciences & Hospital nursing college of Dehradun, Uttarakhand

Result : A total of 100 students participated in the study to assess their knowledge regarding the impact of skipping the morning meal. The findings revealed that the majority of students (58%) had moderate knowledge, while 39% demonstrated adequate knowledge and only 3% had inadequate knowledge. Statistical analysis showed significant associations between nutritional status and age ($p = 0.001$), medical condition ($p = 0.00001$), family type ($p = 0.001$), and distance from the college ($p = 0.037$). However, no significant associations were found between nutritional status and gender, place of residence, family income, breakfast-skipping habits, reasons for skipping breakfast, or previous nutrition-related information ($p > 0.05$). These findings indicate that while most students possessed a moderate level of knowledge regarding the impact of skipping the morning meal, certain demographic and health-related factors were significantly associated with their nutritional status.

Conclusion : The study concluded that the majority of students possessed a moderate level of knowledge regarding the impact of skipping the morning meal, while a smaller proportion demonstrated adequate knowledge and very few had inadequate knowledge. Significant associations were observed between nutritional status and factors such as age, medical condition, family type, and distance from the college.

However, no significant associations were found with gender, place of residence, family income, breakfast-skipping habits, reasons for skipping breakfast, or previous nutrition-related information. The findings highlight the need for targeted nutrition education programs to enhance students' awareness of the importance of regular morning meal consumption and its role in maintaining overall health and nutritional well-being.

Keywords : Impact, Skipping morning meal, Morning meal, Health outcomes.

Introduction : The morning meal (breakfast) is the first meal of the day consumed after overnight fasting. Breakfast is the first meal of the day consumed after the overnight fast. When a person does not eat morning meal, it is called breakfast skipping or skipping the morning meal¹. Breakfast is the first eating occasion after waking that breaks the overnight fasting period, and omission of this meal is referred to as breakfast skipping². Breakfast is considered the first meal of the day that breaks the overnight fast and provides energy for daily activities³. It is considered the most important meal because morning meal supplies the body with the energy and nutrients for daily physical and mental activities. Skipping morning meal means not eating breakfast after waking up and has become a common habit among students, especially nursing students, due to their busy schedules, early clinical duties, and poor dietary habits. A balanced breakfast supplies carbohydrates, proteins, vitamins, and minerals that help to maintain energy, concentration, memory, and overall nutritional status. Regular breakfast consumption also improves academic performance, regulates appetite, and prevents overeating later in the day. However, skipping morning meal leads to fatigue, weakness, dizziness, poor concentration, irritability, and unhealthy eating habits. It also increases the risk of obesity, iron deficiency anemia, gastritis, type 2 diabetic mellitus.

Problem statement:

A study to assess the knowledge regarding the impact of skipping the morning meal among a group of students in selected Nursing college of Dehradun, Uttarakhand with a view to develop a pamphlet.

Objectives:

1. To assess the knowledge regarding the impact of skipping the morning meal among a group of students in selected Nursing college of Dehradun.
2. To find out the association between the level of knowledge on impact of skipping the morning meal among a group of students in selected Nursing college of Dehradun and selected demographic variables.

Review of literature :

Jacob.J,Varghese.A,Jose.J,Keerthana.P,Maria.P,Reji.R,Asian Journal of Nursing Education and Research 16 (1), 25-28, (2026) A quantitative research approach with pre-experimental one group pre test post test design was employed to evaluate the effectiveness of structured teaching programme on knowledge and practice regarding breakfast skipping among 4th semester and 6th semester students of Little Lourdes College of nursing, Kidangoor. Data was collected using a structured questionnaire on knowledge and practice regarding breakfast skipping. The results revealed that the mean pretest score was 10.823 and post test score was 18, also, the mean pretest test practice score was 7.85 and in post test it was 9.5. The significant mean difference indicates that structured teaching programme was effective in enhancing the knowledge and practice regarding breakfast skipping. There was association between knowledge and age, as well as with previous knowledge. Also there was an association between practice and fasting habit.

Methodology : This study was conducted using a quantitative research approach with a descriptive research design, to assess the knowledge regarding the impact of skipping the morning meal among nursing students. The study was carried out in the at Uttaranchal (P.G.) College of Bio-Medical Sciences & Hospital Dehradun, Uttarakhand, .The target population of the study were nursing students. A sample of 100 nursing students were selected using a non-probability convenience sampling technique based on the inclusion criteria. The collected data was analyzed to determine the level of knowledge among nursing students regarding the impact of skipping the morning meal.

Result :

Objective 1 :To assess the knowledge regarding the impact of skipping the morning meal among a group of students in selected Nursing college of Dehradun.

Table 1 shows that among 100 nursing students, 58 (58%) had moderate knowledge, 39 (39%) had adequate knowledge, and 3 (3%) students had inadequate knowledge regarding the impact of skipping the morning meal.

Table 1 : Finding related to Knowledge level (N=100)

Sl. No	Area wise	Score	Pre-test	
			Frequency	Percentage (%)
1	Inadequate knowledge	0-14	3	3%
2	Moderate knowledge	15-21	58	58%
3	Adequate knowledge	22-30	39	39%
Total			100	100%

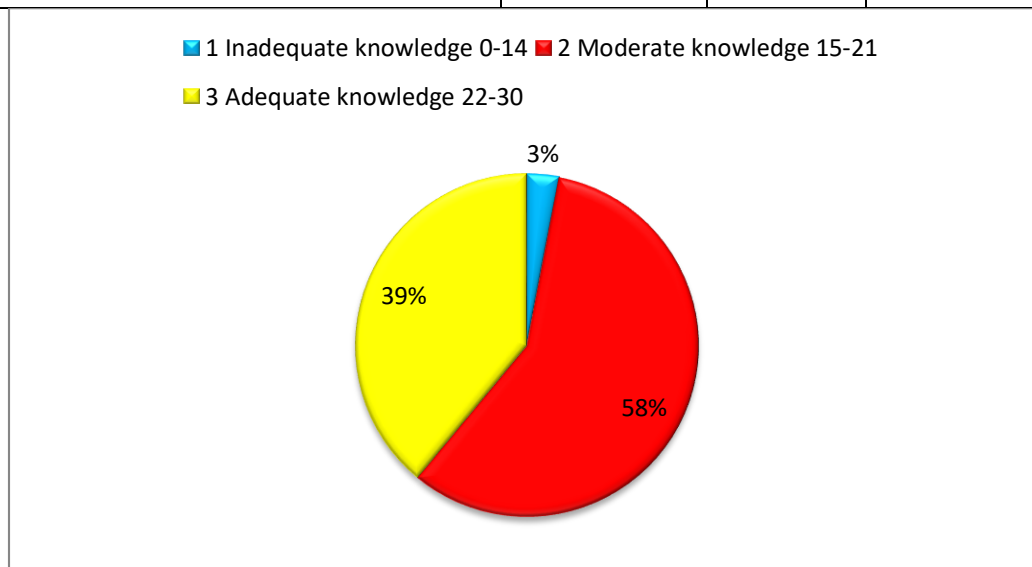


Figure-1: Findings related to level of pre-test knowledge regarding the impact of skipping the morning meal

Objectives 2: To find out the association between the level of knowledge on impact of skipping the morning meal among a group of students in selected Nursing college of Dehradun and selected demographic variables.

Variable	Inadequate	Moderate	Adequate	Chi square	Df	P Value	Inference
Age in Year							
17-18	1	1	-	31.77	6	0.001	Significant
19-20	1	19	-				
21-22	1	20	31				
Above 22	-	8	9				
Total	3	58	39				
Gender							
Male	1	13	9	0.19	2	0.91	Not Significant
Female	2	45	30				
Other	-	-	-				
Total	3	58	39				
Presence of any Medical condition							
Yes	3	4	3	27.85	2	0.0001	Significant
No	-	54	36				
Total	3	58	39				
Type of Family							
Nuclear family	3	22	29	17.78	4	0.001	Significant
Joint family	-	36	9				
Extended family	-	-	1				
Total	3	58	39				
Place of Residence							
College / Hostel	-	12	12	12.19	6	0.058	Not Significant
Paying Guest	-	10	2				
Day scholar / Living at home	2	31	25				
Living with relative	1	5	-				
Total	3	58	39				
Monthly Family Income							
Below – 10000	-	4	02	1.92	6	0.93	Not Significant
10000- 20000	-	14	7				
20000- 30000	1	14	11				
Above 30000	2	26	19				
Total	3	58	39				
Distance From College							
Less than 2 km	1	14	21	10.24	4	0.037	Significant
2km -5km	1	15	9				
More than 5km	1	29	9				
Total	3	58	39				
Habit of Skipping Morning Meal							
Regularly (Daily)	1	20	6	9.37	6	0.15	Not Significant
Frequently (3-4 week)	1	5	2				

Occasionally (1-2 time a week)	1	19	21				
Never	-	14	10				
Total	3	58	39				
Reason for skipping morning meal							
Lack of time / Waking up late	2	31	24	4.67	6	0.59	Not Significa nt
Weight loss / Dieting	1	9	4				
Non availability of preferred food	-	10	9				
Distanced Travel constraints	-	8	2				
Total	3	58	39				
Previous source of Information regarding Nutrition							
Mass Media	2	16	11	0.6314	6	0.996	Not Significa nt
Health Professional / Teacher	-	19	18				
Family/ Friends	1	19	9				
No Previous Information	-	4	1				
Total	3	58	39				

Table 2 shows the association between selected demographic variables and pretest knowledge level regarding the impact of skipping the morning meal among nursing students. The findings revealed that age ($\chi^2 = 31.77$, $p = 0.001$), presence of medical condition ($\chi^2 = 27.85$, $p = 0.00001$), type of family ($\chi^2 = 17.78$, $p = 0.001$), and distance from college ($\chi^2 = 10.24$, $p = 0.037$) showed a statistically significant association with pretest knowledge level ($p < 0.05$). However, gender ($\chi^2 = 0.19$, $p = 0.91$), place of residence ($\chi^2 = 12.19$, $p = 0.058$), monthly family income ($\chi^2 = 1.92$, $p = 0.93$), habit of skipping morning meal ($\chi^2 = 9.37$, $p = 0.15$), reasons for skipping morning meal ($\chi^2 = 4.67$, $p = 0.59$), and previous source of information regarding nutrition ($\chi^2 = 0.6314$, $p = 0.996$) showed no statistically significant association with pretest knowledge level ($p > 0.05$).

Recommendation:

- Health education programs should be conducted to increase awareness among students regarding the importance of regular breakfast consumption.
- Nursing students should be encouraged to maintain healthy dietary habits and avoid skipping the morning meal.
- Informational pamphlets, seminars, and workshops can be organized to improve knowledge regarding the harmful effects of breakfast skipping.
- Colleges and hostels should promote the availability of healthy and affordable breakfast options for students.

- Parents, teachers, and healthcare professionals should motivate students to follow regular meal patterns and balanced nutrition practices.

Conclusion:

The present study was conducted to assess the knowledge regarding the impact of skipping the morning meal among nursing students in selected nursing colleges of Dehradun, Uttarakhand. The findings revealed that skipping breakfast is common among students due to lack of time, late waking, dieting, non-availability of preferred food, and travel constraints. The study concluded that regular morning meal consumption is essential for maintaining physical health, mental well-being, concentration, and academic performance. The pretest knowledge score indicated that most nursing students had a moderate level of knowledge, highlighting the need for awareness through educational interventions like informational pamphlets.

Reference :

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(2)Gibney MJ, et al. Human Nutrition. Oxford University Press.

(3)<https://share.google/RJKBrMidFP5qQUVE8>

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