Effectiveness of Planned Teaching Program on Knowledge Regarding Harmful Effects of Junk Food among Parents

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Abstract: Junk food has a significant impact on eating habits, forcing many individuals to eat pricey, high-calorie fast food. Junk food has high amounts of cholesterol, salt and is frequently deficient in fiber, which may lead to long-term detrimental effects such as hypertension, diabetes, constipation and teeth disease. Children are more prone to the adverse consequences of bad eating habits and an imbalanced diet can lead to delayed physical, cognitive and emotional development. Thus, the aim of the study is to assess the effect of planned teaching regarding harmful effects of junk food among parents. A quantitative pre experimental one group pre-test post-test design was used. Samples were selected by Non-probability convenience sampling technique. Total 60 parents were selected. The result revealed that 21.67% had high knowledge in pre-test and there is 62.33% increment of high knowledge among parents in post-test. Significant association was found between demographic variable (Child's age, religion, types of family, monthly income, number of children in family) and the knowledge level. Therefore the study concluded that the parents have basic knowledge regarding harmful effects of junk food in children.

Keywords: Parents, Junk food, Planned teaching.

INTRODUCTION:

The world today has become accustomed to a system of food intake that has a number of negative effects on health. When we eat junk foods, a hormone (dopamine) is released in the brain which is connected to behaviors that produce pleasure. This can make us crave more junk food to feel the same way again. Junk food has a significant impact on eating habits. It has high amounts of cholesterol, salt and is frequently deficient in fiber, which may lead to long-term detrimental effects in children leading to delayed physical, cognitive and emotional development. Today many adolescents like to eat junk food but they do not know about harmful effects of junk food on their health. According to a WHO report, 40,000 throughout the world, each year, consume excessive junk food. The India's overweight rates were discovered to be expanded by 20%. Almost 19% of the overall adolescent population experiences a number of serious nutritional deficiencies. Therefore investigators have decided to undertake a study to assess the effectiveness of Planned Teaching Program on knowledge regarding harmful effects of junk foods among parents in selected area Mumbai.

OBJECTIVES

- To assess the pre-test knowledge regarding harmful effects of junk food among parents in selected area.
- To determine the difference between pre-test knowledge and post-test knowledge regarding harmful effects of junk food.

METHODOLOGY

The research approach adopted in this study is quantitative approach.The design was a pre-experimental one group pre-test post- test research design. In this study the sample size is 60 parents having children of age 4-18 years.

Table 1: Pre-test and Post-test knowledge scores of main study.

KNOWLEDGE SCORES	MEAN	STANDARD DEVIATION	't' CALCULATED	't' TABLE VALUE	'p' VALUE
Pre-test	12.08	0.026	-15.07	-2	0.05
Post-test	15.73	0.026			

Table 2: Association of demographical variables with pre-test knowledge scores.

SR. NO.	DEMOGRAPHICAL VARIABLES	KNOWLEDGE LEVEL			CHI-SQUARE (Calculated value)	CHI-SQUARE (Tabulated value)	'p' VALUE
		HIGH	AVERAGE	LOW			
1.	**Father's age (years)**				1.51	5.99	0.05
	(A) 18-30	5	11	4			
	(B) >30	8	24	8			
2.	**Mother's age (years)**				0.11	5.99	0.05
	(A) 18-30	4	11	4			
	(B) >30	9	24	8			
3.	**Child's age (years)**				13.23	9.49	0.05
	(A) 4-6 years	6	15	4			
	(B) 7-12 years	5	12	6			
	(C) 13-18 years	2	8	2			
4.	**Religion**				134.16	12.29	0.05
	(A) Hindu	12	32	10			
	(B) Christian		3				
	(C) Muslim	1		1			
	(D) Others			1			
5.	**Types of family**				192.99	9.49	0.05
	(A) Joint	8	13	4			
	(B) Nuclear	4	22	7			
	(C) Single parent	1		1			
6.	**Monthly income in rupees**				59.49	12.59	0.05
	(A) <5000	4	9	1			
	(B) 5000-10000	5	9	4			
	(C) 10000-15000	3	11	6			
	(D) >15000	1	6	1			
7.	**Number of children in family**				58.80	9.24	0.05
	(A) One	8	17	2			
	(B) Two	2	7	6			
	(C) >= three	3	11	4			

RESULTS:

Findings related to knowledge level of harmful effects of junk food among parents were assessed by paired t-test. Where parents' knowledge level before planned teaching was 21.67% high, 58.33% average and 20% low knowledge level and after planned teaching was 80% high, 13.33% average and 6.67% low knowledge level. The calculated value(-15.07) was comparatively less than the table value(-2) which indicates that there is a significant difference between pre-test and post-test knowledge scores among parents regarding harmful effects of junk food.

CONCLUSION

We conducted a study with the aim to assess the effectiveness of planned teaching on knowledge regarding junk food among parents by a self-structured questionnaire.
The results of the study reveal that the parents have basic knowledge regarding junk food. However, there is difference in pre-test and post-test knowledge among parents with the effectiveness of planned teaching.

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