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## Counselling on health problems in adolescents

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### Abstract

Adolescence is a sensitive period throughout the life span. Multiple changes including rapid growth, body shape, social, physiological, psychological and economic aspects, are occurred during the adolescence. Development of personality and lifestyle patterns, including attitudes and behaviours regarding eating takes place at this stage. Adolescents eating behaviours are easily affected by several factors such as parents and peers habits; social relations and school environments. Availability of fast food in schools is another factor that increases its consumption by adolescence. Advertising and marketing by media encourage fast food intake as well. Convenience, taste, delivery services and large portion size of fast food are important factors that have a direct impact on purchasing decision and consumption among adolescence.

**Keywords:** Counselling, health problems

### Introduction

Fast food is one of the world's fastest growing food types. India is seeing rapid growth in the fast food and restaurant industries. It now accounts for roughly half of all restaurant revenues in the developed countries and continues to expand. The trend is radically changing the way people eat in India. Based on rising disposable income, changing consumer behaviour and favourable demographics, India is witnessing a tremendous growth in its fast food and restaurant industries. Additional reasons include exposure to western cuisine, the rising number of nuclear families and growth in the number of employed women, which are also having a significant impact on the eating out trends and growth of the fast food industry in the country. For a nation that is particular about its food and significantly fond of home cooked and fresh food, this trend is showing the globalization of India and increase of new markets not witnessed in India before. With increasing number of people eating out the industry offers major opportunities to the players to capture a larger consumer base. As a result of the trend, all the international food players like Pizza Hut, Dominos, McDonalds and KFC are investing huge amount of money to grab a share of this highly lucrative market.

### Objectives

1. To find out a health related problem of adolescents (boys & girls)
2. To counsel and educate the adolescents (boys & girls) to improve their health.

### Methodology

This study was conducted in public schools of Kanpur district. Schools were best place for survey of the study. Through the survey it was found that fast food consumption was higher in adolescent (boys and girls) the age of (13-19 years) and most of the adolescents were overweight and obese due to consumption of fast food. Adolescents studying in 7<sup>th</sup> to 12<sup>th</sup> class in the school were selected. The research was conducted in two groups, control and experimental group. Dependent and independent variables were used such as age, education, caste, nutritional status, consumption etc. The statistical tools were used such as Wilcoxon signed rank, paired sample test,  $\chi^2$  etc. Name of the public schools are as follows – Delhi Public School (DPS), Jugal Devi Vidya Mandir (JD), Swaraj India (SI), Methadist School (MD), Jaipuria School (JP), Virendra Swarup School (VS), KDMA school (KDMA), BNSD Shiksha Niketan (BNSD), Jai Narayan Vidya Mandir (JNM), Nand Lal Khanna Vidya Mandir (NLK).

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## Results

**Table 1:** Food habit of adolescents (boys & girls) of the schools of Kanpur district (n=300)

Food habit	Gender	Code number of schools											
		DPS	JD	SI	MD	JP	VS	KDMA	BNSD	JNM	NLK	Total	%age
Vegetarian	Boys	13	12	15	13	13	14	15	14	14	13	136	45.3
	Girls	12	9	11	8	11	10	8	11	9	12	101	33.6
Non-vegetarian	Boys	4	5	4	4	4	3	3	3	3	4	37	12.3
	Girls	1	4	-	5	2	3	4	2	4	1	26	8.6

Out of 300 adolescents, 136 (45.3%) boys and 101 (33.6%) girls were vegetarian and 37 (12.3%) boys and 26 (8.6%) girls were non-vegetarian. More number of adolescents (boys and

girls) were vegetarian and less number of adolescents (boys and girls) were non-vegetarian.

**Table 2:** Percentage of fast food intake by adolescents (boys and girls) of the schools of Kanpur district (n=300)

Fast food consumption	Gender	Code number of schools											
		DPS	JD	SI	MD	JP	VS	KDMA	BNSD	JNM	NLK	Total	%age
Yes	Boys	15	12	16	15	14	14	16	12	13	15	142	47.3
	Girls	9	9	7	11	11	9	9	9	9	9	92	30.6
No	Boys	2	5	3	2	3	3	2	5	4	2	31	10.3
	Girls	4	4	4	2	2	4	3	4	4	4	35	11.6

Out of 300 adolescents (boys & girls) in the age group of 13-19 years, 142 (47.3%) boys and 92 (30.6%) girls ate fast food, 31 (10.3%) boys and 35 (11.6%) girls did not eat fast food,

intake of fast food was higher in the adolescents (boys and girls).

**Table 3:** Percentage of awareness in adolescents (boys & girls) about the frequent consumption of fast food cause which problem from schools (n=300)

Problems	Gender	Code number of schools											
		DPS	JD	SI	MD	JP	VS	KDMA	BNSD	JNM	NLK	Total	%age
Health problem	Boys	7	6	6	5	3	2	3	4	5	3	44	14.6
	Girls	6	6	5	3	4	4	3	5	6	4	46	15.3
Social problem	Boys	4	5	3	2	1	3	3	2	3	6	32	10.6
	Girls	2	3	2	-	2	1	2	-	2	4	18	6.0
Psychological problem	Boys	2	4	2	1	1	5	2	-	3	3	23	7.6
	Girls	-	3	1	1	1	-	-	1	2	-	9	3.0
None	Boys	4	2	8	9	12	7	10	11	6	5	74	24.6
	Girls	5	-	3	9	6	8	7	7	3	5	54	18.0

Health problem of 44 (14.6%) boys and 46 (15.3%) girls, social problem answered 32 (10.6%) by boys and 18 (6.0%) and 23 (7.6%) boys and 9 (3.0%) girls answered psychological problems and 74 (24.6%) boys and 54 (18.0%) girls answered none. In this age group of 13-19 years, out of 300, some per cent of adolescents (boys & girls) had awareness that frequently consumption of fast food causes health problems.

## Conclusion

Most of the mothers knew the harmful effect of fast food but still they consumed fast food, some per cent of mothers did not know the harmful effect of fast food and they were not aware about nutritional information and ingredient content in fast food.

## Recommendations

1. Adolescents should not eat fast food.
2. Method of cooking should be modified like avoid deep frying cooking and use roasting, boiling, simmering and pressure cooking method.
3. Fried food is not the best choice. It is harmful for health, choose and prefer baked and grilled foods.

## References

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