



International Journal of Home Science

ISSN: 2395-7476
IJHS 2023; 9(2): 206-208
© 2023 IJHS
www.homesciencejournal.com
Received: 13-03-2023
Accepted: 28-04-2023

Tanu Rani
Assistant Professor,
Hindu Kanya Mahavidyalaya,
Jind, Haryana, India

A survey study on the impact of junk foods on health of human beings

Tanu Rani

Abstract

"Junk food" generally refers to foods that contribute lots of calories but little nutritional value. Of course, what's considered "junk food" depends on whom you ask. Some might say pizza is junk food, for example. But I personally don't think so, since it contributes real food with nutrients, like cheese and tomato sauce. Add whole-wheat or part whole-wheat crust, plus veggies as a topping, and I'd say pizza completely exits the junk food category. In recent decades, junk food, fast food and convenience food consumption in the United States have increased dramatically, with 25 per cent of people now consuming predominantly junk food diets. This trend has occurred concurrently with rising epidemics of numerous chronic diseases and accounts for a long list of reasons why eating junk food is bad. The study was carried out in Kanpur district. Questionnaire-cum-Interview schedule was used for obtaining the information. The main object of study was to assess the effect of junk foods on health of human beings.

Keywords: Junk foods, health

Introduction

Man first becomes a settled agriculturist and started to grow food for use all year around, he developed and intimate knowledge and a close involvement with the sources of his food. The majority of people today are far removed from the sources of food they eat on daily basis. If we are living longer in a period of abundant, diverse and reliable food supply, it is, in part due to the variety and safety of food we eat. Children find themselves amidst a complex society that is undergoing breath taking changes. Concepts, relationships, lifestyles are metamorphosed to accommodate the new jet-setting age. Food is no exception. Healthy nutritious foods have been replaced by the new food mantra JUNK FOOD! Junk food comprises of anything that is quick, tasty, convenient and fashionable. It seems to have engulfed every age and the newest entrants are children. Wafers, colas, pizzas, and burgers are suddenly the most important thing. Most of the times these junk foods contain colours that are laced with colours, those are often inedible, carcinogenic and harmful to the body. These foods and their colours can affect digestive systems, the effects of it emerging after many years. Junk foods are often eaten of regular food, an essential Indian diet that consists of wholesome chapatias and vegetables or snacks like upmas and idlies. Not surprisingly eating junk food leads to a sense of starvation both physically and mentally, as the feeling of satisfaction and contentment that comes after a wholesome meal is absent. Street food, the fact that is cooked in unhealthy condition makes it unhealthier than the same food made at home. Fast food is the kind of food items which can be made and served quickly.

The biggest irony regarding junk food is the fact that it's mostly prepared out of healthy food. In many items coming within the periphery of the term, vegetables are used as the main ingredients. Consider a pizza loaded with a thick vegetable topping. Now, the junk factor of pizza comes from the cheese sprinkled over the vegetables. Even though cheese is good for health, an excess of it is not recommended. And of course, the pizza base, made out of refined flour, does contain empty calories. Now, the burger, which is a favourite of a majority of junks, contain a loaf of meat and vegetables like lettuce, cabbage, and tomato, sandwiched between two buns. Although meat is known to be rich in protein, what makes the burger junk is the refined flour that is used to make the buns and the noddles of mayonnaise and butter added to the filling so that the three layers stick to one another, even while eating.

Corresponding Author:
Tanu Rani
Assistant Professor,
Hindu Kanya Mahavidyalaya,
Jind, Haryana, India

Fast foods and junk foods are high in fat, sodium, and sugar, which can lead to obesity and a range of attendant health problems, including diabetes, heart disease and arthritis. Here are the facts about how excessive junk food consumption affects our body: – Junk foods affects our energy levels. – Junk food contributes to poor performance and obesity. – Junk food can damage the liver and heart. – Junk food can lead to diabetes.

Objective

1. To assess the socio-demographic status of respondents.
2. To assess the health problems effected by taking junk foods.

Methodology

For the study, 180 respondents were selected by judgement sampling. Sample selection was done in Kurukshetra city in which 90 male and 90 female are selected are selected for study. A questionnaire-cum-interview schedule method was used for obtaining information regarding age, education, occupation, monthly income, religion and monthly expenditure pattern. Information regarding frequency of taking junk foods are collected with the help of questionnaire. Problem and illness suffered by respondents was also collected. Statistics used to analyzed the responses were percentage and mean.

Results and Discussion

It is clear that a majority of male (44.44%) and female (35.55%) were in the age group of 30-40 years of age, 27.77

per cent male and 33.33 per cent female fall in the age group of 20-30 years. About 16.67% male and 20% female were of 40-50 years of age and about 11.11% male and 11.11 % female were under 50-60 years of age. The table has revealed that 5.55 per cent male and 11.11 per cent female were educated on high school level, about 16.67 per cent male and 0.89 per cent female were intermediate level. About 44.44% male and 55.56% female were graduate and 33.33 per cent male and 24.44 per cent female were professional educated. Study has revealed that about 77.78 per cent male and 72.22 per cent female were married and 22.22% male and 27.78% female were unmarried. The Table 1 shows that 16.67% male and 22.22% female had monthly income upto 20,000Rs., 38.89% male and 42.22% female had monthly income of 20,000-40,000 Rs. About 33.33 per cent male and 27.78 per cent female had monthly income of Rupees 40,000-80,000. And about 11.11 % male and 7.78% female had income above Rs. 80,000. Per month.

Table 2 revealed that about 44.44 per cent male and 50 per cent female taken junk foods twice in a week, 27.78% male and 38.89% female had taken junk foods weekly. The study shows that about 16.67% male and 8.89% female had taken it once in a month and only few 11.11 % male and 2.22% female taken junk foods rarely.

Table 3 revealed that about 44.44per cent male and 61.11 per cent female had obesity problem, about 16.67% male and female had problem of diabetes. 27.78 per cent male and 16.67 per cent female had high blood pressure and 11.11 % male and 5.55% female had problem of heart disease.

Table 1: Distribution of Respondents on Basis of Socio-demographic Status

Socio-demographic details		Male		Female	
		N=90	Per cent	N=90	Per cent
Age group	20-30 years	25	27.77	30	33.33
	30-40 years	40	44.44	32	35.55
	40-50 years	15	16.67	18	20
	50-60 years	10	11.11	10	11.11
Educational qualification	High school	5	5.55	10	11.11
	Intermediate	15	16.67	8	0.89
	Graduate	40	44.44	50	55.56
Marital status	Professional	30	33.33	22	24.44
	Married	70	77.78	65	72.22
Monthly income (Rs.)	Unmarried	20	22.22	25	27.78
	Upto 20,000	15	16.67	20	22.22
	20,000 to 40,000	35	38.89	38	42.22
	40,000 to 80,000	30	33.33	25	27.78
	Above 80,000	10	11.11	7	7.78

Table 2: Distribution of Respondents on Basis of Frequency of Taking Junk Foods

Frequency of Junk Foods	Male		Female	
	N=90	Percent	N=90	Percent
Twice in a week	40	44.44	45	50
Weekly	25	27.78	35	38.89
Once in a month	15	16.67	8	8.89
Rarely	10	11.11	2	2.22

Table 3: Distribution of Respondents on Basis of Health Problem by Junk Foods

Health Problems	Male		Female	
	N=90	Percent	N=90	Percent
Obesity	40	44.44	55	61.11
Diabetes	15	16.67	15	16.67
Blood pressure	25	27.78	15	16.67
Heart diseases	10	11.11	5	5.55

Summary and Conclusion

It has concluded that junk foods affect health of human beings as it causes many health problems such as obesity, diabetes, blood pressure and heart disease. Junk foods often contain too many calories and too little nutrition. If junk foods and fast foods is a regular component of our diet, we might ourselves struggling with weight problems and ill health. Junk food is food that is calorie dense and nutrient poor. In recent decades, junk foods, fast foods and convenience food consumption have increased dramatically, with 25 per cent of people now consuming predominantly junk food diets. This trend has occurred concurrently with rising epidemics of numerous chronic diseases.

References

- Adrian, Cameron. *Big Supermarkets, Big on Junk Food; How to Make Healthier Food Environments*; Deakin University; c2015.
- Becky, Freeman. *Digital Junk Food and Beverage Marketing on Facebook*, University of Sydney; c2015.
- Talwar, Jennifer. *Fast food, Fast Track; Immigrants, Big Business and the American Dream*; c2003. ISBN 0-8133-4155-8.
- Mandoura N, Al-Raddadi R, Abdulrashid O, Shah HB, Kassab SM, Hawari AR, *et al.* Factors associated with consuming junk food among Saudi adults in Jeddah City. *Cureus*. 2017;9:e2008. Doi: 10.7759/cureus.2008
- Mukhopadhyay S, Goswami S, Mondal SA, Dutta D. Dietary fat, salt, and sugar: a clinical perspective of the social catastrophe. In: *Dietary Sugar, Salt and Fat in Human Health*. Academic Press; c2020. p. 67-91.
- Kearney J. Food consumption trends and drivers. *Philos Trans R Soc B Biol Sci*. 2010;365:2793-807. Doi: 10.1098/rstb.2010.0149
- Odegaard AO, Koh WP, Yuan JM, Gross MD, Pereira MA. Western-style fast food intake and cardiometabolic risk in an Eastern country. *Circulation*. 2012;126:182-8. Doi: 10.1161 / CIRCULATIONAHA.111.084004
- Tabassum A, Rahman T. Differences in consumer attitude towards selective fast food restaurants in Bangladesh: an implication of multiattribute attitude model. *World Review of Bus Res*. 2012;2:12-27.
- Payab M, Kelishadi R, Qorbani M, Motlagh ME, Ranjbar SH, Ardalan G, *et al.* Association of junk food consumption with high blood pressure and obesity in Iranian children and adolescents: the Caspian-IV Study. *Jornal de Pediatria (Versão em Português)*. 2015;91:196-205. Doi: 10.1016/j.jpdp.2014.07.008
- WHO. Global Health Observatory (GHO) data. Risk factors. Available online at: https://www.who.int/gho/ncd/risk_factors/en/ (accessed December 12, 2020).
- Gulati S, Misra A. Abdominal obesity and type 2 diabetes in Asian Indians: dietary strategies including edible oils, cooking practices and sugar intake. *Eur J Clin Nutr*. 2017;71:850-7. Doi: 10.1038/ejcn.2017.92
- Young Men's Health. *Fast Food Facts*. Health Guides. Available online at: <https://youngmenshealthsite.org/guides> (accessed November 17, 2020)
- Gupta N, Goel K, Shah P, Misra A. Childhood obesity in developing countries: epidemiology, determinants, and prevention. *Endocr Rev*. 2012;33:48-70. Doi: 10.1210/er.2010-0028
- Mohiuddin AK, Nasirullah M. Fast food addiction: a major public health issue. *ARC J Addict*. 2019;4:1-11. Doi : 10.33552/ABEB.2019.03.000569
- Ramachandran A, Snehalatha C. Rising burden of obesity in Asia. *J Obes*. 2010;47:777-80. Doi: 10.1155/2010/868573
- UNFPA. *World Population Day*. Global. Kathmandu: UNFPA; c2016.
- Acharya B, Chauhan HS, Thapa SB, Kaphle HP, Malla D. Prevalence and socio-demographic factors associated with overweight and obesity among adolescents in kaski district, Nepal. *Indian J Comm Health*. 2014;26(Suppl S2):118-22.
- Gurung LM, Bhatt LD, Karmacharya I, Yadav DK. Dietary practice and nutritional status of tuberculosis patients in Pokhara: a cross sectional study. *Front Nutr*. 2018;5:63. Doi: 10.3389/ fnut.2018.00063
- Ranabhat K, Thapa K, Shahi S, Rana H. Risky behaviours among adolescent students of Pokhara valley: a school-based cross-sectional survey. *J Nepal Health Res Counc*. 2020;18:453-458. Doi: 10.33314/jnhrc.v18i3.2641
- World Health Organization-Noncommunicable Diseases (NCD) Country Profiles; c2019. Available online at: <https://www.who.int/nmh/countries/npl> (accessed September 8, 2020).
- Cohen DA, Ghosh-Dastidar B, Beckman R, Lytle L, Elder J, Pereira MA, *et al.* Adolescent girls' most common source of junk food away from home. *Health Place*. 2012;18:963-70. Doi: 10.1016/j.healthplace.2012.06.011
- Sharma V. Adolescents knowledge regarding harmful effects of junk food. *IOSR J Nurs Health Sci*. 2013;1:1-4. Doi: 10.9790/1959-0160104