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## Effect of fast food consumption on clinical appearance of adolescence

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### Abstract

Besides deficiencies some other pathological conditions also appear to take place due to over-consumption of fast foods. The main aim of this study is to know the effect of fast food consumption on clinical appearance of adolescent school going girls. This research was done by using the data collected from different schools through questionnaire. This study is an attempt to analyze the effect between two variables by using statistical tools such as Mean, standard deviation and one way ANOVA.

**Keywords:** Fast foods, clinical appearance, adolescent girls

### Introduction

While a diet of fruits and vegetables increases energy and serotonin-induced good mood, fast foods generally lack essential vitamins and minerals. A study published in the Public Health Journal found that people on a diet high in processed foods are 51percent more likely to suffer from depression. For an overweight child, depression can be made worse by low self-esteem or poor body image. Arya *et al.*, (2013) <sup>[2]</sup> focused on excessive consumption of junk food and studied a wide range of diseases. School canteens offer foods high in fat and sugar that really help young people gain weight, as well as other problems, such as infections, food poisoning, and dental diseases. Eating junk food can prevent children from eating healthy food at school or at home.

Kaur *et al.*, (2016) <sup>[3]</sup> found that junk food consumption has increased worldwide, as well as in India, especially in recent decades. Frequent junk food increases the risk of obesity in adolescents, which is a serious health problem. Marlatt *et al.*, (2015) <sup>[4]</sup> stated that skipping breakfast and eating fast food is associated with a risk of obesity and is a common behavior among adolescents. The relationship between this behavior and biomarkers associated with diabetes and cardiovascular disease is poorly understood in this population. Data from a study of the etiological factors associated with adolescent obesity risk. Breakfast and fast food were measured using self-esteem. Anthropometry, fasting lipids, glucose, and insulin were evaluated and the homeostatic model of insulin resistance (HOMA-IR) was evaluated.

This global problem of large-scale consumption of junk food and its impact on health requires attention and health education that can contribute greatly to its limited consumption and the change for the healthy eating habits in order to live a better life. Knowledge should be given that highlights eating habits, nutritional aspects, the quality of unhealthy foods, their impact on health and preventive measures to raise awareness and educate about health for a change towards good eating practices. Junk food and its impact on health have been reviewed from various resources and presented in a systematic way, in order to highlight its harmful effects and measures to adapt to a healthy lifestyle (Ashakiran *et al.*, 2012) <sup>[1]</sup>.

### Objectives

- To study the fast food consumption among girls studying in different Schools.
- To study the effects of Fast Food Consumption on clinical appearance of adolescent girls.

### Methodology

**Sample Size:** To fulfill the purpose of the present study a total of 300 school going adolescent girls of M.I.G., 150 each of 13-15 years and 150 of 16-18 years age group were considered.

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**Sampling Technique:** For the source of convenience and economy, the simple Random Purposive sampling technique was chosen for research. The samples were taken from Meerut city of Uttar Pradesh. All the samples were selected from different private schools of different areas in the Meerut city (See table).

**Table 1:** Showing the list of School for recruitment of Sampling Unit

S. No	School's Name	Area	N
1	Shri Sai Academy	Amhera Adipur	60
2	Translam Academy International	Mawana Road	60
3	The Aaryans School	Modipuram	60
4	Vardhman Academy	Railway Road	60
5	Taxshila Public School	Shradhapuri Kankar Khera	60

**Assessment of Fast Food Consumption Pattern**

Questions, for the assessment of trend of fast food consumption, were based on factors like convenience, price, time, advertisements, taste, varieties, family, friends, school canteen, home, restaurants, street vendors, food courts, brands, emotions, money, nutrients fact tables etc. For this sub-scale responses were taken on a 5-point rating scale, described as below:

**Table 2:** Structure of Rating Scale of Items for Fast-food Consumption Pattern

Scale	Always	Often	Sometimes	Rarely	Never
Rating	5	4	3	2	1

**Clinical Assessment by using Performa**

Clinical appearance assessment Performa used for the clinical assessment of subjects. This Performa consisted of 11 items concerned with the health of eyes, ears, skin, lips, and the general health. Each item is to be rated on four-point scale-Normal, Mild, Moderate, Severe.

**Tools for Data Analysis**

Appropriate statistical techniques have been used to obtained

results and test the hypothesis. The data was systematically collected, tabulated and analyzed using the following methods.

- 1) Frequency:** Frequency has been calculated through simply counting.
- 2) Mean of the Groups:** The sum of the scores Ex-group are divided by its corresponding total frequency N.

$$M = \frac{\sum X}{N}$$

**Analysis of Variance (ANOVA or F-ratio):** 'F' ratio was find out by using the following formula:

$$F = \frac{\text{Mean Square between Groups}}{\text{Mean Square Within Group}}$$

**Results and Discussion**

Table-1: shows the descriptive statistics for the high, average, and low food consumption among girls with regard to their clinical appearance. High consumption group of fast food scored 39.81, and average consumption group scored 39.87, whereas low consumption group scored 40.38 as the average score. Low consumption group, on the basis of greater mean value, seems to have comparatively best clinical appearance than average and high fast food consumption group. But the calculated F-value (.844) is too small to be significant, as shown in table-2.

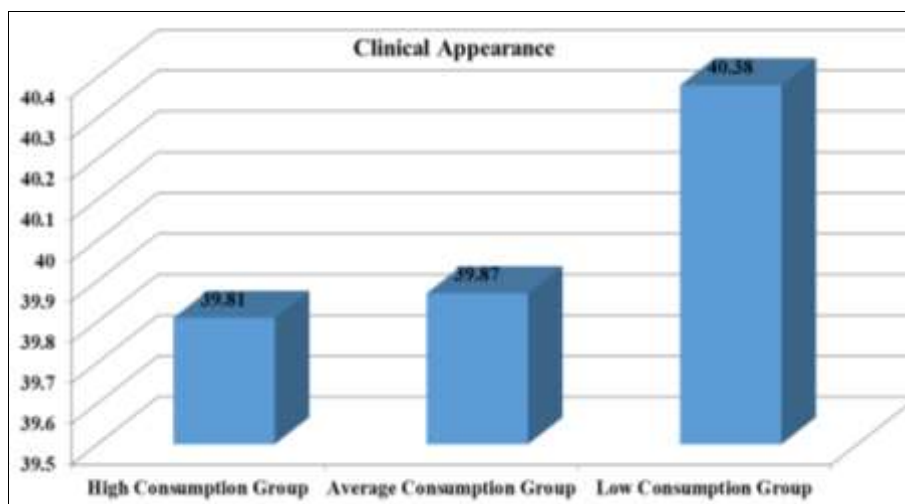
**Table 1:** Descriptive Statistics for Fast food consumption with regard to Girls' Clinical Appearance

Fast Food Consumption	N	Mean	Std. Deviation	Std. Error
High	90	39.81	3.108	.328
Average	90	39.87	3.551	.374
Low	90	40.38	2.993	.315
Total	270	40.02	3.225	.196

**Table 2:** F-value for the Fast food consumption with regard to Clinical Appearance

Source of Variance	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	17.563	2	8.781	.844	NS
Within Groups	2779.344	267	10.410		
Total	2796.907	269			

NS= Not Significant



**Fig 1:** Bar Graph for Fast Food Consumption among Girls with regard to their Clinical Appearance

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