Universe International Journal of Interdisciplinary Research
(International Peer Reviewed Refereed Journal)
DOI No. – 08.2020-25662434

© UIJIR | ISSN (O) – 2582-6417
October 2026 | Vol. 07 Issue 05
www.uijir.com

A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING HARMFUL EFFECT OF JUNK FOOD AMONG CHILDRENS IN COMMUNITY AREA

Author's Name: Prof. Dr. R. Sridevi[1], Mrs. G. Suvetha[2], Ms. G. Abirami Devi[3], Ms. Y. Abisha[4], Ms. K. Anbukkarasi[5], Ms. G. Aruna[6], Ms. M. Ashikadevi[7], Ms. G. Asmitha[8], Ms. M. Bharathi[9], Ms. M. Deepa[10]

Affiliation:

1. Principal, E.G.S Pillay College of Nursing, Nagapattinam, India.
2. Assistant Professor, E.G.S Pillay College of Nursing, Nagapattinam, India.
3. -10 Nursing Students, E.G.S Pillay College of Nursing, Nagapattinam, India.

Corresponding Author Name & E-Mail: Ms. G. Abirami Devi, deviabirami966@gmail.com

ABSTRACT

The pre-experimental one group pre-test and post-test research design conducted to assess the knowledge regarding harmful effect of junk food among 30 children, and aged 8-13 year in a community area. A structured knowledge questionnaire was used to assess the children's knowledge before intervention. Result was found that majority of the participant were in the age group of 12-13years,15(50%), gender of male,23(76.7%), father education is middle school,15(50%), father occupation was self-employed,24(80%), mother education was middle school,12(40%), mother occupation was unemployed,16(53.3%), residence of children is rural,25(83.3%), type of family is nuclear family,18(60%),eat junk food in a week is twice,9(30%),aware of that junk food have chemical is both female,5(50%) and male,5(50%). In the pre-test, 25(83.3%) children had inadequate knowledge and 5(16.7%) had moderate knowledge. In the post-test, 24(80%) children had adequate knowledge and 6(20%) had moderate knowledge, with no children remaining in the inadequate knowledge category. The concluded that the structured teaching programme was effective in improving knowledge regarding the harmful effect of junk food among children..

Keywords: Structured teaching programme, junk food, harmful effect, child health

DOI Link :: https://doi-ds.org/doilink/11.2026-86317368/UIJIR

© UIJIR | ISSN (O) – 2582-6417
October 2026 | Vol. 07 Issue 05
www.uijir.com

INTRODUCTION

Junk food refers to foods that contain high amounts of calories, sugar, salt, and unhealthy fats with little or no nutritional value. Examples include chips, burgers, pizzas, fried snacks, chocolates, candies, instant noodles, bakery products, and carbonated soft drinks. These foods are highly attractive to children because of their taste, colourful packaging, easy availability, and extensive advertising through television, social media, and other forms of communication. In community settings, particularly in developing and transitioning nations, the availability and consumption of these foods have skyrocketed. This shift is driven by rapid urbanization, changing family dynamics (such as dual-income households with limited time for cooking), intensive marketing targeting children, and the relatively low cost and high accessibility of processed foods. Because children are in a critical stage of growth, their dietary choices lay the foundational blueprint for their lifelong health. Since children lack adequate knowledge regarding nutrition and health, they are unable to understand the harmful consequences of excessive junk food consumption. Therefore, there is a strong need to educate children regarding healthy eating habits and the adverse effects of junk food.

STATEMENT OF THE STUDY

"A Study to assess the effectiveness of teaching programme on knowledge regarding harmful effect of junk food among children in community area. "

OBJECTIVE OF THE STUDY

1. To assess the pretest knowledge regarding harmful effects of junk food among Children in a selected village.
2. To assess the effectiveness of planned teaching program regarding harmful effects of junk food among children in a selected village.
3. To determine the association between knowledge regarding Harmful effect of junk food with selected demographic variables.

HYPOTHESIS

H1-The mean post-test knowledge score of children regarding harmful effects of junk food in community area will be significantly higher than the mean pre-test knowledge score of children.

H2- There will be significant association between knowledge regarding harmful effects of junk food with selected socio-demographic variables of children in community area.

DOI Link :: https://doi-ds.org/doilink/11.2026-86317368/UIJIR

© UIJIR | ISSN (O) – 2582-6417
October 2026 | Vol. 07 Issue 05
www.uijir.com

REVIEW OF LITERATURE

Junk food consumption among school children has increased significantly due to urbanization, easy availability, and aggressive marketing. These foods are typically high in fat, sugar, and salt, contributing to various health problems such as obesity, diabetes, and cardiovascular diseases. Educational interventions like planned teaching programmes have been found effective in improving children's knowledge and promoting healthier dietary habits

Section A: Studies on harmful effects of junk food

Section B: Studies related to junk food consumption among children

Section C: Studies on effectiveness of teaching programmes

RESEARCH METHODOLOGY

The study used a quantitative approach with a pre-experimental one-group pre-test and post-test design to assess knowledge regarding the harmful effect of junk food among children. The study was conducted among 30 children aged 8-13 years in the community area of thethi village, using non-probability convenience sampling. The study methodology has two sections, Section-A is socio demographic variables, Section-B is structured knowledge questionnaire. The independent variables were the structured teaching programme, and the dependant variable was the knowledge of children regarding the harmful effect of junk food. Data was collected using a socio-demographic questionnaire, with knowledge classified as inadequate, moderate and adequate. After the pre-test, the structured teaching programme was administered, followed by a post-test to determine the improvement in the children's knowledge.

RESULTS AND DISCUSSION

The findings related to the demographical characteristics of the participants revealed that the Majority of the children in the age of 12-13 years, 15 (50%), were children in the gender of male, 23 (76.7%),regarding education status of the father is middle school, 15 (50%),most of the occupation status of the father is self-employed, 24 (80%) ,regarding education status of the mother is middle school, 12 (40%), most occupation status of the mother is unemployed,16 (53.3%),the majority of the residence of children is rural, 25 (83.3%),belonged to type of family is nuclear family, 18 (60%),time to eat junk in a week is twice, 9 (30%),among the respondent to the question about the presence of chemicals in junk food, 5 (50%) and no, 5 (50%).

The findings revealed to the level knowledge regarding the harmful effect of junk food among children in community area showed in pre- test the level of knowledge,83.3% of children have inadequate level of knowledge, 16.7% of children have moderate level of knowledge, in post-test

DOI Link :: https://doi-ds.org/doilink/11.2026-86317368/UIJIR

© UIJIR | ISSN (O) – 2582-6417
October 2026 | Vol. 07 Issue 05
www.uijir.com

20% of children have moderate level of knowledge,80% of children have adequate level of knowledge regarding harmful effect of junk food among children in community area.

KNOWLEDGE LEVEL

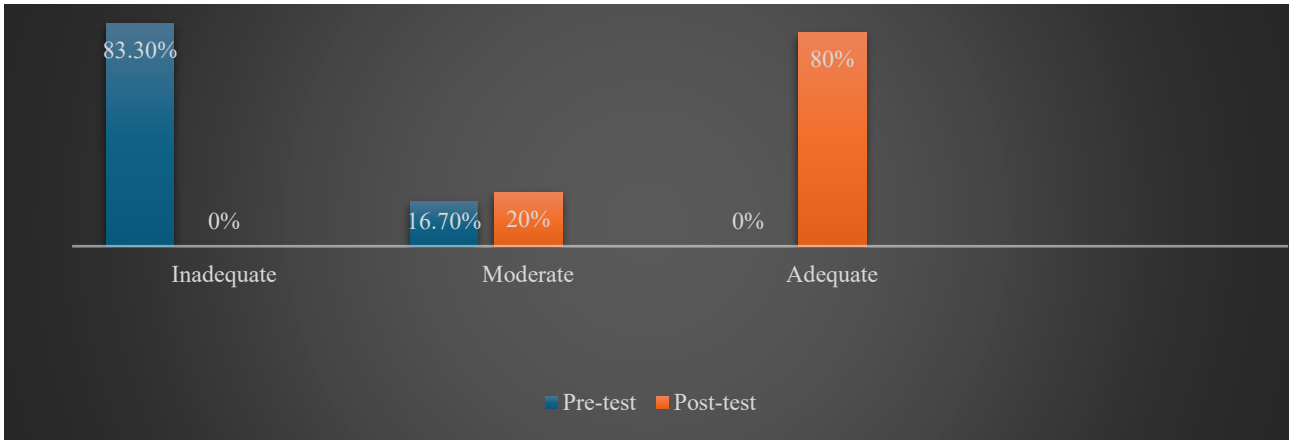


Fig.11: Distribution of statistical value of level of knowledge on ill effect of junk food.

The findings related to the association between the level of knowledge regarding the harmful effect of junk food and selected demographical variables were analysed using the Chi-square test, The study findings revealed that there was a statistically significant association between the level of knowledge regarding the harmful effect of junk food.

In the pre- test level of knowledge regarding ill effect of junk food among children in community area mean was 6.00, standard deviation was 1.95, standard error mean was 0.36.

In the post-test level of knowledge regarding ill effect of junk food among children in community area mean was 12.70, standard deviation was 1.44, standard mean error was 0.26 and pre-test & post-test "t" – value was 16.12, (d.f 29) which is highly significant at $p<0.05$ level.

NURSING IMPLICATIONS;

- It includes implication for nursing practice, nursing education, nursing administration and nursing research.

NURSING PRATICE:

- Children need to develop knowledge on harmful effect of Junk food.
- Understanding of Children practice.
- For effective health education, the nurses should gain an understanding of children knowledge.

DOI Link :: https://doi-ds.org/doilink/11.2026-86317368/UIJIR

© UIJIR | ISSN (O) – 2582-6417
October 2026 | Vol. 07 Issue 05
www.uijir.com

NURSING EDUCATION:

- The curriculum is responsible for preparing the future with more emphasis on preventive and promotive health practice.
- The result of the study emphasizes the need for correlating the concepts to understanding and advice.

NURSING ADMINISTRATION:

- Nursing administrator who is the member in the planning committee must provide suggesting having inter department, intra department and extra departmental communication for the development of design, and layout a paediatric unit.
- The nurse administrator should take interest in disseminating the information through instructional materials such as pamphlets, drama, poster that impact health information to the children.

NURSING RESEARCH:

- The exploratory survey provides base data for conducting other research studies.
- The researcher may have to take up a role in preparing the children regarding ill effect of junk food which includes designing management steps through scientific rational and facts from critical reasoning.

LIMITATION:

The limitation of the study was,

- Regarding sampling technique, the researcher had planned to use convenient sampling, but it was not possible hence nonprobability purposive sampling was used.
- Sample size is 30 only, hence the findings cannot be generalized.

RECOMMENDATIONS:

- A study can be conducted with a larger sample size to confirm the result of the study.
- A comparative study can be conducted in rural and urban setting.
- Educational programme on ill effect of junk food can be conducted for the family members also.

DOI Link :: https://doi-ds.org/doilink/11.2026-86317368/UIJIR

© UIJIR | ISSN (O) – 2582-6417
October 2026 | Vol. 07 Issue 05
www.uijir.com

REFRENCES

BOOK REFERENCES

1. Hockenberry, M. J., & Wilson, D. (2019). _Wong's nursing care of infants and children_ (11th ed.). Elsevier. Pp. 456-472.
2. Park, K. (2021). _Park's textbook of preventive and social medicine_ (26th ed.). Banarsidas Bhanot Publishers. Pp. 625-640.
3. Polit, D. F., & Beck, C. T. (2022). _Nursing research: Generating and assessing evidence for nursing practice_ (11th ed.). Wolters Kluwer. Pp. 145-168.
4. Ghai, O. P., Paul, V. K., & Bagga, A. (2018). _Ghai essential paediatrics_ (9th ed.). CBS Publishers & Distributors. Pp. 98-115.
5. Basavanthappa, B. T. (2017). _Community health nursing_ (3rd ed.). Jaypee Brothers Medical Publishers. Pp. 312-328.

JOURNAL REFERENCES

1. Singh, A. K., Maheshwari, A., Sharma, N., & Anand, K. (2020). Lifestyle associated risk factors and nutritional status among school-going children. _Indian Journal of Community Medicine, 45_ (2), 180-185.
2. Kumar, S., Ray, A., & Kaur, M. (2021). Effectiveness of structured teaching programme on knowledge regarding ill effects of junk foods among school children. _Journal of Family Medicine and Primary Care, 10_(5), 1923-1928.
3. Joseph, N., Nelliyanil, M., Rai, S., Kotian, S. M., Ghosh, T., & Singh, M. (2019). Fast food consumption pattern and its association with overweight among high school boys in an urban area of South India. _Journal of Clinical and Diagnostic Research, 9_ (5), LC13-LC16.

NET / WEBSITE REFERENCES

1. World Health Organization. (2023). _Healthy diet: Key facts_. https://www.who.int/news-room/fact-sheets/detail/healthy-diet
2. Centres for Disease Control and Prevention. (2022). _Childhood nutrition facts – Healthy eating for healthy weight_. https://www.cdc.gov/healthyweight/children/index.html
3. Ministry of Health and Family Welfare, Government of India. (2020). _Eat Right India Movement: Junk food and its harmful effects_. https://eatrightindia.gov.in/

DOI Link :: https://doi-ds.org/doilink/11.2026-86317368/UIJIR