

ORIGINAL ARTICLE

Effectiveness of structured Teaching Programme on Knowledge Regarding Health Hazards of Junk Food and Its Prevention among Adolescents

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ABSTRACT

Background: Junk food consumption and its consequences has become a major public health concern globally because of its deteriorating health consequences and surging prevalence. Though its adverse health consequences are widely prevalent in all age groups, children and adolescents are more at risk. It may lead to obesity and act as a risk factor for different non-communicable diseases.

Aims and Objectives: To evaluate the effectiveness of a structured teaching program on knowledge regarding health hazards of junk food and its prevention among adolescents.

Methodology: Quantitative research approach, pre-experimental one group pre-test and post-test research design was used. Thirty-four adolescents were selected using convenient sampling technique. The study was conducted at Vels Vidyashram, Thalambur, Chennai. Structured knowledge questionnaire was used to assess the knowledge about health hazards of junk food and its prevention. On the first day, demographic details were obtained through a structured profile. Followed by pre-test assessment of the level of knowledge among adolescents about health hazards and preventive measures of junk food, a structured teaching programme was given to the students. Post-test assessment of the level of knowledge among adolescents about health hazards and prevention of junk foods was done on the 7th day.

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Results: The pre-test mean score of knowledge about health hazards of junk food and its prevention was 19.15, the post-test mean score was 24.41, and the mean difference score was 5.26. The calculated paired 't' test value ($t = 8.57$) was found to be statistically significant at $p < 0.05$ level. This study findings infer that the structured teaching program on health hazards of junk food and its prevention was found to be effective in improving knowledge among adolescents.

KEYWORDS

• Structured teaching program • Level of knowledge • Health hazards of junk food and its prevention • Adolescents

INTRODUCTION

Adolescence is a critical period for adopting dietary habits that can influence long-term health outcomes. The growing trend of junk food consumption among adolescents is alarming, as it is linked with obesity, cardiovascular diseases, diabetes, and impaired brain functions. Despite awareness campaigns, the accessibility, affordability, and aggressive marketing of junk food contribute to its high consumption rates. Hence, educational interventions such as structured teaching programs are essential to improve knowledge and promote healthy eating practices. This study was undertaken to evaluate the effectiveness of a structured teaching program on knowledge regarding health hazards of junk food and its prevention among adolescents in a selected school in Chennai. Previous studies have highlighted the rising consumption of junk food among adolescents and its association with obesity and poor nutritional status. Tawheed Amin (2017) found that adolescents consuming fast food frequently were approaching obesity levels. Similarly, Latrey (2020) reported that exposure to junk food advertisements significantly influenced consumption patterns among adolescents. Younis *et al.* (2019) observed that junk food consumption was common among both boys and girls and was associated with urinary tract infections, obesity, and other health risks. These findings underline the need for effective health education interventions to enhance awareness and reduce the health risks of junk food.

STATEMENT OF THE PROBLEM

A Pre-Experimental Study to Evaluate the Effectiveness of Structured Teaching Program

on Knowledge Regarding Health Hazards of Junk Food And its Prevention Among Adolescents, Selected Schools Chennai.

OBJECTIVES

- To evaluate the effectiveness of structured teaching program on knowledge regarding health hazards of junk foods and its prevention among adolescents.
- To find the association between the post-test level of knowledge among adolescents with the selected demographic variables.

NULL HYPOTHESIS

H01: There is no significant difference between the pre-test and post-test level of knowledge among adolescents regarding health hazards of junk foods and its prevention.

H02: There is no significant association between the pre-test and post-test level of knowledge among adolescents regarding health hazards of junk foods and its prevention.

MATERIALS AND METHODS

Quantitative research approach, pre-experimental one group pre-test and post-test research design was used. Thirty-four adolescents were selected using convenient sampling technique. The study was conducted at Vels Vidyashram, Thalambur, Chennai. Structured knowledge questionnaire was used to assess the knowledge about health hazards of junk food and its prevention. Prior to the data collection, written permission was obtained from the principal of Vels Vidyashram, Chennai. Researchers explained to the students about the aim of the study and informed that all the information would be kept confidential and utilized only for study purposes. On the

first day, demographic details were obtained through a structured profile. Followed by pre-test assessment of the level of knowledge among adolescents about health hazards and preventive measures of junk food, a structured teaching programme was given to the students. Post-test assessment of the level of knowledge among adolescents about health hazards and prevention of junk foods was done on the 7th day. A post-test using the same questionnaire was conducted to assess changes in knowledge. Scores were categorized as <50% (Need to be improved), 51-75% (moderately adequate knowledge), and >75% (adequate knowledge). The effectiveness of the intervention was determined by comparing pre-and post-test scores.

PLAN FOR DATA ANALYSIS

The Effectiveness of the Structured Teaching Program on Knowledge Regarding Health Hazards of Junk Food And its Prevention Among Adolescents was analyzed using Descriptive statistics such as, percentage, mean, and standard deviation were used to describe the demographic variables and assess the level of knowledge. The paired t-test was used to evaluate the effectiveness of the intervention by comparing pre-test and post-test knowledge scores. The association between post-test knowledge scores and selected demographic variables was analyzed using the chi-square test.

RESULTS AND DISCUSSION

The Demographic data shows that majority of the adolescents 19 (55.88%) were in the age group of 16-17 years, 20 (58.82%) were male, 21 (61.77%) were above 161 cm in height, 21 (61.77%) were above 51 kg in weight, 16 (47.06%) were between 18.5-24.9 kg/m² BMI, 22 (64.71%) were from urban area, 23 (67.65%) fathers were educated up to graduate/professionals, 24 (70.59%) mothers were educated up to graduate/professionals, 20 (58.82%) fathers were working in private job, 21 (61.76%) mothers were homemaker, almost all 34 (100%) had ₹15,001 & above family income per month, 22 (64.71%) belonged to nuclear family, 22 (64.72%) had two children, 20 (58.82%) had no pocket money, 31 (91.18%) were ate junk foods, 26 (83.87%) were consuming junk food 1-3 times a day, 12 (38.7%) were eating junk food due to feeling

hungry, 18 (52.94%) were buying junk food in shops or fast food corner, 28 (82.35%) had previous information regarding health hazards of junk food and its prevention, 14 (50%) had information through family members.

Assessment of knowledge Regarding Health Hazards of Junk Food And its Prevention Among Adolescents, was depicted in Table 1, and the effectiveness of the structured teaching programme is depicted in Table 2.

Table 1: Assessment of pre-test and post-test level of knowledge Health Hazards of Junk Food And its Prevention Among Adolescents N=34

Score	Level of knowledge	Pre-test		Post-test	
		n	%	N	%
0-15	Needs to be improved	0	0	0	0
16-22	Moderately adequate knowledge	22	64.71	2	5.88
23-30	adequate knowledge	12	35.29	32	94.12

Table 1 shows that in the pre-test, majority 22 (64.71%) of adolescents had moderately adequate knowledge, 12 (35.29%) had adequate knowledge, whereas in the post-test after the structured teaching program on health hazards of junk foods and its prevention, majority 32 (94.12%) had adequate knowledge and 2 (5.88%) had moderately adequate.

Table 2: Effectiveness of Structured Teaching program on knowledge regarding the health hazards of junk food its prevention among Adolescents N=34

Knowledge	Mean	S.D	Paired t value
Pre-test	19.15	2.35	t=8.57 p<0.05 level of significance
Post-test	24.41	3.42	

Table 2 shows that the mean pre-test and post-test knowledge score was 19.15 and 24.41 respectively. The calculated t value was 8.57 at 0.05 level of significance which was greater than the table value (1.692) df=33. This finding revealed that there was a significant difference exists between pre-test and post-test knowledge score, which showed that the structured teaching programme regarding health hazards of junk food and its prevention was effective.

The findings of the study were consistent with a study conducted by More Ujwala Ramchandra, Avinash H. Salunkhe, V. R. Mohite, (2013), aimed to assess the existing knowledge of adolescents regarding the health hazards of junk foods in a selected college and to find out association between

selected demographical variables and health hazards of junk foods. Descriptive approach with 115 engineering students, by using non probability convenience sampling technique with structured questionnaire the study was conducted. Findings of the study was found to be, majority of study subjects 69.56% samples had Average knowledge while 24.35% samples having Good knowledge, & 6.08 % samples having Poor knowledge regarding the health hazards of junk foods. There is a significant association between expense of junk food and knowledge regarding health hazards of junk food. From this study it could be concluded that the adolescents have average knowledge regarding junk food and its hazards. Most of the students had not undergone any teaching program regarding the hazards of junk food.

Association of post-test level of knowledge regarding health hazards of junk food its prevention among adolescents with their selected demographic variables.

The analysis shows that, the calculated chi square value for the variables like educational status of mother and number of adolescents consuming junk foods was 16.18 and 4.35 respectively was greater than the table values (11.07 and 3.84). Therefore, Null Hypothesis H02 was rejected. Hence there was a significant association between the post-test knowledge score regarding health hazards of junk foods and its prevention with the variables like educational status mother and number of adolescents consuming junk foods. The calculated chi square value for the variables other than the educational status of mother and number of adolescents consuming junk foods was smaller than the table values for their respective degree of freedom. Therefore, Null hypothesis H02 was accepted. Hence there was no association between the post-test knowledge score regarding health hazards of junk foods and its prevention with the variables like age, gender, educational status of father, occupation of the parent, monthly income, type of family, total number of children in the family, pocket money per month, frequency of eating junk food, source of previous health information regarding health hazards of junk food etc.

The findings of the study were consistent with a study conducted by Balbir Yadav, Mandeep Kaur (2019), conducted a study to assess the knowledge Regarding Health Hazards of Junk

Food and Its Prevention Among Adolescents, Sri Hemkunt Public School, Mohali, Punjab. A pre-experimental with one group pre-test and post-test research design was used in this study. Purposive sampling technique was used to select the sample and the sample size was 60 adolescents' students of high school. Data were collected by using structured knowledge questionnaire. Analysis was done by using descriptive and inferential statistics. The Result showed that out of 60 samples the overall mean pre-test knowledge score of study was 13.82 (SD=4.21) and 29.06 (SD=2.86) was the mean post-test knowledge score. The comparison of pre and post-test knowledge of adolescents reveals that the overall improvement mean was 15.24 with Standard Deviation (1.35). Association was done between demographic variables and post-test level of knowledge score of adolescents by using chisquare (χ^2) test. The calculated chi square values was less than the table values indicated that there was no significant association between the demographic variables such as Age, Gender, Education, Residential area, Type of family, Monthly income of family, Father's education, Mother's education, Father's occupation, Mother's occupation, Source of information and Monthly pocket money of a child.

CONCLUSION

The structured teaching program was effective in improving adolescents' knowledge regarding the health hazards of junk food and its prevention. This study recommends incorporating regular health education programs in schools to foster healthy dietary habits among adolescents. Implications for Nursing: School health nurses can play a key role in organizing and implementing structured teaching programs to prevent lifestyle-related health problems in adolescents.

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Conflict of Interest: No conflict of interest. In addition, this study was not funded.

Statement of Informed Consent

All procedures followed were in accordance with the ethical standards of the responsible committee on human experimentation (institutional and national) and with the Helsinki Declaration of 1975, as revised in 2008.

Informed consent was obtained from all the study participants for being included in the study.

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