

“A study of Teenagers’ habit regarding eating Junk food (with special reference to Rajasthan)”

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ABSTRACT

Teenagers are full of mental and physical energy. They are in the state of body building age as their final ossification of bones and process of reaching full development to adulthood is taking place. In addition to that they are in a confused state of mind as their secondary sexual characteristics start showing their presence on their body. At this age they should eat healthy food; but instead many of these teen age children have faulty food habits and these habits continue in their youths also. Teenagers tend to skip breakfast so they can't manage the morning rush of work, school and college timings.

They drink less water, as unclean, smelly state of toilets of schools and colleges forces them to avoid using them. They can't manage bladder pressure for longer period so they drink less water [commonly seen in girls]. Sometimes teenagers drink less than one litre of water per day. There are lots of attractions about fast-food, [junk-food](#) around social media which influences food habits of children. At this age teenagers get monthly spending which they prefer spending alone by eating bakery stuffs or by going to small food joints. They don't mind eating alone, which reduces their habit of sharing food, they become more self centred.

I had concluded in last about the eating pattern of teenagers and their spending's pattern on weekly and monthly basis and what choices they made before going to a café with friends and family. The junk food taste is the main reason due to which people love to eat out with varieties of option in their food.

From my data its clearly seen that teenagers prefer to eat 5-8 times out of the home which is bad for their health.

KEY WORDS: Teenagers, junk-food, healthy-food, food-habits.

1.INTRODUCTION

Teenagers tend to skip breakfast as they can't manage the morning rush of work, school and college timings. Most of Teenagers love eating spicy vegetable dishes at home with gravies, lots of potatoes and non veg. food instead of green vegetables and raw salads. Some prefer only rice and dal with pickles. Even if they eat vegetables, the quantity is too small. They dislike eating fruits as they prefer drinking aerated soft drinks with artificial flavors and sweeteners instead of natural drinks like fruit juices, coconut water etc. They hate drinking milk.

These habits and many more bad food habits are destroying health of teenagers nowadays. Teenagers consume high amount of fats, trans fatty acids, plain sugars, artificial flavoring agents, preservatives, less fiber diet, food with less nutrients, lots of harmful products and high calories. This is the future generation of Indians; they need to understand the problems they are going to face in future. Instead of spending money on beauty products, they can change their food habits to give glow to their skin. Parents need to have a close eye on how their children spend their monthly spending.

The prevalence of obesity continues to rise, and the striking increases in childhood obesity over the past several decades are of particular concern. An estimated 4–5 million children and adolescents between the ages of 6 and 17 years in the INDIA are obese¹. Obesity is prevalent across gender, age and ethnic groups². Long-term follow-ups studies of children and adolescents indicate that the risk of being overweight in adulthood is twice as high for people who were overweight as children than for individuals who were not overweight.

2.Review of Literature

1.Anderson Jhonson: A study of American adolescents found that healthy eating messages based on Dietary Guidelines for Americans were reaching adolescents but interventions were needed to assist adolescents with the translation of this knowledge into healthy eating behaviors.

2.Parraga.I.M.:Teenagers in another study described junk foods much as they were described by participants in the present study, characterizing them as high in sugar, fat, energy and additives, fattening, and bad for health.

3.Spradley, J.P.:In developed countries such as the US and Australia, young peoples' LNE food intake has increased substantially in recent decades resulting in reduced diet quality and additional caloric intake.

4.Chapman G. and H. Maclean:This has implications for both immediate and long-term health outcomes and is thought to be one of many interrelated factors linked to increased body mass index (BMI) and rates of obesity in young people.

5.Glaser, B.G.:This “matching norm” effect has also been replicated in children , for example, girls (aged 8-12) increased their intake of cookies when exposed to a peer who ate a larger amount of cookies, relative to a peer eating a small number of cookies.

6.Taylor, J.P., Evers, S. and McKenna:All records were successfully geocoded, with 98% (n=610) matched to the street address, the best census code accuracy rating. Eleven sites were determined to be located outside Chicago city limits and were excluded, resulting in 613 fast-food restaurant sites within Chicago included in the analyses.

3. RESEARCH METHEDODOLOGY

Statement of the problem:Eat healthy is one of the essential requirements for long life. In today's world has been adapted to a system of consumption of foods which affects the health in various

different ways. The changing lifestyle has compelled us so much that one has so little time to really think what we are eating is right! Globalisation and urbanisation highly affect teenagers eating habits and forced many people to consume fancy and high calorie fast foods, popularly known as 'Junk foods'. Diseases like coronary artery disease and diabetes mellitus shows a certain difference and chances and such unhealthy junk food consumption is one of the notable factors to its contribution. This universal problem of addiction towards junk food on a large scale and its impact on health needs emphasis on awareness related to health which can greatly contribute to its limited consumption and switching over to good eating habits for the better living. The information brings attention towards the eating habits, nutritional aspects, quality of unhealthy foods, their health impact and measures that prevent should be given to create general awareness and render health education for a change in respect of good eating practices. Junk food and its impact on health have been reviewed from different resources and have been presented in a systematic order, so as to emphasize its ill effects and measures to be adapted towards healthy living.

OBJECTIVES:

1. To know the preferences of teenagers towards Fast food as compared to Healthy food.
2. Spending's of teenagers on fast food in a month.
3. To know how frequently the food is consumed outside home by teenagers.
4. To find out is there any difference of service among different age groups.

HYPOTHESIS:

H₀: there is no significant difference in services among different age groups.

H_A: there is significant difference in services among different age groups.

SAMPLING DESIGN :-

Universe: Jaipur

Sample unit : Teenagers

Sample size : Here we use sample size is only 112 people

Data collection tools:

- o Responses through online Questionnaire (google forms)

Primary data and Secondary data both are used in this research study.

These are the data that are **collected for the first time** by an investigator for a specific purpose. Primary data are 'pure' in the sense that no statistical operations have been performed on them and they are original. An example of primary data is the Census of India.

They are the data that are **sourced from someplace** that has originally collected it. This means that this kind of data has already been collected by some researchers or investigators in the past and is available either in published or unpublished form. This information is impure as statistical operations may have been performed on them already. An example is an information available on the Government of India, Department of Finance's website or in other repositories, books, journals, etc.

Sampling method

Sampling method is random and non-random sampling method. Here we used convenience sampling method in the project.

Data collection instrument

- Multiple choices question
- Likert scale question

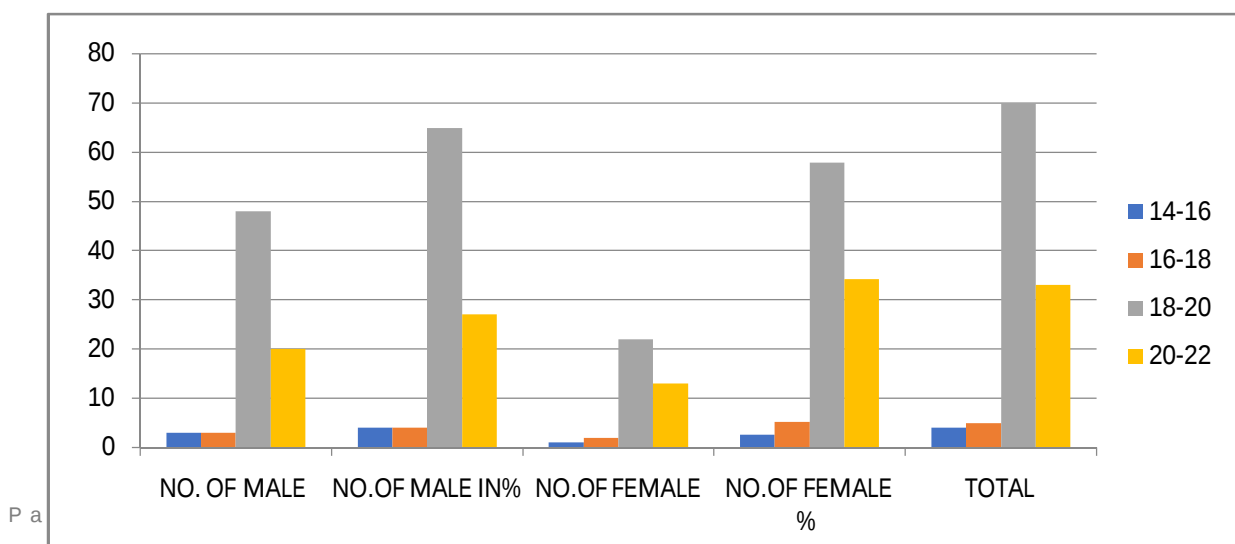
Limitations

1. There is a particular geographical location taken in this survey. In this survey Urban respondents participated.
2. Most of the respondents are lie between the age group of 14-22, so this research is focused only on teenagers.
3. The primary data is collected via Questionnaire only.
4. There are many respondents who don't use more than one social sites, so they didn't compare their perception from other sites.

FINDING AND INTERPRETATION

TABLE 1: Showing age group in no of male and female

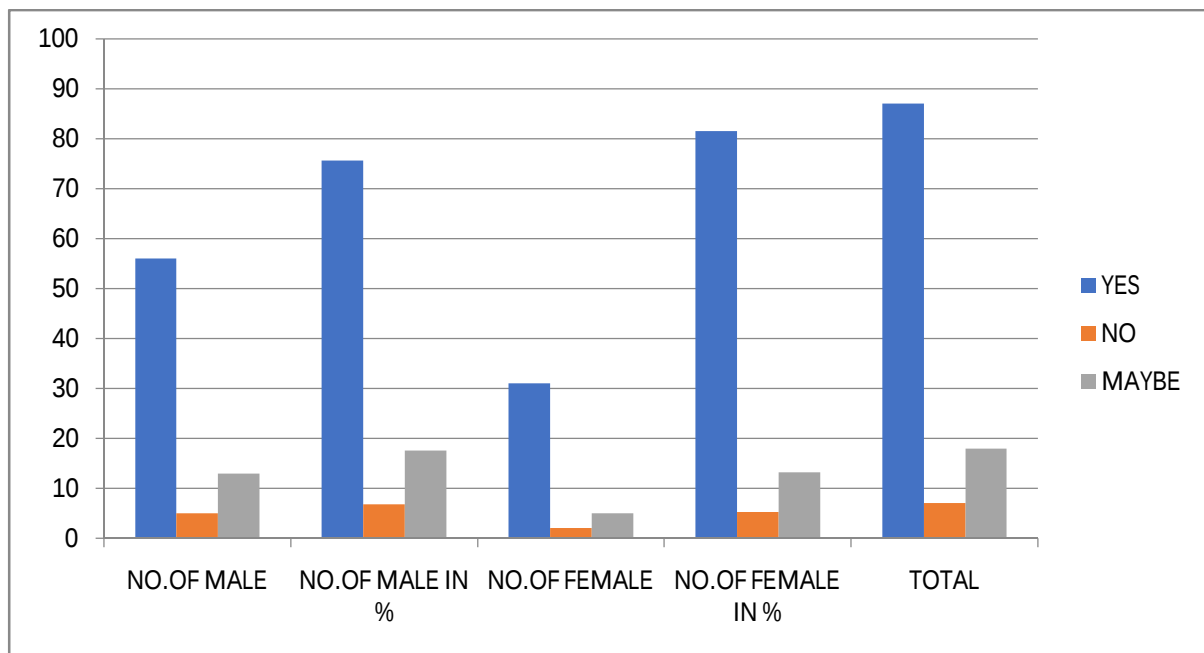
AGE	NO. OF MALE	NO.OF MALE IN%	NO.OF FEMALE	NO.OF FEMALE %	TOTAL
14-16	3	4.05	1	2.63	4
16-18	3	4.05	2	5.26	5
18-20	48	64.86	22	57.89	70
20-22	20	27.02	13	34.21	33
TOTAL	74	100	38	100	112



- The age group of people 18-20 consumes high quantity of fast food(62.5%). In which 48 are male and 22 are female.

TABLE 2:ENJOY EASTING FAST FOOD

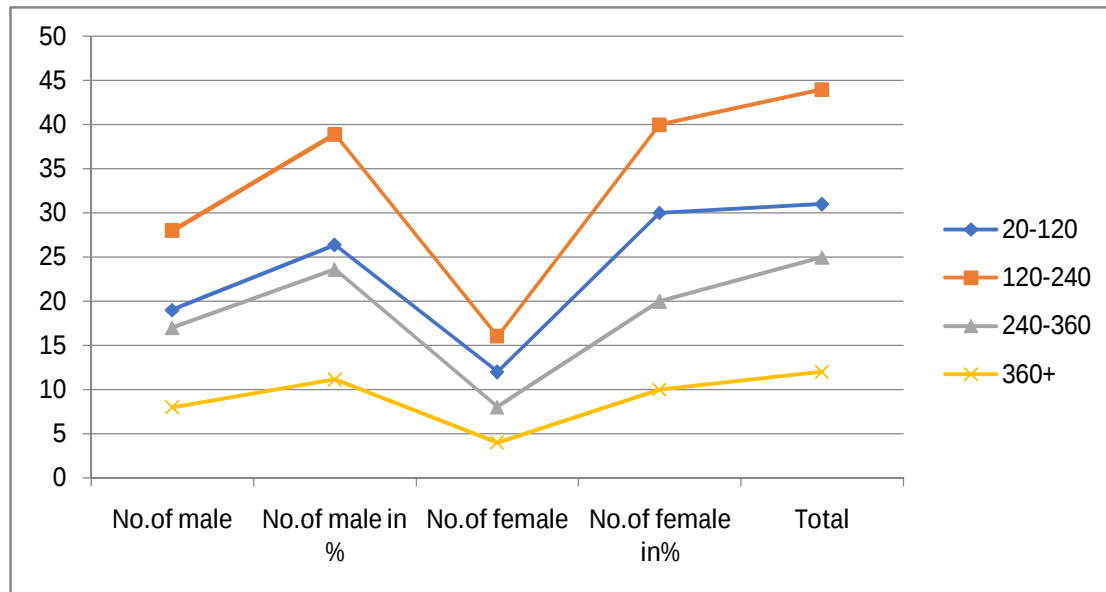
	NO.OF MALE	NO.OF MALE IN %	NO.OF FEMALE	NO.OF FEMALE IN %	TOTAL
YES	56	75.68	31	81.58	87
NO	5	6.76	2	5.26	7
MAYBE	13	17.57	5	13.16	18
TOTAL	74	100	38	100	112



- From the above graph we can conclude that 77.68% say **YES** to fast food. Its clearly seen that how much addicted teenagers towards eating junk food.Its is a sign of danger for teenagers.
- Only 6% people do not eat junk food when they are out home.
- 12.32% consumes both junk and healthy food.

TABLE3:How much you expect to pay for a fast food meal?

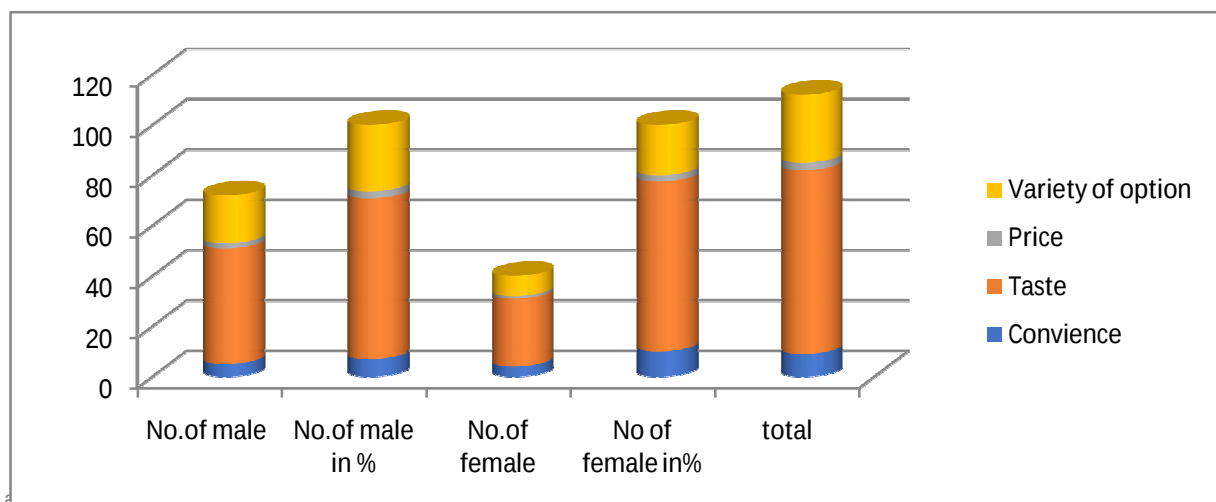
	No.of male	No.of male in %	No.of female	No.of female in%	Total
20-120	19	26.39	12	30	31
120-240	28	38.89	16	40	44
240-360	17	23.61	8	20	25
360+	8	11.11	4	10	12
Total	72	100	40	100	112



- More than an average Rs. 20-120 people spend on eating fast food in a week. Female % is higher than male %.
- The data shows that female spend more than male.

Table 4: Main reason to choose fast food

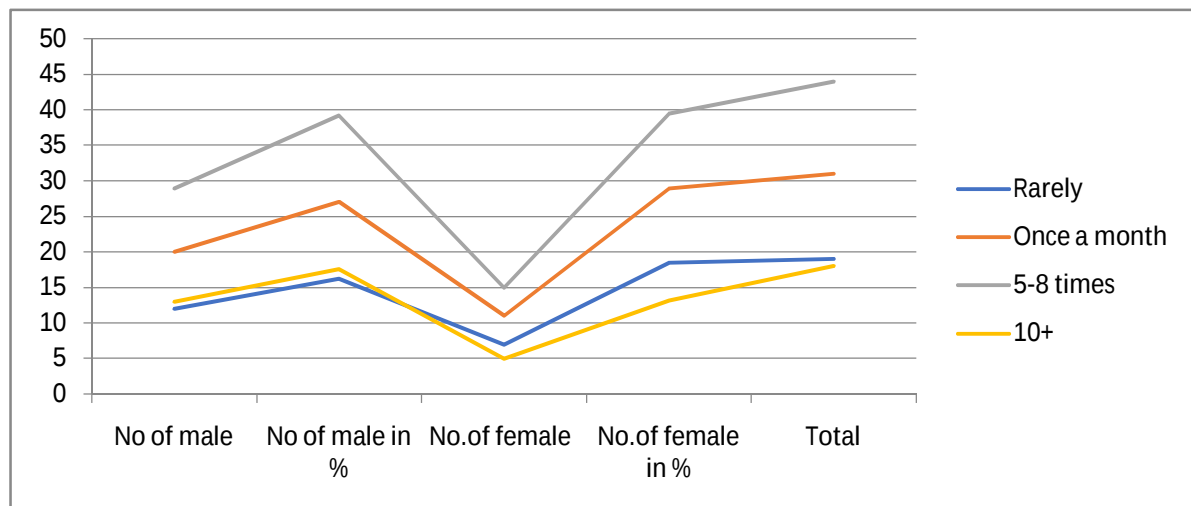
	No.of male	No.of male in %	No.of female	No. of female in%	total
Convenience	5	6.94	4	10	9
Taste	46	63.89	27	67.5	73
Price	2	2.78	1	2.5	3
Variety of option	19	26.39	8	20	27
Total	72	100	40	100	112



- As you can see in chart reason behind consuming junk food is taste. People like to eat junk food because of taste(65%).
- Variety of options male prefers more they have a tendency to try more than a female.

Table5:How often do you consume fast food?

	No of male	No of male in %	No.of female	No.of female in %	Total
Rarely	12	16.22	7	18.42	19
Once a month	20	27.03	11	28.95	31
5-8 times	29	39.19	15	39.47	44
10+	13	17.57	5	13.16	18
Total	74	100	38	100	112



- 5-8 times people were eating fast food outside home.
- People like the taste as well as eating fast food outside home which is not good for health but they consume it to save time.

CHI-SQUARE TABLES ON DATA

TABLE 1: LEVEL OF SERVICE PEOPLE AGREED UPON

OCCUPIED DATA

	STRONGLY AGREE	AGREE	NEUTRAL	DISAGREE	STRONGLY DISAGREE	TOTAL
14-16	0	1	1	0	2	4
16-18	0	1	1	1	1	4
18-20	4	17	20	5	23	69
20-22	3	9	10	2	11	35

TOTAL	7	28	32	8	37	112
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EXPECTED DATA

	SA	A	N	D	SD	TOTAL
14-16	0.25	1	1.14	0.29	1.32	4
16-18	0.25	1	1.14	0.29	1.32	4
18-20	4.31	17.25	17.25	4.92	22.80	69
20-22	2.19	8.75	10	2.5	11.56	35
TOTAL	7	28	32	8	37	112

Chi-square test

Formula(χ^2)= $\sum(O-E)^2/E$

WHERE $E=A \times B/N$

$V=(r-1)(c-1)$

O=observe frequency

A= The row total for the row containing cell

B=The column total for the row containing cell

N= Total no. of observations

R=Row

C=Column

$\chi^2=3.87$

$V=(4-1)(5-1)=12$

So table value at 5% level of significance is 21.03.

$3.87 < 21.03$

Table value is higher than computed value.

H_0 :Null hypothesis accepted

INTERPRETATION

- The age group of people 18-20 consumes high quantity of fast food(62.5%). In which 48 are male and 22 are female.
- From the above graph we can conclude that 77.68% say **YES** to fast food. Its clearly seen that how much addicted teenagers towards eating junk food.Its is a sign of danger for teenagers.
- Only 6% people do not eat junk food when they are out home.
- 12.32% consumes both junk and healthy food.
- On an average Rs. 20-120 people spend on eating fast food in a week. Female % is higher than male %.

- 5-8 times people were eating fast food outside home.
- People like the taste as well as eating fast food outside home which is not good for health but they consume it to save time.
- The data shows that female spend more than male.
- Variety of options male prefers more they have a tendency to try more than a female.

SUGGESTION & OVERVIEW

Make fresh fruit more appealing to children by serving washed and cut apples, pears, peaches, apricots and other fruits with spreads such as peanut butter and jam. Prepare vegetables such as celery, cucumbers, carrots and bell peppers by slicing them into easy-to-eat fingers; serve with low-fat cream cheese, yogurt, hummus or other dips.

Children should not be given junk food as a bait against their home work. The upbringing of the children should be in a way that they become habitual of the vegetables and healthy food. Awareness related to healthy food and protein rich food should be increased and children must know the importance of healthy food in their lives.

Cook healthy alternatives to junk food. For example, make baked fries and chicken nuggets at home instead of deep frying. Also try baking vegetables such as kale and yam slices to make healthy chips. Explain to your children that eating fast food and convenient, packaged foods is not healthy. Show them that it is easy and quick to make healthier choices.

Act as a healthy example. Do not consume junk food in front of your children. Let them see you eating balanced meals and snacks made from whole foods regularly.

CONCLUSION

In this survey on topic teenager's developed habit of eating junk food, we can note that the main reason for choosing to eat fast food at restaurants is because of the taste, 65.2% of the respondents choose to eat at restaurants for it's quality of taste. More than 45% of the respondents go out to eat fast food for at least 3 times a week, we can say they are highly obsessed over it. And on the question that how often do they consume junk food in a month, around 39.3% of respondents consume junk food for 4-5 times in a month, which is very often we can say they consume once or twice a week. On question about what they prefer more, variety of restaurants or the same one, more than 70% of the respondents prefer to visit variety of restaurants, obviously so that they can have varieties of both taste and ambience as teenagers are very fascinated over it nowadays. And on last question that what they prefer more, food services like using food services applications or they like to eat in the restaurants, around 58% of the respondents chose to eat in, 32% takeaway and remaining chose drive away services. So from this survey we conclude that teenagers are highly obsessed over junk food they normally eat twice or thrice a week which can be harmful for their health, they like to or prefer to taste something different everytime, the parents should look after them that what they are eating, it not only affects their health but also it leads to many diseases plus it makes children lethargic and also it lowers down their thinking capacity.

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