

IMPACT OF JUNK FOOD ON STUDENTS

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ABSTRACT

Background and Aim

The word junk food is a pejorative term which describes food that is high in calories, high in sugar, rich in fat and in fibre, proteins, and vitamins. The aim of this study is to find the junk food eating habits among students, their impact on human health, and their expenditure on junk food in a week and to find when it is healthy to eat.

Subjects and Methods

Interviews were conducted at Sujatha Degree College. 100 students were selected at random to get information about their junk food intake.

Results

Out of sample of size 100, The analysis showed that around 96% of students eat junk food and 4% did not eat at all. Out of that 96%, majority of 43% respondents eat junk food weekly once when compared with daily and rarely. Majority of 58% of respondents ate junk food 1-3 times in past seven days, while 21% did not eat, 13% ate 4-6 times and 8% ate more than 6 times. Majority of 33% of respondents prefer street food(Panipuri) to eat when compare to Chinese, chips/snacks, pizza/burger. Majority of 44% of respondents prefer to eat junk food on roadside when compared to Restaurants and home. Majority of 90% of students spends less than Rs500/- on junk food in a week when compared to Rs1000/--Rs1500/- and Rs500/--Rs1000/-. Majority of 56% of student's parents limit the amount of junk food their child eat at home. Majority of 43% of parents allow their child to have junk food outside. Majority of 60% of students prefer junk food outside because of its taste when compared to its time saving nature, addiction and other reasons

KEYWORDS: *Junk Food, Calories, High Sugar, Human Health*

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