A Study to Assess the Knowledge of High School Students Regarding Street Food and Its Hazards on Their Health in Selected School at Belagavi, Karnataka

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ABSTRACT

Background: Food is an important part of a balance diet. It is something needs every day. Life can be sustained only with adequate nourishment. but now a day's street food has become a common food source all over India because people from all economic classes eat on the road side and it sometime felt that taste of street food is better than restaurant in the city.[1] Street food and fast food are also taken in the same context as junk. When we speak of street food, the fact that it's cooked in unhealthy conditions makes it more unhealthy than the same food made at home. Therefore, this study help to assess the knowledge and to give knowledge regarding street food and its hazards on their health among school children

Aims: The aim of the study was to assess the knowledge of high school students regarding street food and its hazards on their health in selected school, Belagavi, Karnataka.

Methodology: The study was conducted on 50 students who were selected from 10th class students. Randomized sampling technique was used for the selection of sample. Data was collected by using pre-validated structured questionnaire. The questionnaire had two sections. First consisted six responses on social-demographic variables, second consisted of structured questionnaires about street food and its hazards. The collected data was tabulated and analyzed according to the objectives of the study using descriptive and inferential statistics.

Findings: Result indicates in a majority of subjects 25(50%) had inadequate knowledge subjects 24(48%) had moderate knowledge and 1(2%) had adequate knowledge among students. In this study, mean score was (10.5), median (10.5), and standard deviation was (2.1). Chi-Square of knowledge level of students in order to age is ($X^2=0.021$, df=1), sex($X^2=1.20$,df=1), religion($X^2=0.14$, df=1),type of family ($X^2=1.12$,df=1) ,place($X^2=0.27$,df=1),and family income ($X^2=7.94$, df=3). Here age, sex, religion, type of family, and place are not significant with knowledge of high school students but family income is significant with the knowledge of high school students. It reveals that there is not significant association between socio demographic variables like age, sex, religion, type of family and place and the knowledge of high school students regarding street food and its hazards.

Conclusion: The finding of the study concluded that most of the students having inadequate and moderate knowledge regarding street food and its hazards. This study is effective to gain knowledge regarding street food and its hazards.

Keywords: street food and its hazards, school going children, selected school, structured teaching programme.

INTRODUCTION

Food is an important part of a balance diet. It is something needs every day. Life can be sustained only with adequate nourishment.

human needs food for growth and development and leads to an active and healthy life but now a days street food has become a common food sources all over India because people from all economic classes eat on the road side and it sometime felt that taste of street food is better than restaurant in the city.[1]

Street food and fast food are also taken in the same context as junk. When we speak of street food, the fact that it's cooked in unhealthy conditions makes it more unhealthy than the same food made at home. Coming to the latter, fast food is the kind of food item which can be made and served quickly. The biggest irony regarding junk food is the fact that it's mostly prepared out of healthy food. Coming to Indian junk food, locally called 'chaat' these mostly include the samosas, kachoris , panipuris/ golgappas are fried items with various filling within an outer layer made of refined flour 2

Street food is ready-to-eat food or drink sold by a hawker, or vendor, in a street or other public place, such as at a market or fair. It is often sold from a portable food booth,[1] food cart, or food truck and meant for immediate consumption. Some street foods are regional, but many have spread beyond their region of origin. Most street foods are classed as both finger food and fast food, and are cheaper on average than restaurant meals. According to a 2007 study from the Food and Agriculture Organization, 2.5 billion people eat street food every day.[3]

Today, people may purchase street food for a number of reasons, such as to get flavorful food for a reasonable price in a sociable setting, to experience ethnic cuisines, or for nostalgia.[3]

The growth in nuclear families, particularly in urban India, exposure to global media and Western cuisine and an increasing number of women joining the work face have had an impact on eating out trends.[4]

Street food trading solves major social and economic problems in developing countries through the provision of ready-made meals at relatively inexpensive prices and employment for teeming rural and urban populace along its value chain. Unhygienic, unhealthy and harmful are the words that come to one mind while talking about street food eating.

Objectives of the study:
1. To assess the level of knowledge regarding street food and its hazards.
2. To find out association between knowledge scores with selected demographic variables.

HYPOTHESIS
H1: There will be a significant difference between pre-test and post–test knowledge scores, of High school students.
H2: There will be a significant association between post test knowledge level of High school students.

RESEARCH APPROACH
Research approach refers to the approach or the methodology that has been adopted to conduct the research. It basically involves the selection of research problems, the conceptual frame work that has to be adopted.

A Descriptive survey approach was used in the study since the study aimed to assess the knowledge regarding street food and its hazards on their health among high school students, Belagavi, Karnataka.

RESEARCH DESIGN
The research design is the plan, structure and strategy of investigation for answering the research questions. It is over all plans or blue print the researcher selects to carry out the study. Researcher design reveals the overall plan for organization of scientific investigation. It helps the researcher in the selection of subjects, manipulation of independent variables and observation of a type statistical method to be used to interpret data.

Descriptive design is adopted for the present study.

MATERIAL AND METHODS
Study Design and Participants
Present study was a descriptive survey design with convenient sample of 50 students from Siddarameshwar School at Belagavi were selected for the study. Higher primary children those who are studying in selected school at Belagavi. Children who are willing to participate in the study. Children who are available at the time of data collection. Children who are not willing to participate in the study. Children who are not available at the time of data collection.

Variables under the study
A variable is a content that has measurable changing attributes. Variables are qualities, or characteristics of persons, things or situation that change or vary.

POPULATION

Population is the entire set of individuals or objects having some common characteristics. In this study population of Siddarameshwar School at Belagavi.

SAMPLE
Sample is the subset of a population selected to participate in the study. Sampling refers to the process of selecting a portion of population to represent the entire population. The sample of present study comprise of Siddarameshwar school at Belagavi.

Sampling Technique
Sampling technique adopted for the selection of sample is convenient sampling technique.

Data Collection Method
In the present study was collected by the use of closed ended structured interview schedule

Developmental Of the Tool
The following steps were carried out in preparing the tool.

1. Literature review.
2. preparation of blue print
3. consultation with the guide, statistician, subject experts of paediatric nursing

Instruments
Structured Knowledge Questionnaire
Multiple choice questionnaire having 3 distracters with one correct answer. It consists of 60 items which includes 20questions to assess the knowledge of the students. Each correct response carried a weightage of one score. Thus the maximum score is 20 and the minimum score was 0. The questions were prepared in English.

Demographic Data
The items included in the first draft were 4 items for obtaining information about the selected baseline data about the pre university students which were relevant. The socio demographic variables include Age, sex, Religion, Place of residence, type of family, Family income. This all information was data.

Data Collection Procedures
Prior permissions were taken from relevant institutions before the beginning of data collection procedure. The study participants were attended school. Every student who fulfilled the inclusion criteria was approached for data collection. Purpose of the study was explained to the participants and they were interviewed in language understandable to them. All the information collected was based on students' self-report.

Data Analysis
The data obtained were analyzed in terms of the objectives of the study using Descriptive and Inferential statistics. A master data sheet was prepared with responses given by the participants. Frequencies and percentage for the analysis of demographic data. The mean and standard deviation of answered questions. The Chi Square test was used to determine association between knowledge level and selected demographic variables presented in tables and graphs.

RESULT & DISCUSSION
Description of the final tool
Knowledge questionnaire and attitude scale were used to collect data from samples which consist of three parts.

Part I: Format to collect socio-demographic data.

Part II: structured knowledge questionnaire to assess the knowledge of higher primary school children. It consisted of 20 items on knowledge regarding street food and its hazards.

SECTION A: Demographic Data
The items included in the first draft were 4 items for obtaining information about the selected baseline data about the pre university students which were relevant. The socio demographic variables include Age, sex, Religion, place of residence, type of family, Family income. This all information was data.

SECTION B: Structured Knowledge Questionnaire
Multiple choice questionnaire having 3 distracters with one correct answer. It consists of 60 items which includes 20questions to assess the knowledge of the students. Each correct response carried a weightage of one score. thus, the maximum score is 20 and the minimum score was 0. The questions were prepared in English.

Reliability of the tool
The reliability of the instrument was established by administering the tool to 5 high school students. the co-efficient of internal consistency was completed for interview structure knowledge questionnaire using split –half technique. The reliability of the test was found out by using Karl Pearson's co-efficient of correlation formula. The reliability co-efficient obtained was 0.9 which is indicates the tool is reliable.

Presentation of data
The data is presented by using following section:

Section A: findings related to socio-demographic variables of high school students.

Section B: findings related to mean, median Standard deviation, Range of knowledge.

Section C: Findings related to knowledge of high school students on street food and its hazards.

Demographic variables	Frequency	Percentage (%)
Age		
a)10-11	0	0
b)12-13	0	0
c)14-15	13	26
d)16-17	37	74
Sex		
a)Male	43	68
b)female	16	32
Religion		
a)Hindu	42	84
b)Christian	0	0
c)Muslim	8	16
d)Others	0	0
Place		
Urban	38	76
Rural	12	24
Family		
a)Nuclear	40	80
b)Joint	10	20

SECTION A: Findings related to social demographic variables of students.
- Majority of subjects (74%) belongs to 16-17 years of age, while minimum (26%) belongs to 14-15 years of age.
- Majority of subject (68%) are male students, while minimum (32%) are female students.
- Majority of subjects (84%) belongs to Hindu and (16%) belongs to Muslim.
- Majority of subjects (80%) belongs to nuclear family, while minimum (20%) belongs to joint family.
- Majority of subject (76%) belongs to urban areas, while minimum (24%) belongs to rural areas.
- Majority of subjects that (8%) belongs to more than Rs 15,000 incomes, (24%) belongs to Rs 10,001 to 15,000, (30%) belongs to 5,001to 10,000 and remaining (38%) belongs to below 5,000.

Section B: Mean, Median, Standard Deviation, and Range of knowledge score of subjects of high school students regarding street food and its hazards.

In this study, mean score was (10.5), median (10.5), and standard deviation was (2.1). There are almost (50%) having inadequate knowledge, (48%) having moderate knowledge about the subjects and (2%) having adequate knowledge regarding street food and its hazards.

Section C: Findings related to level of knowledge of high school students regarding street food and its hazards.

In a majority of subjects 25(50%) had inadequate knowledge, subjects 24(48%) had moderate knowledge and 1(2%) had adequate knowledge of high school students.

Section-D: Association between the selected demographic variable and the knowledge scores of high school students regarding street food and its hazards.

Chi-Square of knowledge level of students in order to age is ($X^2=0.021$, df=1), sex($X^2=1.20$,df=1), religion($X^2=0.14$, df=1), type of family($X^2=1.12$,df=1) ,place($X^2=0.27$,df=1),and family income ($X^2=7.94$, df=3). Here age, sex, religion, type of family, and place are not significant with knowledge of high school students but family income is significant with the knowledge of high school students.

Association Of Pre-Test Knowledge Scores and Selected Demographic Variables

Table-1: Association of Pre-Test Knowledge Scores with Selected Demographic Variables

Characteristics	Category	Sample	knowledge level				$\chi^{2\ Value}$	P Value
			<Median		>Median			
			no	per	no	per		
Age	14-15 yrs	13	10	20	7	14	0.02 (NS)	p>0.05
	16-17 yrs	37	15	30	18	36		
sex	Male	34	19	38	14	28	1.20 (NS)	p>0.05
	Female	16	7	14	10	20		
Religion	Hindu	42	23	46	22	44	0.14 (NS)	P<0.05
	Muslim	8	2	4	3	6		
Place of residence	Urban	38	17	34	21	42	0.27 (NS)	p>0.05
	Rural	12	8	16	4	8		
Type of family	Nuclear	40	22	44	18	36	1.12 (NS)	p>0.05
	Urban	10	3	6	7	14		
Family monthly income	<5000	19	5	10	14	28	7.94 (S)	p<0.05
	5001-10000	15	12	24	3	6		
	10001-15000	12	5	10	7	14		
	>15000	4	3	6	1	2		

Table No. 2: Mean, Median, Mode, Standard Deviation and range of knowledge scores of subjects regarding street food and its hazard.

Area of analysis	Mean	Median	Standard deviation
Assess the knowledge of high school students regarding street food and its hazard.	10.5	10.5	2.1

Table No. 3: Frequency and percentage distribution of knowledge scores of subjects regarding street food and its hazard.

	FREQUENCY	PERCENTAGE
Inadequate (<50%)	25	50
Moderate (51-75 %)	24	48
Adequate (>75%)	1	2

Summary

This chapter presents a summary of the study. The aim of the study was to assess the knowledge of high school students regarding street food and its hazards on their health in selected school, Belagavi, Karnataka.

The study aimed at accomplishing the following objectives;

1. To assess the level of knowledge regarding street food.

2. To find out association between knowledge scores with selected demographic variables.

The study was confined to the high school students of Siddarameshwar English Medium School, Belagavi. The study was conducted on 50 high school students by using structured knowledge questionnaire.

CONCLUSION

The finding of the study concluded that most of the students having inadequate and moderate knowledge regarding street food and its hazards. This study is effective to gain knowledge regarding street food and its hazards.

Recommendations

Interventions should be aimed at improving the knowledge of school children regarding hazards of street as it has been shown that higher increased knowledge about street food. Similar study can be replicated on a large sample to generalize the findings. An experimental study can be undertaken with control group for effective comparison. A comparative study can be conduct between urban and rural children. A similar study on large and wider sample for a longer period would be more pertinent in making board generalization. A similar study can be conducted in community setting.

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