

# Effect on the Performance of the School Children Eating the Junk Food

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**ABSTRACT:** *For top physical performance, the body requires sufficient food, so high-quality nutrients are important during training sessions, but poor nutrition has a negative effect on physical performance during training and routine. Changing adolescent lifestyles not only affects their nutritional status, but also their physical performance. The tendency towards junk food among teenagers has become a major health issue. Among kids and teens, junk food has become popular. It has little to no dietary value. Due to its attractive appearance, taste, comfort, low cost and easy to eat, junk food has become popular among children and adolescents. The argument is backed by many research carried out on the physical fitness of adolescents. The present study was designed to evaluate the physical performance of adolescent boys and girls who are used to junk food, taking this view into account. The research was carried out on 300 school-going children in the city of Drug between the ages of 13-17. The result shows that boys who were average and less common with junk food had significantly lower jumping scores ( $M=109.66$ ), ( $M=116.06$ ) compared to uncommon teenage boys ( $M=133.40$ ). The result shows that boys who were less common with junk food had significantly lower jumping scores ( $M=109.66$ ), ( $M=116.06$ ). We found no difference in the performance of girls, even though the performance of boys was better than girls.*

**KEYWORDS:** *Junk Food, Performance and Children, Health care, Hygiene eating, Habits, Nutrition.*

## INTRODUCTION

An integral aspect of a balanced life is physical activity. Kids of all ages love to spend all their time playing. Nutrition can have a significant influence on children's physical development, as healthy children can engage regularly in sports, whereas unwell children with macro and micronutrient deficiency cannot do better in sports [1]. The diet of a person not only influences his physical efficiency, but also represents his general level of energy. Adolescent children need a healthy diet to participate in physical activity with enough energy and other nutrients. Changing lifestyles not only impact the habit of eating, but also physical performance. These days, junk food has become a popular food among children. Junk foods are filled with low-nutrient trans fats, sugar and high-calorie foods[1]. It has been found that children do not recognize the health effects of junk food for a number of factors, including convenience, price and taste, due to their eating habits. Junk food can be enticing, but it adversely affects children's physical strength. Junk food stuffing daily can make kids addicted to it, leading to problems such as overweight and obesity, as well as their success at school and extracurricular activities.

Excess body weight can surpass fatigue during physical activity due to the consumption of Junk-Food. The risk of developing severe diseases such as diabetes, high blood pressure and

heart disease may also be increased. In order to avoid blood sugar spikes, the pancreas must work continuously to secrete large amounts of insulin during the digestion process of junk food. Diabetes symptoms include lethargy, blurred vision and hand and foot numbness and all of these symptoms affect physical performance[2]. One way to keep cholesterol levels low and avoid clogged arteries, which can reverse the symptoms of heart disease and improve athletic performance, is to abstain from junk foods. A research on adolescent physical performance indicates that lack of physical activity decreases children's physical and mental well-being, which prevents children from social development. The aim of the present study was to find out the effect of junk food habits on school-going children's physical performance.

## METHODOLOGY

A number of studies were conducted to study the effect of the junk food on the health of the people of the country. In one study it was found that showing the advertisements of the junk food on the TV affected the mentality of the children to consume the junk food. Healthy food advertisement shown on the TV was very less. So, such advertisements effects on the children were studied by dividing the children into a number of groups. In the second study the effect of the junk food eating habit on the physical performance of the school children was done[3]. As the junk food has no or very less nutritional value, which provides no energy to the body of the children to perform better in physical performance on the grounds. In another study, young people were motivated to eat less junk and eat healthy food. Their behavioural changes were studied before and after sending the messages to them.

## DESIGN METHODOLOGY

For the first study the children groups were divided into four categories. Children of various schools participated. The children participated were of standard 6<sup>th</sup> and 5<sup>th</sup>. These children were categorized as below:

- (a) Children viewing the advertisement for junk food only.
- (b) Children viewing the advertisements of both junk food and the healthy food.
- (c) Children viewing the advertisement of only healthy food.
- (d) Children viewing no advertisements.

For the second study, school children of 7 schools having age between 13 years to 17 years old were considered [5]. Further study was conducted separately for the boys and the girls. The study was conducted on the basis of the junk food consuming habits. General eating habits of the children were calculated on the basis of a junk food questionnaire and further they were categorized as junk food habitual(H), less habitual(LH) and not habitual(NH)[4]. Cooper motor fitness test was conducted to access the physical strength of the children. Body Mass Index(BMI) was calculated for both the girls and the boys. Different BMI of boys and girls for jumping and for the running performance were calculated. Before that 150 boys and 150 girls were divided into the different categories of H, LH and NH.

In this study a total of 129 youngsters were studied for their habits. Their age was on the average around 22 years. They were told to abstain from the eating for the two hours prior to their session [6]. They viewed a poster containing the images of the junk food and defining it as the low nutritional value food and in the poster it was written that the students consume less amount of junk food than you may realize. They limit on the amount of the junk food they eat to 1 or less than 1 serving a day. Secondly in the health condition the message was, lowering the junk food intake is good for your health [7]. Lowering to 1 or less than 1 serving a day is the part of a healthy diet. Then they were taken to a room to take feedback for what they read on the posters and then they were taken to a separate to check their mood and then they were taken to a buffet area where snacks buffet was placed[9]. Now they were free to choose any of the snack food item and eat. Then their BMI was measured and its formula is shown in below.

$$\text{BMI (Quetelet's index)} = \frac{\text{Body weight (kg)}}{\text{Height (m)}^2}$$

## RESULTS & DISCUSSION

It was found that 20 percent of the children were overweight and obese. Children with regular habits of viewing TV and watching junk food ads shown positive attitude towards the junk food. Their habits for eating changed and they were more oriented towards the junk food. Also the children viewing junk food ads along with the healthy food ads shown no interest I healthy foods but shown more negative interest towards the healthy foods. Children with healthy food ads shown positive attitude towards the healthy foods. Similarly, when anti-tobacco ads were shown the people have developed a negative thinking about the tobacco products. From the second study it was found that boys eating junk food were more prone to the problem of obese and the overweight while the trend for the girls was opposite to that as the girls eating junk food were normal or underweight as compared to the girls with overweight. That may be due to the hormonal changes occurring in the body or the exercise habit of the girls. Further for the running and jumping performance of the boys in the ground was more affected due to the eating habits of junk food by the boys as compared to the girls because girls' performance remained almost the same. From another study it was found that out of 129 only six participants that there was any relation between the posters and their eating study. So it was eliminated. Secondly 62 were categorized as low consumers and 67 were categorized as the largest consumers. Thus finally it came to know that messages hardly had any effect on the consumption of the food intake but the social norms have an effect on the intake of the food intake.

## CONCLUSION

Junk food affects the physical as well as the mental health of the children. Addiction to it may result in serious consequences in the later stages. It may lead to overweight, low stamina and other problems among adolescents. Advertisements for the healthy food should be shown on the TV or on the social media. Healthy food advertisements will certainly motivate the people

for the consumption of the same and make them more health conscious. Proper motivation programs should be organized in the organization to motivate people mainly the youngsters to eat healthy food. In the parent teacher meeting in the schools' parents should be advised to provide healthy and home cooked food to their children. A social norm message is far more effective than the health message.

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