

“Effectiveness Of Parental Education Programme On Knowledge Regarding Ill Effects Of Junk Foods Among Parents Of School Age Children In Selected Urban Areas At Vijayapura District, Karnataka”

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DOI: 10.29322/IJSRP.16.05.2026.p17331
<https://dx.doi.org/10.29322/IJSRP.16.05.2026.p17331>

Paper Received Date: 24th April 2026
Paper Acceptance Date: 25th May 2026
Paper Publication Date: 31st May 2026

Abstract:

Background:

Children frequently exposed to attractive media influences, mainly in the form of television, digital platforms, and social media, which often promote fast foods and sugar processed snacks. A lack of parental supervision, peer influences which reinforces unhealthy junk food consumption. Moreover, cheaply available junk foods make them a preferred choice for children over healthy foods. This cause children at risk for developing lifelong unhealthy eating habits and chronic diseases. Parental supervision plays important role in controlling the eating patterns of their children. Easy accessibility delicious nature of junk foods attracting the children. Excessive consumption of junk food leading ill effect on physical and mental health problem among children. This study was taken up to create awareness among parents to reduce the consumption of unhealthy junk food by children

Objectives:

- To assess the knowledge regarding ill effects of junk foods among parents of school age children in selected urban areas at Vijayapura district, Karnataka.
- To develop and implement the parental education programme on knowledge regarding ill effects of junk foods.
- To evaluate the effectiveness of parental education programme on knowledge regarding ill effects of junk foods among parents of school age children in selected urban areas at Vijayapura district, Karnataka.
- To determine the association between pretest knowledge scores regarding ill effects of junk foods and selected socio demographic variables.

Materials and methods

Present study enrolled 60 parents of school going children. Selected through convenient sampling technique. Pre experimental design was used. Criteria to select the participants such as Parents of school age children. Parents of school age children who are able to read and write in Kannada and English. Parents of school age children who are willing to participate in this study. Both genders. Present study is conducted in selected urban area at Vijayapur district. Self-administered structured knowledge questionnaire composed of 35 MCQs questions to assess the knowledge regarding ill effects of junk foods among parents.

Results:

Our results revealed that pretest knowledge mean score was 9.75 ± 3.85 , revealing considerably poor knowledge among participants prior the parental education programme. Post parental education programme posttest knowledge mean score improved to 17.08 ± 5.65 , reveal a significant enhancement in knowledge levels.

A paired t-test was adopted to compare pretest and posttest mean scores. The calculated $t=10.897$ which was greater than tabulated t values with $df=59$ and $p=0.001$, which proved the difference is statistically significant. majority of 53.33% participants reported inadequate knowledge. 35% of subjects had an average level of knowledge. a small proportion of 11.67% participants had adequate knowledge. post parental education programme significant number of 61.67% participants gained adequate knowledge. 28.33% of subjects reported an average level of knowledge. only 11.67% of participants had inadequate knowledge.

Conclusion:

Present study found that parental education programmes enhanced significant knowledge among parent after intervention majority of participants reported adequate knowledge. a statistically significant association was seen between pretest knowledge levels and occupation of mother and frequency of junk food consumption per week. These results revealed that there was significant relationship between employed mothers and frequent consumption of junk food in the family with low knowledge levels. We concluded that present study findings shown that parental education programme effectively enhanced the knowledge regarding junk foods and their ill effects among parents of school going children.

I. INTRODUCTION

Children frequently exposed to attractive media influences, mainly in the form of television, digital platforms, and social media, which often promote fast foods and sugar processed snacks. A lack of parental supervision, peer influences which reinforces unhealthy junk food consumption. Moreover, cheaply available junk foods make them a preferred choice for children over healthy foods. These cause children at risk for developing lifelong unhealthy eating habits and chronic diseases.

Junk food are foods containing little or no proteins, vitamins or minerals but are rich in salt, sugar, fats and are high in energy. When junk foods are consumed very often, the excess fat, carbohydrates, and processed sugar found in them contributes to increased cardiovascular risk of obesity, disease, diabetes and weight gain, and many other chronic health conditions.

II.OBJECTIVES

- To assess the knowledge regarding ill effects of junk foods among parents of school age children in selected urban areas at Vijayapura district, Karnataka.
- To develop and implement the parental education programme on knowledge regarding ill effects of junk foods.
- To evaluate the effectiveness of parental education programme on knowledge regarding ill effects of junk foods among parents of school age children in selected urban areas at Vijayapura district, Karnataka.
- To determine the association between pretest knowledge scores regarding ill effects of junk foods and selected socio demographic variables.

Hypothesis

H₀: There will be no statistically significant difference between pretest and posttest knowledge scores regarding ill effects of junk foods among parents of school age children.

H₁: There will be no statistically significant association between pretest knowledge scores regarding ill effects of junk foods and selected socio demographic variables.

Assumptions:

- Parents of school age children will have inadequate knowledge regarding ill effects of junk foods on school going children.
- Parental education programme will improve the knowledge regarding ill effects of junk foods among parents of school age children.

Delimitation:

- Present study consists of 60 participants who are enrolled through convenient sampling.

III.MATERIALS AND METHODS

Research approach: Quantitative research approach is used.

Research design: Pre experimental with one group pretest and posttest design is used.

Variables:

- Dependent variable: knowledge regarding ill effects of junk foods.
- Independent variable: parental education programme.
- Sociodemographic variables: such as age, gender, qualification, occupation, family income, history of usage of junk food in the family etc.

Selection criteria:

Inclusion criteria:

- Parents of school age children.
- Parents of school age children who are able to read and write in Kannada and English.
- Parents of school age children who are willing to participate in this study.

Exclusion criteria:

- Parents who are not available during the period of study.

Setting:

- Present study is conducted in selected urban area at Vijayapur district.

Study population:

- Parents of school age children who are residing in the urban areas.

Sampling technique: Non randomized convenient sampling technique is used in this study.

Sample size: present consists of 60 participants.

Description of tools: In this study research instrument was divided into two different parts:

Part I: sociodemographic data sheet.

Part II: self-administered structured knowledge questionnaire composed of 35 MCQs questions.

Data Analysis:

The data was analyzed as per the objectives of the study using descriptive and inferential statistics by computing the data in excel sheet.

- Socio demographic characteristics were analyzed using the frequency and percentage tables.
- To analyze knowledge regarding ill effects of junk foods among parents of school age children the descriptive statistics such mean median mode and SD were computed.
- Inferential statistics i.e. paired t' test was used to compare the pretest and posttest knowledge regarding ill effects of junk foods among parents.
- Chi square test was used to determine the association between pretest knowledge scores regarding ill effects of junk foods and selected socio demographic variables.

- $p < 0.05$ was used as level of significance.

IV. RESULTS AND DISCUSSION

Section I: Description of sociodemographic variables:

Age

In this present study the participants aged between 26-30 years and 31-35 years were found to be equal majority, each comprising 38.33%. Only 5% of participant were aged above 35 years.

Gender:

In our present study females were constituted 73.33% as compared males who were 26.33%.

Educational qualification of mother:

Majority of mothers of school going children were graduate comprising 45% in this study. Only 11.67% of mothers were qualified with the primary education.

Educational qualification of father:

Majority of fathers of school going children were graduate comprising 45% in this study comparable with mothers. Only 13.33% of mothers were qualified with the primary education.

Type of family:

Majority of 71.67% of participants were belonged to nuclear family. Whereas 6.67% of participants were single parents.

Occupation of Father:

The majority of 66.67% of fathers were private employees. 18.33% of fathers were in government employees and 15% fathers were doing business.

Occupation of Mother:

Most 40% of mothers were working in the private sector, followed by housewives (33.33%, n=20). A smaller number of 10% mothers were government employees.

Monthly Family Income:

The majority of 28.33% participants were earning monthly income of Rs. 20,001–30,000. This was followed by 26.67% participants had Rs.30,001–40,000, 23.33% of participants had ₹40,001 and above and 21.67% of participants had income up to Rs.20,000 per month.

Frequency of Junk Food Consumption per Week:

Most participants 28.33% consumed junk food four or more times in a week. 26.67% of participants reported once a week, 23.33% of subjects consumed thrice and 21.67% of families consumed twice a week.

Previous Knowledge Regarding Ill Effects of Junk Food:

A majority of 71.67% participants were not aware about the ill effects of junk food, where as 28.33% of subjects reported having some awareness.

Source of Previous Information: Most of 71.67% participants said they had not come across any source of information. Some sources were used by participants mass media 13.33%, educational programmes 10%, books 3.33% and journals 1.67%.

Section II: Distribution of knowledge pretest and posttest knowledge levels regarding ill effects of junk foods among parents.

Table 2: Pretest knowledge levels regarding ill effects of junk foods among parents.

Knowledge	Levels	f	%
Pretest	Inadequate (0-12)	32	53.33%
	Average (13-24)	21	35.00%
	Adequate (25-35)	7	11.67%
	Total	60	100%

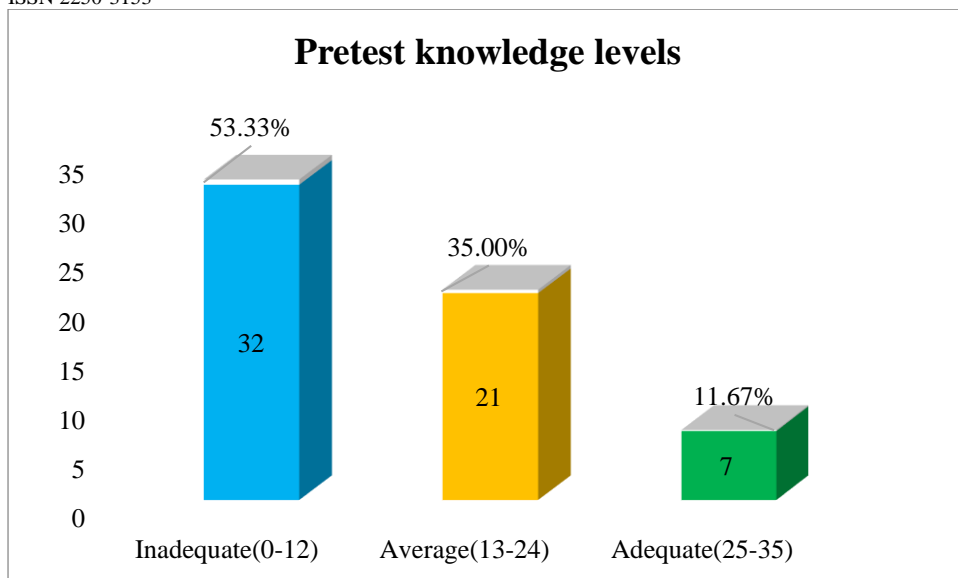


Table 2 describes that a majority of 53.33% participants reported inadequate knowledge. 35% of subjects had an average level of knowledge. a small proportion of 11.67% participants had adequate knowledge.

Table 3: Posttest knowledge levels regarding ill effects of junk foods among parents.

Knowledge	Levels	f	%
Posttest	Inadequate(0-12)	6	10.00%
	Average(13-24)	17	28.33%
	Adequate(25-35)	37	61.67%

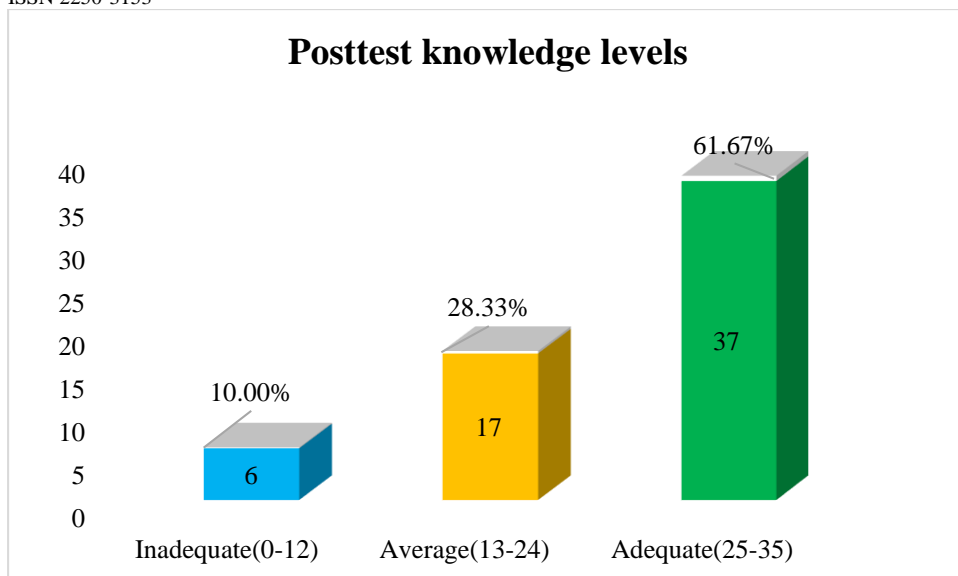


Table 3 explains that post parental education programme significant number of 61.67% participants gained adequate knowledge. 28.33% of subjects reported an average level of knowledge. Only 11.67% of participants had inadequate knowledge. This distribution revealed the intervention enhanced knowledge levels significantly among participants.

In the pretest, the mean score was 9.75 ± 3.85 , with a median of 9.00 and a mode of 6.00. The range was 15 with scores ranging from a minimum of 4 to a maximum of 19.

In the posttest, the mean score increased to 17.08 ± 5.65 , with a median of 17.50 and a mode of 23.00. The range increased to 22 with a minimum of 6 and a maximum of 28.

Section III: Effectiveness of parental education programme on knowledge regarding ill effects of junk foods among parents of school age children in selected urban areas at Vijayapura district, Karnataka.

Table 4: Comparison of pretest and posttest knowledge mean scores.

Knowledge	Mean	Std. Deviation	t	df	p value
Pretest	9.75	3.85	-10.897	59	0.001*
Posttest	17.08	5.65			

Sig. level $p < 0.05$

Table 4 detailed that pretest knowledge mean score was 9.75 ± 3.85 , revealing considerably poor knowledge among participants prior the parental education programme. Post parental education programme posttest knowledge mean score improved to 17.08 ± 5.65 , reveal a significant enhancement in knowledge levels.

A paired t-test was adopted to compare pretest and posttest mean scores. The calculated $t=10.897$ which was greater than tabulated t values with $df=59$ and $p=0.001$, which proved the difference is statistically significant and the difference was under the influence of intervention not by chance. Hence the H_{01} was rejected.

Section IV: association between pretest knowledge scores regarding ill effects of junk foods and selected socio demographic variables.

The chi-square was computed to analyze the association there was no statistically significant association between pretest knowledge levels and variables such as age, gender, educational qualification of mother, educational qualification of father, type of family, occupation of father, monthly family income, previous knowledge regarding the ill effects of junk food, and source of previous information.

However, a statistically significant association was seen between pretest knowledge levels and occupation of mother ($\chi^2 = 16.660$, $p = 0.011$) frequency of junk food consumption per week ($\chi^2 = 28.714$, $p = 0.000$). These results revealed that there was significant relationship between employed mothers and frequent consumption of junk food in the family and knowledge levels. H_{01} : was rejected.

Discussion:

Present study was aimed to evaluate the effectiveness of parental education programme on knowledge regarding ill effects of junk foods among parents of school age children in selected urban areas at Vijayapura district, Karnataka. Our results revealed that pretest knowledge mean score was 9.75 ± 3.85 , revealing considerably poor knowledge among participants prior the parental education programme. Post parental education programme posttest knowledge mean score improved to 17.08 ± 5.65 , reveal a significant enhancement in knowledge levels.

Similar study findings were observed by Gill et al. (2024) the mean pre-test knowledge score was 12.08 with a standard deviation of 0.026. The calculated 't' value was -15.07, which was higher than the table value, indicating a statistically significant difference in knowledge scores. The obtained p-value showed that the educational intervention was effective in improving knowledge regarding the health hazards of junk food among participants

V.CONCLUSION

Present study found that parents were reported inadequate to moderate knowledge regarding the ill effects of junk food consumptions. Parental education programmes enhanced significant knowledge among parent after intervention majority of

participants reported adequate knowledge. A statistically significant association was seen between pretest knowledge levels and occupation of mother and frequency of junk food consumption per week. These results revealed that there was significant relationship between employed mothers and frequent consumption of junk food in the family with low knowledge levels. We concluded that present study findings shown that parental education programme effectively enhanced the knowledge regarding junk foods and their ill effects among parents of school going children.

VI. ACKNOWLEDGEMENT

We appreciate New Ashwini institute of Nursing Sciences Vijayapura, for granting permission and providing ethical clearance for this research endeavor. We would like to convey our heartfelt gratitude to the parents of school going children for granting permission and creating an appropriate environment for the research project. Also, we would like to thank our beloved Principal and the Child Health Nursing Department, as well as the teaching and non-teaching staff, for their constant support and guidance in completing the study work.

Conflict of interest: None

Ethical clearance: Ethical Clearance Certificate was obtained by Institutional Ethical Committee.

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