

The Impact of Junk Food on Our Lives: A Study on Adolescent

Sukhminder Singh¹, Dr. Akhilesh Pandey²

¹Research Scholar, School of Hotel Management, Airlines and Tourism, CT University, Ludhiana, Sukhmindersingh92@gmail.com, Mob: 7696242790.

²Associate Professor, School of Hotel Management, Airlines and Tourism, CT University, Ludhiana, akhilesh17655@ctuniversity.in, Mob: 6396668478.

ABSTRACT

Food is an essential component of human life since it provides the body with fuel and acts as a defence mechanism against disease. These days, a lot of people get their meals from fast food restaurants. In spite of the fact that it may be prepared and brought to the table in a shorter amount of time, the nutritional density of junk food is lower than that of traditional cuisine. Even though the convenience, low cost, and portability of fast food make it highly popular among younger people, it has a number of negative effects on human health that make it less desirable overall. Unfortunately, the precautions that have been taken are not adequate. The consumption of unhealthy fast food is one of the primary factors contributing to the rise in the prevalence of many diseases in developing countries, such as coronary artery disease and diabetes mellitus, amongst others. The research that was done on the potential dangers to one's health that are related to such high-calorie meals gave some useful insight into how one should prevent them. This paper discusses the reasons for the widespread consumption of fast food, as well as the difficulties associated with it and the toll it takes on people's physical well-being. According to studies, junk food contains a significant amount of saturated fat, in addition to a large number of calories and salt, all of which may contribute to the development of health problems such as obesity, coronary artery disease, and diabetes mellitus. We need to continuously remind the general population, and particularly children and teenagers, not to consume junk food in order to lower the rate of lifestyle-related illnesses. This paper discusses the number of individuals who consume junk food as well as

the factors that lead to their making that choice. It also talks about the bad things that may happen to our bodies when we eat junk food.

Keywords: Health, junk food, consumption, lifestyle, fast food, obesity.

1. INTRODUCTION

The term "junk food" refers to low-cost foods that are heavy in calories from fat or sugar but low in fibre, protein, vitamins, and minerals. This term is used to insult certain foods (Brendan O'Neill, 2006). According to (Zimmer & Ben, 2010), the word has been in use at least since the early 1950s; however, Michael F. Jacobson of the Center for Science in the Public Interest is attributed as having first coined the term in 1972. High-protein meals that are regarded to be junk food include restaurants serving hamburgers, fried chicken, and other dishes like this. Other examples of these types of eateries are fast food restaurants. The popularity of junk food among the general public has significantly increased in recent decades as a result of the introduction of products such as Hostess Twinkies, Fritos corn chips, McDonald's, and KFC.

Many people believe that these things often do not have immediate negative consequences when combined with a diet that is well-balanced, despite the fact that experts have shown that eating junk food can have a negative impact on your health. This is despite the fact that experts have shown that eating junk food can have a negative impact on your health (Singh, Dey & Dey, 2021). But eating a lot of "junk food" may make you fat, which has led to public health campaigns and a ban on advertising these kinds of foods (WHO, 2015).

People have attempted to modify their eating patterns from less desired to more desirable food groups. Three community-based studies including media and neighbourhood education indicated that neighbourhood-wide health promotion efforts may modestly affect dietary habits (Maccoby, et al. 1977). People are more likely to purchase low-calorie, low-fat, high-fiber fast-food salads and cafeteria fare after smaller-scale interventions that included various types of labelling and prompting (Wagner & Winett, 1988).

Maintaining a diet that is both healthful and balanced may be challenging for both children and adults who lead busy lives. The most effective method for avoiding fast food is to promote a healthy diet that includes a greater variety of foods that are high in fibre, low in fat, low in saturated fat, and cholesterol, such as complete grains, vegetables, and fruits, as well as meals that contain only a moderate amount of sugar and salt. Consuming calcium-rich

meals on a consistent basis is another important step in meeting the body's calcium needs (Y. Bhoge, 2015).

Junk food is linked to obesity, cardiovascular disease, weight gain, diabetes, and a variety of other chronic health conditions because of the additional fat, carbs, and processed sugar it contains. People who eat a lot of junk food tend to eat less in the way of healthy foods like fruits, vegetables, and dairy products (Y. Bhoge, 2015). An study by the Scripps Research Institute found that consuming junk food had a comparable effect on the brain as addictive chemicals such as cocaine and heroin.

2. OBJECTIVES

1. To research the trend of fast food intake
2. To Examine the health Concern
3. To Explore the varieties of Fast food
4. To research how children are becoming more and more tempted by fast food
5. To investigate the fundamental components of fast food

3. HYPOTHESIS

H_0 : Junk food consumption by adolescent's in India has not grown considerably.

H_a : There has been a considerable rise in the proportion of adolescent's in India who eat at junk food restaurants.

4. LITERATURE REVIEW

(S. & .R, 2012) A meal that has no calories is known as junk food. Foods that are high in calories or calorie-dense yet devoid of fibre, vitamins, minerals, amino acids, or other micronutrients contain empty calories.

(Lama, 2019) Despite the fact that consuming junk food on a daily basis has been related to obesity and long-term health problems such as high blood pressure, many individuals still prefer it over nutritious, nutrient-dense complete meals. Despite the fact that junk food is often inexpensive, fully prepared, and ready to eat, there are several psychological reasons why individuals pick it as a meal or snack.

(Glazer 1, 2017) demonstrates according to Riggs, operators would likely use the following four tactics to attract clients and perhaps alter traffic forecasts in the future.

(Bruso, 2010) The Centres for Disease Control and Prevention say that the average American adult got 11,3% of his calories from fast food. Younger people ate more fast food than older people. Most of the people who ate fast food had the highest body mass indices. Fast food has very little nutritional value, so people who eat a lot of it may not get enough of certain nutrients.

(Saxena, 2022) Shows that any street in North India would be lined with vendors offering a variety of street delicacies, including Aloo Chaat, Papdi Chaat, and the well-known Dahi Bhalla Chaat. They are easy to prepare and are enjoyed by everybody. Chaat, which originated in the streets of northern India, is now renowned worldwide. According to legend, chaat began in Shah Jahan's kitchen. According to legend, when the Mughal emperor grew ill, his Hakim recommended him to consume foods that were easy on the stomach but rich in spices to strengthen his immune system.

(Sharma, 2015) suggesting that obesity Eating junk food may create severe health issues in the body. For example, junk food raises the risk of obesity because it includes excessive amounts of fat, processed carbs, salt, added sugars, and sweeteners. Obesity causes a variety of health issues that negatively affect your quality of life.

(Harris, 2021) In light of the fact that certain of these components have been linked to major health issues, it is crucial to understand which of them are most common. That is exactly what our intentions were. Five well-known fast food chains, including McDonald's, Burger King, Taco Bell, KFC, and Arby's, had their menus totalled first. We next compared our results to a list of common food components and colours provided by the U.S. Food and Drug Administration. The end result is a list of the top 10 fast food ingredients, arranged by kind and purpose of item.

(Song, 2016) shows that eating junk food is a big problem, especially for teens and young adults. There have been a lot of studies done on this target group, college students. In 2015, a study called "Self-Reported Intake of Fast Food Meals by University Students" looked at how well students estimated their weight status based on their body mass indices. The results of the poll show that 36% of students eat fast food more than three times a day. The results of the survey showed that 23% of obese students and 48% of overweight students thought they were in a healthy weight range.

(Gaskell, 2017) The National Institutes of Health says that junk food is a cheap, quick, and easy alternative to home-cooked meals (NIH). They often have a lot of sugar, salt, saturated fat, and calories. In response to the public's growing knowledge of nutrition, the NIH says that some fast food restaurants have started serving food that is lower in fat and calories than their usual fare.

(Shaikh, 2017) proves that quick food may please your taste buds and is a realistic alternative to home-cooked meals due to our hectic lifestyles. However, junk food serves no purpose other than to load you with calories. Let's evaluate the nutritional value and negative consequences of fast food versus home-cooked meals to determine which is superior.

(Burrell, 2017) indicates the accessibility of food We shall consume food as it becomes accessible. It is conceivable that we will consume food just because it is available. This implies that you are far more likely to consume food regardless of whether you are hungry if you purchase it, even if it is for special occasions or trips, or if you have a biscuit tin, candy jar, or fundraiser chocolate box at work. Do not purchase food if you do not intend to consume it. Food should not be evident in places where one spends significant time.

(Moore, 2017) demonstrates that food cravings are the most harmful adversary for dieters. These are urges for certain foods that are intense or uncontrolled and greater than regular hunger. People have a variety of dietary desires, but processed junk food with a high sugar content is often one of them. Cravings are a major reason why individuals find it difficult to lose and maintain weight. Here are eleven fast techniques to reduce or eliminate your cravings for unhealthy and sugary meals.

5. STUDY DESIGN-

The title of the study is " **The Impact of Junk Food on Our Lives: A Study on Adolescent**". The consumption of junk food is brought into focus when compared with the consumption of organic meals. The doctrinal approach of analysis is used in the study report that was produced. Within the context of this investigation, secondary sources have a greater weight. Working papers, dissertations, and books written by famous sociologists and economists are employed as secondary sources of information in this study. The Indian Food Safety and Standard Authority is one of the key providers of this information.

6. JUNK FOOD-

The National Institutes of Health claim that junk food is a cheap, speedy, and quick substitute for home-cooked meals (NIH). They often include large amounts of saturated fat, sugar, salt, and calories. The agency claims that certain restaurant chains have done a better job of educating customers about nutrition by serving food that is lower in fat and calories than their typical menu items.

6.1 REASON FOR EATING JUNK FOODS-

6.1.1 The Choice of easiest access

Busy schedules often minimise the amount of time individuals should spend cooking wholesome meals, enabling them to make quicker, easier options. While food products like hamburgers are sometimes delivered shortly after being ordered, entire foods like vegetables and meat need time and room to cook properly.

6.1.2 Reducing tension

Fast culture causes tension and worry. Stress causes the body to burn more energy, prompting people to crave fatty, sugary meals. Hysteria makes people seek solace in eating. Junk food's beneficial effects on the reward area of the brain make it a soothing go-to when stressed.

6.1.3 Not getting enough nap

Lack of sleep affects bad eating, too. When sleep is limited, the brain's reward centre becomes more active, and executive functions lag. This reduces possession, leading people to seek out fatty, sugary meals that stimulate the reward centre.

6.1.4 Acquiring an addiction

People may make a decision based only on their bodily need on food. According to research, consuming meals with a lot of sugar or fat all at once alters the brain's chemical makeup in a

similar way to being hooked (Seo, Lee & Nam, 2011). Research findings Rats who routinely eat meals high in fat and sugar suffer withdrawal symptoms if they are denied access to these substances because they mentally want more of them. People are also neurochemically driven to make food decisions after the habit is established.

7. HOW TO ATTRACT CUSTOMERS TO FASTENED MEALS

7.1 Enhance Technology

Customers expect restaurants to be current, to provide innovation, and to be relevant not just in terms of the menu but also in terms of the overall eating experience. This is because the world is dynamic and evolving swiftly, and customers want restaurants to keep up with these trends. Operators that do not introduce run the risk of having the majority of their consumers disregard them as a potential option.

7.2 Proposal acceptance

There is a possibility that restaurants may see an increase in customer foot traffic as a result of the expanding use of delivery services among individual customers.

7.3 Permit Customers to Use their style

NPD thinks that many firms will supply not just the items that consumers desire but also the potential for customization as a result of the continuous competition of the sector. To a far greater extent than at previous quick-service restaurants, fast-casual and casual dining establishments, as well as those that provide informal dining, have started to increase their use of customization.

7.4 Honor customers for using less

To increase foot traffic in a market that is experiencing slow growth, operators will undoubtedly build or extend incentive and loyalty programmes to entice a diverse range of consumers rather than focusing just on the most regular users. This is also true for lighter

users, who were mostly ignored in the past since drawing in and retaining heavier users was seen to be more beneficial.

8. JUNK FOOD IS DEFICIENT IN NUTRIENTS

The majority of junk food is devoid of fibre. This may be related to the fact that unprocessed meals, such as vegetables and whole grains, often have a greater amount of fibre. It is likely that the bread that is used in the preparation of hamburgers, wraps, and sandwiches has a relatively low amount of fibre. Veggies are an excellent source of fibre, and although certain fast food items, such as sandwiches, wraps, and other packaged foods, do include enough fibre to meet your daily needs, vegetables are by far the best source.

8.1 Vitamins and Minerals

The overwhelming bulk of today's foods do not contain any vitamins or minerals at all. Nutrients are present in high concentrations in fruits, vegetables, and meals made with whole grains, although they are very rare in foods themselves. The absence of nutritional content that is present in commonly consumed items such as hamburgers, french fries, chicken nuggets, and other goods is glaringly obvious. Although salads have the potential to be incredibly healthful, they don't keep for very long. Assume that McDonald's Premium Southwest dish with Grilled Chicken has 133 percent of the needed daily intake of vitamin A and 50 percent of the essential antioxidant in order to meet the requirements. On the other hand, the side dish only contributes 45 and 25 percent of the daily necessary ration of nutrients. Cheeseburgers and burritos are just two examples of the many different types of foods that contain calcium and iron. There is a lower probability that fast food will include other necessary components, such as zinc, potassium, or copper.

8.2 Adequate Lipids

Olives, almonds, avocados, oilseeds, olive oil, and other vegetable items like these are loaded with mono and unsaturated fats. Other vegetable products like these are also high in these types of fats. These facts are not often seen in food preparations very frequently. In contrast, the vast majority of fast food meals are full of unhealthy fats called saturated fats.

9. JUNK FOOD CONSUMPTION IS A PROBLEM

9.1 Obesity

Consuming fast food on a regular basis will have a detrimental effect on your health. For instance, the consumption of intercalary fats, refined grains, salt, intercalary carbohydrates, and sweets all contribute to an increased likelihood of becoming obese. The primary contributor to a wide range of health problems that may have a significant negative effect on your quality of life is obesity.

9.2 Conditions of the Cardiac

According to the American Heart Association, consuming foods high in trans fats may put your vascular system at risk of damage. Your chance of developing cardiovascular disease and stroke will go up. In addition, if your cardiovascular system is impaired, it will be much more difficult for you to exercise.

9.3 Psychological Medical Conditions

Toxins and potentially harmful substances are found in abundance in fast food. Food will take the role of a diet that is rich in vitamins and omega-3 fatty acids, both of which contribute to improve psychological characteristics and cognitive skills. As a consequence of this, one can have trouble concentrating mentally, low levels of energy, and other psychological problems.

10. Particular Reason for consuming Junk food-

10.1 Accessibility of Meals

We will eat when food is accessible for eating. Forget about our ability to restrain ourselves; the sheer fact that food is there shows that we have a strong propensity to eat it.

In other words, if you buy food, even if it's only for visitors or special occasions, or if your company has a biscuit tin, candy jar, or charity chocolate box, you're far more likely to eat it regardless of whether you're hungry.

10.2 Assisting with food

It would seem that seeing other people eat gives people in North American countries the green light to eat themselves, regardless of whether or not they are hungry. This kind of behaviour is typical in places like airports and food courts where a large number of people are eating at the same time, regardless of whether or not it is the evening mealtime. This conclusion is supported by the findings of the 30-year Framingham Heart Study, which determined that we become essentially identical to those with whom we spend the most time. The findings of this study lend credence to the conclusion that we become essentially identical to those with whom we spend the most time. According to the findings of this study, when it comes to eating routines and the accumulation of excess weight, the more people in the nations that make up North America consume food, the more food we will consume as well, and the nicer the locations in which we spend our time, the healthier we are likely to be. As a result, if many of us want to keep our weight at a reasonable level, our homes and places of employment need to be as healthy as is practically possible.

10.3 Contrary Emotions

Even while it is not as effective as having food readily accessible or watching others eat it, being unhappy, sad, or simply down may inspire munching. For people who use food as a kind of self-medication, remember that this is often a learned behaviour that was implanted in us as children or reinforced by television programmes that urge us to eat particular foods to feel better, such as Tim Tams after watching television alone. Therefore, the only way to manage emotional gula is to recognise when we are unhappy or depressed and learn to self-soothe in a variety of ways, or to consume sweets in moderation if you must eat.

10.4 Spending time with close friends and members of one's family

In contrast to prior research, where it was seen that people ate more while others were eating, in this study, being among friends and family dramatically lowered snack consumption. This research reveals once again that social connection seems to be adequate for regulating our intake of additional foods and food after meals. Therefore, enlisting the aid of others when we feel the need for a snack or a meal looks to be an additional simple method for regulating our food intake.

11. Suggestions for avoiding Unhealthy junk Food-

11.1 Quake Liquid

Frequently, thirst and hunger or food cravings are confused. If you get a sudden need for a certain dish, consider drinking a big glass of water and waiting for a while. Once you realise that your body was indeed thirsty, you will find that the need subsides. Additionally, drinking enough of water may have health benefits. In older adults, drinking before meals may lower cravings and help in weight loss.

11.2 Consume enough Nutrient

By increasing the amount of protein you consume, you may be able to better control your impulses and avoid committing a mortal sin. It also shortens the amount of time you feel full and satisfied, and it brings about a general reduction in your appetite. According to the findings of one research, overweight teenage girls who had a breakfast that was rich in protein saw a significant reduction in their appetites. Another research on obese men found that a decrease in desires for food that lasted for one hour after the participants increased their consumption of supermolecules to 25 percent of their calorie intake. There was also a reduction of one fifth in the desire to eat in the late hours.

11.3 Keep yourself away from the desire

Try to maintain a distance from desires as they arise. To alter your attention, you may, for instance, take a little walk or a shower. A change in viewpoint and setting might

make it less difficult to resist the impulse. In addition, research have shown that chewing gum might help lessen cravings.

11.4 Make your balanced diet

If feasible, try to plan your meals for the day or the next week. The issue of spontaneity and ambiguity is solved when you know in advance what you will eat. If you don't have to choose what to eat for the following meal, you'll be less tempted and less likely to experience cravings.

11.5 Consume appropriate foods

Repressed cravings may be triggered by hunger as well as a lack of essential nutrients in the body. As a result, it is very necessary to consume foods high in nutrients during each meal. As a result, the essential nutrients will be delivered to your body, and you will not experience any signs of immediate hunger. Pick something nutritious to eat as a snack in between meals if you find that you're hungry in between meals. Choose foods that are not processed, such as fruits, vegetables, nuts, and seeds.

12. Result

The need for quick meals has increased in recent years. There is an effect on the health of children. junk food was quite popular among the younger members of our population since it was convenient and quick.

13. Discussion

This dialogue demonstrates how popular junk food has become among the younger generation in India in recent years. The evidence has pointed in the direction of the competing theory.

14. Conclusion

As a result of economic factors, fast food has genuinely contributed to the partitioning of the Third World. It is an essential component of existence in both industrialised societies and civilizations that are still developing, and it is making a comeback with the tremendous growth in obesity and the difficulties that come along with it. Consuming junk food in moderation, on an irregular basis, and in as few large amounts as possible are the keys to successful feeding. In a competition between junk food and nutritious meals, the latter is far easier to win. On the other hand, one must exercise caution since the attraction can be too great, which would lead to confirmation. It is important to keep in mind that an addiction to junk food is really beneficial to the economy. We are forced to make a decision between our health and our nutritional needs. Choose the choice that is good for you instead of the unhealthy one! Stay away from junk food if you want to keep your health!

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