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Effects of Junk Food on Health

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Abstract

The consumption of junk food has escalated rapidly worldwide due to the changing lifestyle and easy accessibility of fast food. Junk food is generally rich in calories, sugar, salt, and saturated fats but lacks necessary nutrients. The excessive consumption of such foods has been associated with several health issues, such as obesity, type 2 diabetes, cardiovascular diseases, gastrointestinal disorders, and a compromised immune system. This research paper will discuss the effects of junk food on physical health and highlight the importance of awareness and healthy eating habits to avoid health complications associated with the consumption of junk food.

Keywords

Junk food, Fast food, Obesity, Cardiovascular diseases, Unhealthy diet, public health

Introduction

In contemporary society, junk food has become a common feature of people's diets, particularly among children, teenagers, and working-class individuals. Busy lifestyles, affordability, enticing advertisements, and personal preference have all contributed to the rising popularity of junk food. Junk food encompasses fast food, sweet drinks, fried snacks, and packaged foods that are highly processed and of poor nutritional value.

The consumption of junk food has adverse effects on physical health, as it tends to increase the risk of developing obesity, high cholesterol, high blood pressure, and metabolic diseases. Moreover, unhealthy eating habits developed during childhood tend to persist throughout one's life. This research paper aims to comprehend the negative impacts of junk food on health and emphasizes the need for nutritional awareness and lifestyle changes to ensure good health.

Objective

1. To investigate the effects of junk food consumption on human health.
2. To determine the health issues linked to the high consumption of junk food.
3. To evaluate the association between junk food consumption and lifestyle diseases like obesity and diabetes.
4. To determine the nutritional deficiencies linked to the high consumption of junk food.
5. To raise awareness about the significance of healthy eating habits.

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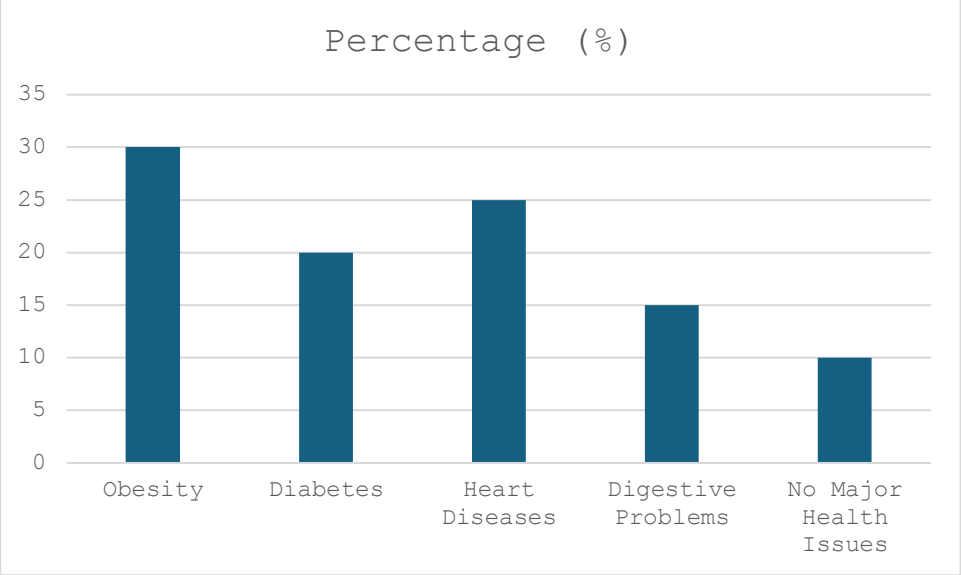
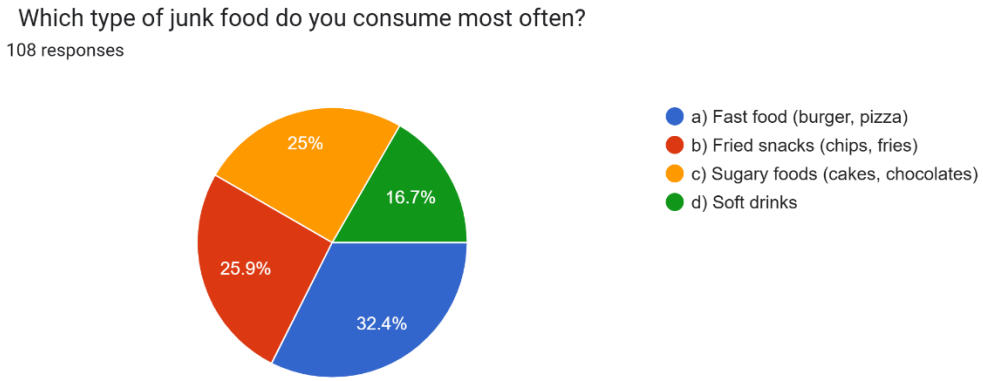


Data Collection

Which type of junk food do you consume most often?



Do you prefer junk food over home-cooked food?

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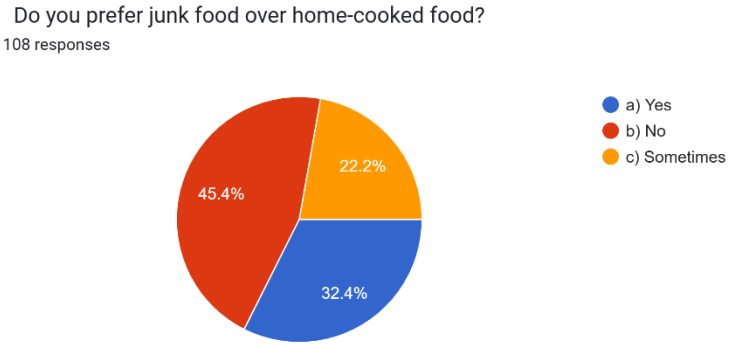
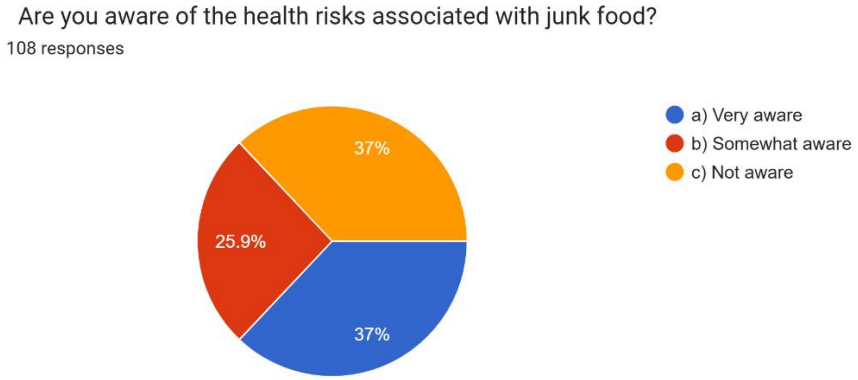
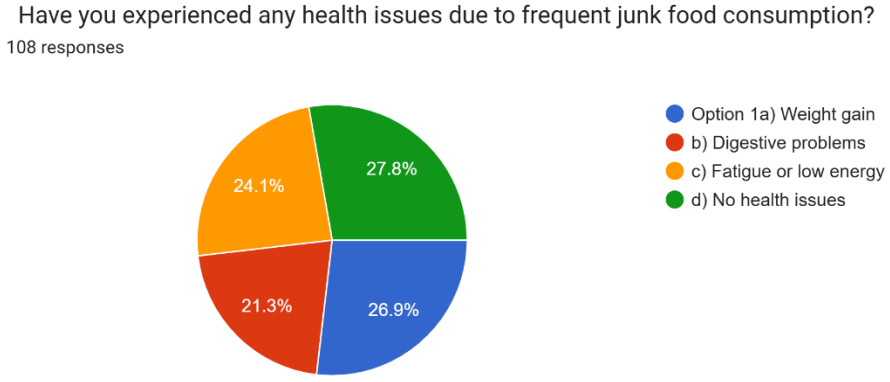


Are you aware of the health risks associated with junk food?



Have you experienced any health issues due to frequent junk food consumption?



Do you think reducing junk food intake can improve your health?

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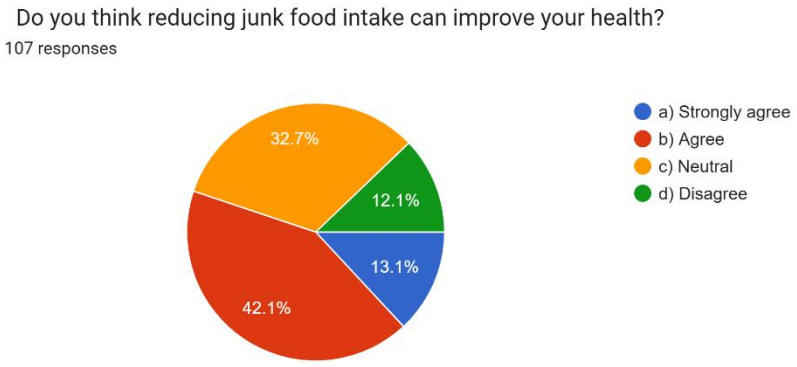

Hypothesis
H1: Which type of junk food do you consume most often?

Thus, Applying The Formula X2 = Σ (Oi-Ei)2 / Ei
Here, **Oi**= Observed Frequency (Response Collected From Survey),
Ei= Expected Frequency (Expected Response)

SR.NO	Hypothesis option	Oi	Ei	Oi-Ei	$(Oi-Ei)^2$	$(Oi-Ei)^2/Ei$
1.	Fast food (burger, pizza)	35	27	8	64	2.37
2.	Fried snacks (chips, fries)	28	27	1	1	0.037
3.	Sugary foods (cakes, chocolates)	27	27	0	0	0
4.	Soft drinks	18	27	-9	81	3
	Total	108				5.407

Σ (Oi-Ei)2 / Ei = 5.407
Degree Of Freedom (D.F.) Is 3
Therefore, Tabulated Value Of X2 as 3 Degree of Freedom Is 7.815*
X2 = 5.407 **< 7.815***

H2: Are you aware of the health risks associated with junk food?
Thus, Applying The Formula X2 = Σ (Oi-Ei)2 / Ei
Here, **Oi**= Observed Frequency (Response Collected From Survey),
Ei= Expected Frequency (Expected Response)

SR.NO	Hypothesis option	Oi	Ei	Oi-Ei	$(Oi-Ei)^2$	$(Oi-Ei)^2/Ei$
1.	a) Very aware	40	36	4	16	0.444
2.	c) Not aware	40	36	4	16	0.444
3.	c) Not aware	28	36	-8	64	1.777

Total	108			2.665

Σ (Oi-Ei)2 / Ei = 2.665
Degree Of Freedom (D.F.) Is 2
Therefore, Tabulated Value Of X2 as 3 Degree of Freedom Is 5.991*
X2 = 2.665 < **5.991***

Conclusion

The conclusion of the current study is that junk food has a significant effect on the health and lifestyle of humans. The results of the survey conducted show that fast food, including burgers and pizzas, is the most frequently consumed type of junk food. This suggests that there is a high preference for highly processed foods.

The chi-square test used to test the first hypothesis indicates that the calculated value of chi-square ($\chi^2 = 5.407$) is less than the tabulated value for a significance level of 5%. This implies that there is no significant difference between the observed and expected frequencies. This suggests that the consumption of junk food is widespread and that the frequencies are fairly evenly distributed.

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