

## **A STUDY TO ASSESS THE KNOWLEDGE REGARDING FOOD POISONING AND ITS EFFECT ON HEALTH AMONG GNM IST STUDENTS IN SELECTED COLLEGES, KANPUR.**

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### **ABSTRACT-**

Habits start young, and it is upto the environment to cultivate healthy habits in children, the school being the next-best home of learning and nurturing. With the rise in the incidence of stomach, diarrhea and vomiting amongst youngsters and college students the dark-side of food poisoning cannot be over looked. The main objectives are to assess the Knowledge of food poisoning and its effect on health among students. In this research quantitative research approach, non-experimental descriptive research design was utilized to assess the knowledge regarding food poisoning and its effect on health. The data was analyzed in the terms of objectives of the study by using the descriptive statistics. The findings of the study showed that among 30 samples in selected colleges, 7% students have average knowledge, 57% students have good knowledge, and 37% students have excellent knowledge on food poisoning and its effect on health.

### **Introduction**

Food poisoning, a type of food borne illness, is a sickness people get from something they ate or drank. The causes are germs or other harmful things in the food or beverage. Symptoms of food poisoning often include upset stomach, diarrhea and vomiting. Symptoms usually start within hours or several days of eating the food. Most people have mild illness and get better without treatment. Fast foods are ready-to-eat, served promptly after ordering. Some fast foods are high in calories and low in nutritional value, while others, such as salads, low in calories and high in nutritional value. However, most adolescents may not be acquainted of the high calorie content of such items because the information softens not easily accessible in fast-

food shops. High salt content foods can be act as addictive substances that stimulate the dopamine receptors in the brain, leading to increase in craving and hunger. It leads to increased appetite, calorie consumption, over eating, obesity and related illnesses.

## **NEED FOR STUDY**

Indians now find themselves among the top 10 most frequent consumers of fast food across the globe. According to the findings of the latest online survey from ACN, a leading international market research firm, over 70% of urban Indians consume food from take-away restaurants once a month or more frequently. This makes India one of the top 10 countries among the 28 surveyed, in terms of frequency of fast food consumption.

## **PROBLEM STATEMENT**

A study to assess the knowledge regarding food poisoning and its effect on health among GNM Ist Year students in selected colleges, Kanpur.

## **OBJECTIVES**

- To assess the Knowledge regarding food poisoning and its effect on health among GNM Ist Year students

## **METHOD AND MATERIAL**

### **Research approach**

The quantitative research approach was utilized to assess the knowledge and attitude regarding food poisoning and its effect on health among GNM Ist Year students,

### **Research design**

Non-experimental descriptive research design was selected by investigator to conduct the study.

### **Research setting**

The study was conducted in selected GNM Ist Year in Kanpur.

## **Population**

In This study the population includes GNM Ist Year students.

## **Sample size**

The Sample size of this study was 30 students.

## **Sampling technique**

Here for sample selection simple random sampling technique used for the present study by using lottery method.

## **Data Analysis**

- **Criteria for Sample Selection Inclusion Criteria**

- College students between 16-24 yrs.
- Who know Hindi
- Who are willing to participate in the study

- **Exclusion Criteria:**

- Who are not willing to participate in the study
- doesn't know English

**Development and description of the tool:** The tool consists of two sections part-1 and part-2

- **PART-**

I: It deals with demographic data including age, gender, residence, Monthly family income, Monthly pocket money, dietary pattern

- **PART-II:** It deals with questionnaires on knowledge regarding food poisoning and its effect on health

### The Scoring Key and Interpretations:

In this study, structured questionnaires are used for the assessment of the knowledge. It consists of 20 multiple choice questions, consist of four options. Each right answers carriers 1 mark and wrong answers carries 0 mark. For assessment the level of practice,

**TABLE-1: Frequency and percentage distribution of food poisoning and its effect on health among students** **N=30**

| S. No | Level of problems and adjustment | Frequency (f) | Percentage (%) |
|-------|----------------------------------|---------------|----------------|
| 1.    | Excellent                        | 11            | 37             |
| 2.    | Good                             | 15            | 50             |
| 3.    | Average                          | 4             | 13             |

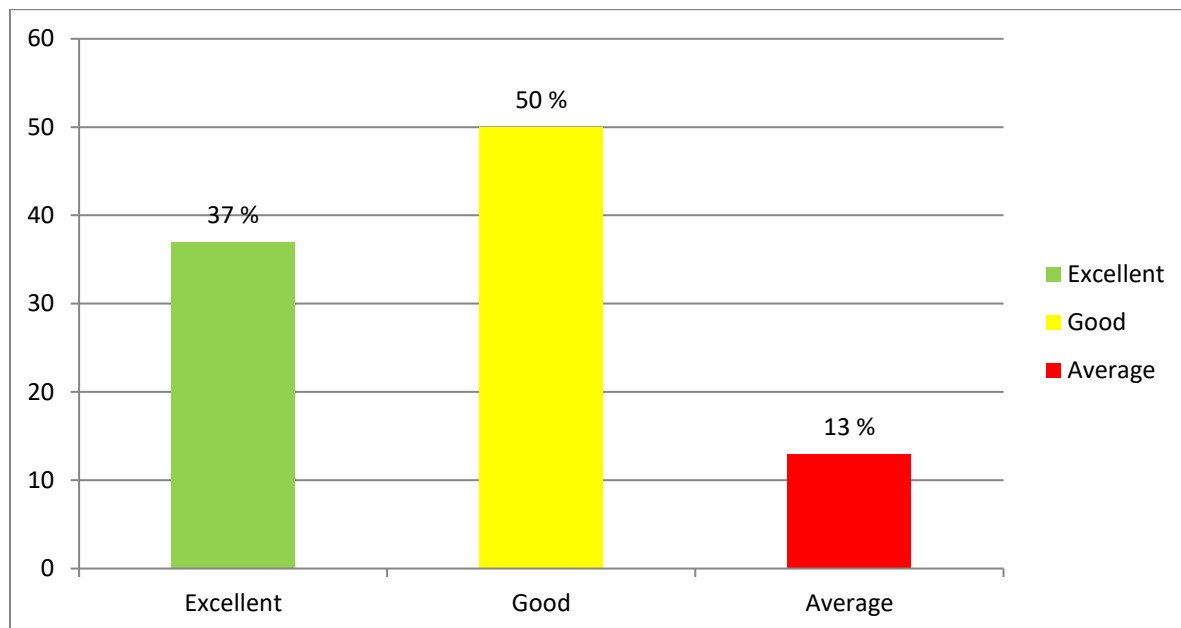


Table 1 reveals the level of consumption food poisoning and its effect on health among students, 11(37%) had excellent, 15(50%) had good and 4(13%) are had average, had average attitude on food poisoning and its effect on health.

### MAJOR FINDINGS OF THE STUDY

The findings of the study showed that among 30 sample selected sample of students in selected colleges Kanpur

- 7% students have average knowledge,
- 57% students have good knowledge,
- 37% students have excellent knowledge on food poisoning and its effect on health.

## CONCLUSION:

There was significant association between level of knowledge with socio demographic variables age, monthly family income, dietary pattern on food poisoning and its effect on health among students in selected colleges.

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