

**FAST FOOD CONSUMPTION AMONG ADOLESCENTS AGED
BETWEEN (18 TO 25) YEARS OLD AND THEIR EFFECT ON
HEALTH IN UZBEKISTAN**

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ABSTRACT

Junk meals are wealthy in calories, salt and fats. Excess consumption of junk ingredients would lead upward shove to extensive range of fitness disorders. The motive of this find out about is to discover out about the speedy meals consumption of adolescent in age between 18-25 years old in Navoiy town and their impact on health. Junk ingredients have really carved up the 1/3 World due to globalization; It is an fundamental section of lifestyles in the developed and additionally the creating world, and coming with it is a huge extend in weight problems and associated fitness problems. It grew to be quintessential learn about and decide damaging consequences of junk ingredients consumption and associated problems.

Key words: junk food, cholesterol, obesity, burger, pizza, diseases, healthy diat, adolescents, consumption, teenagers.

INTRODUCTION

Junk refers to fast food which is easy to make and easy to consume. Michael Jacobson aptly coined the phrase junk food in 1972 as slang for foods of useless or low nutriional value. Junk food is called HFSS (High fat, sugar or salt). Various types of Junk food that are available in restaurants are cold-drinks, pizza, burger, lavash and sandwich etc. The number of fast food restaurants and chains is increasing because people around the world like to eat junk food, USA, Canada, Britain, Australia, Japan, Sweden etc. are the countries with the most junk food consumption around the world. Junk food is more popular because of the experience of great taste, better shelf life and easy transportation. The junk food advertising also plays a great role in junk food's popularity. But it should be avoided, because of ack of energy, high cholesterol and poor concentration. It causes a lot of harmful eects on the body like obesity, diabetes, heart disease and various types of skin cancers. Eliminating the temptation for junk food and developing the awareness for fitness can be helping in avoiding the junk food from the healthy diet.

MATERIALS AND METHODS



Students from all freshman groups and undergraduate groups from the Institute of Navoi were included in the study. The Institute of Navoi State Pedagogical was selected, because it has a massive educational institution in Navoi compared to other educational places. The questionnaire filled out between the both group unk refers to fast food which is easy to make and easy to consume. Michael Jacobson aptly coined the phrase junk food in 1972 as slang for foods of useless or low nutritional value. Junk food is called HFSS (High fat, sugar or salt). Various types of Junk food that are available in restaurants are cold-drinks, pizza, burger, and sandwich etc. The number of fast food restaurants and chains is increasing because people around the world like to eat junk food. USA, Canada, Britain, Australia, Japan, Sweden etc. are the countries with the most junk food consumption around the world. Junk food is more popular because of the experience of great taste, better shelf life and easy transportation. The junk food advertising also plays a great role in junk food's popularity. But it should be avoided, because of lack of energy, high cholesterol and poor concentration. It causes a lot of harmful effects on the body like obesity, diabetes, heart disease and various types of skin cancers. Eliminating the temptation for junk food and developing the awareness for fitness can be helping in avoiding the junk food from the healthy diet regimen.

They are zero in nutritional value and frequently high in fat, salt, sugar and/or calories. Common junk foods include salted snack foods, fried fast food, and carbonated drinks. Junk food has come to be a foremost problem. and many international locations are taking action-banning junk food advertising and marketing in children's programmes, removing it from colleges and even imposing a fat tax. Junk Food has emerge as a major problem and many international locations are hassle and many nations are food action-banning junk taking advertising in young people programmed, removing it from schools and even imposing a fat tax. Many junk foods also have trans fats. Trans fats behave like saturated fat when they get in the body. They clog up the arteries and cause plaque to build up contributing to coronary heart disease and stroke symptom food taking action-banning junk advertising in adolescents programmed.

RESULTS

Junk food consumption was reported by all students in this study. The socio-demographic characteristics of the study participants of the 100 teenagers who participated in the study, ages of teenagers ranged from 18 to 25 years with a mean age of 19-25. Approximately over half (60.0%) of participants consumed fast food were female and about (40.0%) were male. When statistics was analyzed through gender we located the proportion of junk meals consumption as meal in ladies were higher than males and when analyzed by means of exceptional corporations of age we found the proportion of junk food consumption of males (58.0%) have been greater than that of

women in age team 18-21 yr ancient and lower share (5.1 %) in males had been in age team 22-25 year old. While the greater percentage (42.6%) of women were in age team 22-25 and decrease (25.5%) proportion have been in age group 18-21 12 months historic however, the relationship between each age and gender of participates and junk food consumption as meal had been now not statistically sizeable 18 year old. When data was analyzed by gender we found the proportion of junk food consumption as snack in females were higher than males and When analyzed by different groups of age, the proportion of junk food consumption as snacks of males (43.0%) were higher than that of males in both age group 13-17 and 22-25 year old, lower proportion (12.5%) in age group 18-21 year old.

While the greater proportion of consumption junk meals as snacks in females were (40.0%) in age crew 22-25 and decrease share (30.0%) have been found in both age group 13-17 and 18-21 year historical .however, the relationship between both age and gender of participates and junk meals consumption as snacks have been now not statistically considerable ($t=1.7$, p value=0.423) as proven in (Table 3). Data presented in table four showed that the most frequent kind of junk food consumed each and every day was; 63.0% ate up tender drink , followed with the aid of 54% often ate up Chips 6% ate up French fries, 4% ate up Pizza hut, 3% bump off fried chicken, 2% bump off hamburger, 1% fed on Chocolate. Concerning bump off frequency within 1 or two instances per week, 17.0% ate up gentle drink followed by using 23% bump off Chips 10% consumed French fries, 21 fed on Pizza hut, 21% bump off fried chicken, 14% fed on hamburger, 17% consumed Chocolate. Regarding the effect consumption junk food on fitness of pupils below find out about are illustrated in table 5 around (42.0%) of participates had urinary tract infection, (7.0%) had heart disorder and about (5.0%) had **anemia**.

DISCUSSION

In this find out about completed in Derna-Libya consumption Junk meals was pronounced via all participants. The findings published that the proportion of junk meals consumption in ladies (67.0%) had been greater than males which was comparable to the end result via Sapkota which stated (53.5%) ate up junk food have been girls [9-12] that may additionally due to the fact girls more in all likelihood to be influenced by means of advertising campaigns that concerned giveaways, competitions than males. Also, in this study we corroborated the remark that older teenager tend to eat quickly food extra frequently than younger teenager this used to be similar what mentioned by using Fanning in (2002) which said the chance of purchasing speedy food will increase to about 30 years of age [13]. On other hand greater schooling used to be correlated with greater frequency of quick food consumption which was once similar to the end result via Hidaka in (2018) which stated Fast meals consumption is associated with greater education in women, but now not men, among older adults in

city [14]i.e. (That may additionally due to higher schooling correlates with a higher stage of job involvement, along with extra complicated work duties and greater responsibility).

Moreover, an annual household income extra than 500 LYD was associated to an improved fast food consumption of participates compared to an annual household income of (200-300 LYD) that was once similar what mentioned in learn about through Fanning in (2002) which stated probability of extend ingesting quickly food enlarge with family income. On other aspect this study indicates most mother and father support their families with quick food consumption these parents are commonly working lengthy hours and do not have the time for anything else different than walking to the nearest Fast Food restaurant and getting meals for everyone. Also the discovering indicates that around 36% of members have been ate up junk meals as snacks and an half of 49.0% were ate up junk meals as an choice to primary ingredients which was similar to the end result of the Larson (2002) in United States which showed the proportion of teenager who skipped breakfast at least one day during the college week [15]. However the relationship between each age and gender of participates and junk meals consumption as meals or as snacks were not statistically significant. Furthermore in a study executed in Australia by means of Denney-Wilson(25.0%) of college students typically selected smooth drinks as a substitute of water or milk in assessment to the equal mentioned by using this learn about whereas extra than half of of individuals (63.0%) have been devour smooth drink each and every day [16]. And this study was concluded that about 7.0% had coronary heart disorder this used to be comparable what pronounced by means of Hovenkam (2008) in china which said fried and processed food includes excessive amounts of trans fats, saturated fat in addition to oxycholesterol . Oxycholesterol is a kind of ldl cholesterol which may additionally prove to be a lethal compound to heart health [17].In this find out about increased percentage of individuals have been had urinary tract contamination and that associated to chips and tender drinks are the most desirable food gadgets among Participants A high sodium level has been sincerely implicated as the causative aspect for excessive blood pressure. Sodium is regarded to have an effect on renin-angiotensin machine in kidneys, which produces vasoconstrictive results on arterioles, main to improvement of high blood pressure. Also the salts used for the education has an impact of their excretion thru kidneys, as a consequence having an effect on renal system [18].

CONCLUSION

Adolescent consumed a higher quantity of junk food which led to a majority of unwell outcomes later on. It is endorsed that the faculties and neighborhood conduct and implement recognition programmers on quickly meals consumption and its ill effects. The pattern of this research protected a hundred teenagers from both sexes, a descriptive cross-sectional learn about of teenagers used to be conducted. The

questionnaire was divided into two part: first phase related to socio-demographic records and part two related to junk food pattern and influencing factors of junk food consumption and their effect on health.

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