

**AN EXPLORATORY STUDY TO EVALUATE THE KNOWLEDGE AND AWARENESS REGARDING HEALTH HAZARDS ASSOCIATED WITH THE SOFTDRINK CONSUMPTION AMONG BSC NURSING STUDENTS AT SMT.NAGARATHNAMMA COLLEGE OF NURSING, BENGALURU.**



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4<sup>th</sup> YEAR BSC NURSING (2021-2025)

RESEARCH PROJECT SUBMITTED TO

SMT.NAGARATHNAMMA COLLEGE OF NURSING BENGALURU

UNDER THE GUIDANCE OF

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DISSERTATION SUBMITTED TO THE  
RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES,  
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IN PARTIAL FULFILMENT OF THE REQUIREMENT FOR THE  
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UNDER THE GUIDANCE OF

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### **CERTIFICATE BY THE GUIDANCE**

This is to certify that the project “AN EXPLORATORY STUDY TO EVALUATE THE KNOWLEDGE AND AWARENESS REGARDING HEALTH HAZARDS ASSOCIATED WITH THE SOFTDRINK CONSUMPTION AMONG BSC NURSING STUDENTS AT SMT.NAGARATHNAMMA COLLEGE OF NURSING. Is a Bonafide group research done by MOHAMMED AFNAS, MOHAMMED SHAMIL, MELWIN MICHAEL of 4th year B.sc Nursing under the guidance of MS GEETA K MALAVAD Assistant professor of Obstetrics and GYNECOLOGICAL Nursing. Smt. Nagarathnamma college of nursing, BENGALURU.

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## **ABSTRACT**

**Title: AN EXPLORATORY STUDY TO EVALUATE THE KNOWLEDGE AND AWARENESS REGARDING HEALTH HAZARDS ASSOCIATED WITH THE SOFTDRINK CONSUMPTION AMONG BSC NURSING STUDENTS AT SMT.NAGARANTHNAME COLLEGE OF NURSING.**

### **Objectives:**

1. To evaluate the knowledge and awareness regarding health hazards associated with soft drink consumption among BSC NURSING students at Smt. Nagarathnama College of Nursing, BENGALURU.
2. To assess the level of knowledge about the contents and nutritional value of soft drinks.
3. To evaluate students' awareness regarding the short-term and long-term health effects of regular soft drink consumption.

### **MATERIALS AND METHODS**

The investigation was carried out with 30 B.Sc. Nursing students from Smt. Nagarathnama College of Nursing in Bengaluru, chosen through a purposive sampling technique. A structured knowledge questionnaire containing 40 multiple-choice questions was designed to assess knowledge and awareness regarding health hazards associated with soft drink consumption, and its content validity was verified by subject experts. Each correct response was given one mark, making a maximum score of 40, with overall knowledge expressed as a percentage. The study was conducted within the college premises, and the tool was found to be feasible and practical. A pre-test was administered on the first day, followed by an awareness session on the health hazards of soft drink consumption, and a post-test was conducted after seven days using the same questionnaire to evaluate the effectiveness of the intervention.

### **Results**

The study revealed that in the pre-test, 56.7% of participants had inadequate knowledge, 43.3% had moderate knowledge, and none demonstrated adequate knowledge regarding the health hazards of soft drink consumption. Following the awareness session, post-test results showed

a marked improvement, with 100% of participants achieving adequate knowledge, and none remaining in the moderate or inadequate categories. This indicates that the educational intervention was highly effective in enhancing students' understanding of the topic. The Chi-square test showed that all demographic variables, including age, gender, religion, socioeconomic status, place of residence, and parental occupation, were not significantly associated with pre-test knowledge scores ( $p > 0.05$ ).

## **Conclusion**

The present study provided valuable insights into the role of structured educational interventions in improving nursing students' knowledge regarding the health hazards associated with soft drink consumption. The primary aim was to assess baseline knowledge, evaluate the effectiveness of an awareness program, and determine the association between pre-test knowledge and selected demographic variables. The findings highlighted a considerable knowledge gap among students in the pre-test, indicating that many were not adequately aware of the adverse health consequences linked to frequent soft drink intake.

The awareness session introduced in this study was specifically designed to provide students with accurate and comprehensive information about the harmful effects of soft drinks, including obesity, diabetes, dental decay, and cardiovascular problems. The results showed a significant increase in knowledge scores after the intervention, confirming the effectiveness of the educational program in achieving its objectives. No significant association was found between knowledge levels and demographic variables, suggesting that lack of awareness was consistent across all groups. These findings emphasize the importance of integrating structured educational programs on nutrition and lifestyle into nursing education to fill knowledge gaps, promote healthy habits, and prevent diet-related diseases among young adults. The results further highlight the potential of such interventions to support public health initiatives by equipping future nurses with the knowledge and motivation to advocate for healthier choices within their communities.



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