

STATISTICAL SURVEY FOR WOMEN FAST- FOOD CONSUMERS***Ms. Bhavana Kenjale & **Ms. Shaheen Sayyad**

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Abstract:

Food is known to plays a very important role in both the development and prevention of many diseases. The habits of food taking also varies from society to society. And In that globalization and urbanization a lots of people consumes Fancy- food popularly known as Junk-food. As it is readymade in nature and easy to eat. This rapid change in levels of life is very harmful for our human body. Numerous studies already concluded that- Poor nutritional value and excessive salt content and degrees with fast-food cause Hypercholesterolemia, Hypertension, Type-2 Diabetes, Obesity, Cardiovascular diseases etc. This paper seeks to importance of various aspects of fast food consumption like – Health Issue, Money Spent. The values or originality of this paper is to estimate the importance of various factors regarding our healthy life style through analysis of samples from collection of data.

Keywords: Junk Food, Lifestyle, Health Problems, Eating Habits, Diseases, Money Spent

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Introduction:

The term fast food was introduced by Merriam Webster in 1951. According to Merriam Webster, Fast food is the term given to the food that can be prepared and served very quickly. Typically it means any food that sold in a restaurant with low preparation time and can be given to the customer for take away. So, it mainly designed for its quick availability. These are specialized products like pizza, burger, sandwiches etc. Food eaten outside the home is now becoming a significant and regular component of life. This rapid change in levels of life is very harmful for our body. [2]According to National Institute of Nutrition (NIN) Junk food are classified as food products [5] which contains excessive amount of salt, sugar, fats and many more preservatives for long term preservation.

Purpose: - This Paper seeks to importance of various aspects of Fast food consumption like-

- A. Health Issue
- B. Money Spent

Life Style Diseases:-

The fast food has made way into everyone's life and women along with men are becoming victims of many ill effects of fast food on health like, Increase in stress level, hypertension, high bad cholesterol, irregular menstrual cycle (PCOD), low energy levels etc.

Design /Methodology:-

1. Collection of Data through Google form survey using questionnaire as shown in fig.1.1 and fig.1.2 respectively.
2. To take few samples from whole collective data.

3. Analysis of samples through their basic statistical terminologies like mean, median mode mentioned below in table-1.1
4. To find out the conclusion of analysis in terms of rate percent (%) through the study of their pie-charts as shown in fig.1.3 to 1.9 respectively.

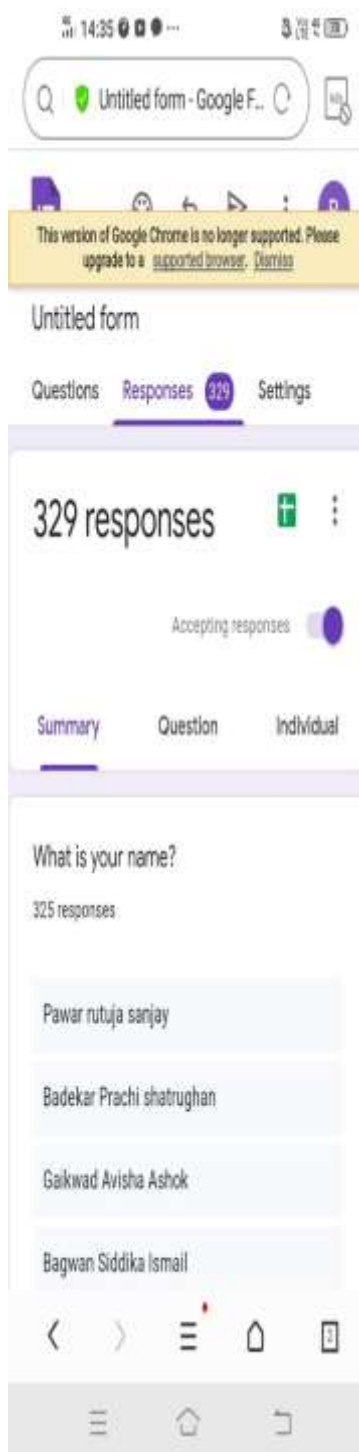


Figure 1.1 - Records (Screenshots) of Google form survey:-

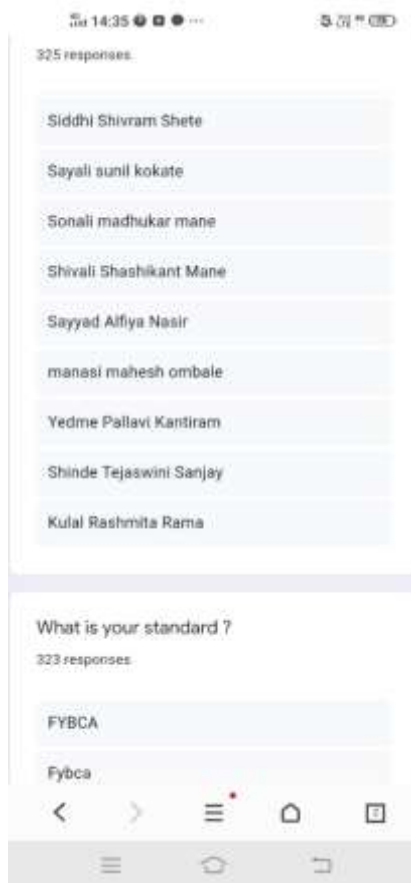


Figure 1.2 -Few Sample list of women who fills the form:-

Google Form Link:

<https://docs.google.com/forms/d/1wmjZJweYGQX9H49oyDK3di2rDiIJEh9RkWBetOgzMYg/edit>

Table-1.1 Tabular Format of Statistical Terminology:

Factors		Proportion
Mean		62.23
Median		54.8
Mode		88.7

4. Pictorial Representation Of Collective Data (Piechart) :-

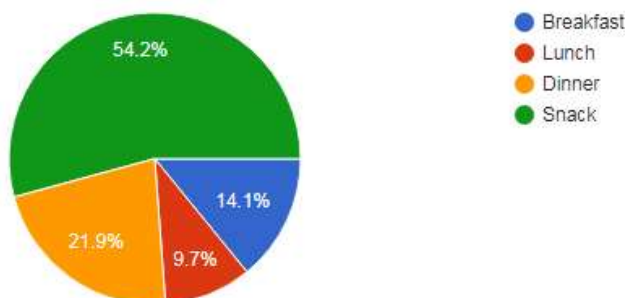


Figure 1.3 - Typical Time of eating fast food:

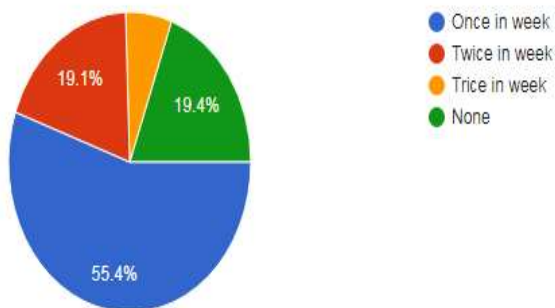


Figure 1.4 – The average percentage of making fast food at home

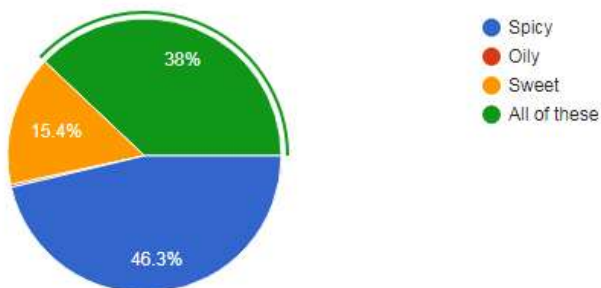


Figure 1.5 - The Type of fast-food which likes most:-

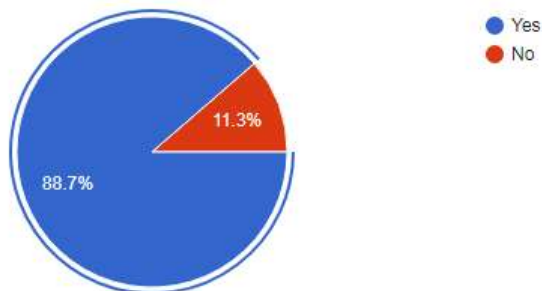


Figure 1.6 - The Women who Likes Fast Food:-

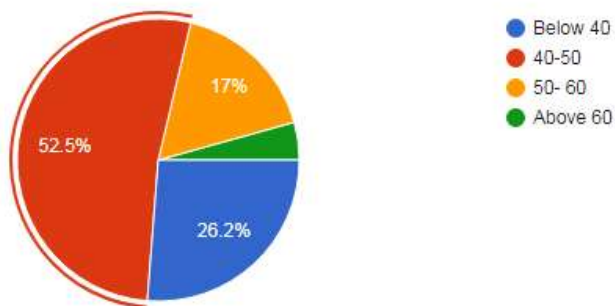


Figure 1.7 - The average weights of women who consuming fast food:-

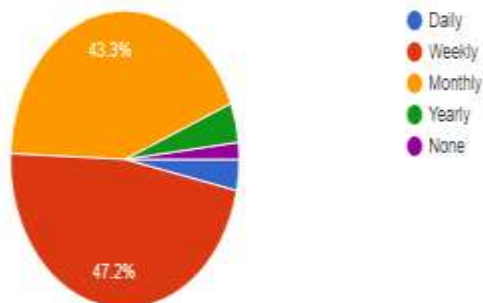


Figure 1.8 - The time when they take fast food most:-

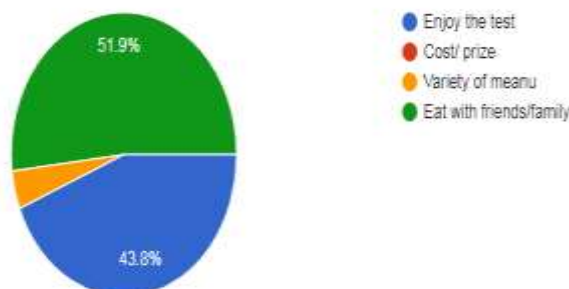


Figure 1.9 - Reason for liking the fast food most:-

Approach / Objective:

1. To determine the basic proportion of women fast food consumers through their sample of collective data.
2. To identify the quantitative aspects like mean, median, mode of collective data through their pie-charts as shown in table-1.1
3. To analyze their spending money on junk food on daily, weekly, monthly, yearly basis.
4. To find out the impact of fast food on human body through calculating their BMI-(Body Mass Index) as shown in graph fig.1.10
5. Formula for BMI= Weight(kg) / [height(m)]²

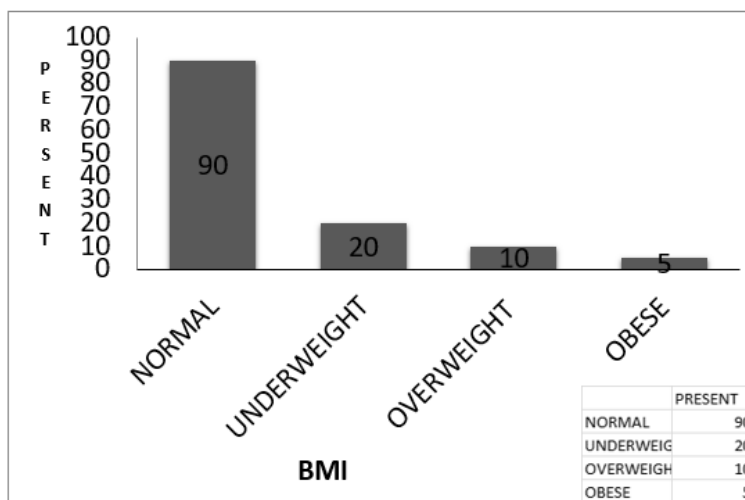


Figure 1.10 - Graph - Graphical Representation of Data: - (Bar Graph of Body Mass Index of Women)

Originality / Values: To estimate the importance of various factors regarding our healthy life style.

Findings of Study / Conclusion:

According to our statistical survey, almost 88.7% female intake fast food. Among the women 46.3% choose spicy fast food the reason behind that is they think that it was delicious and it was prepared quickly. Also almost 43.3% women take fast food on monthly basis because they want spend little time with their friends and many of them tend to like the taste of fast food. Almost 51.9% Women take fast food because they enjoy the test of fast food and think that fast food are economically in budget and eating at fast food restaurant may be part of their lifestyles.

Reference:

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