

**ASSOCIATION OF IRREGULAR EATING HABITS AND OCCURENCE OF PIMPLES IN ADOLESCENTS****Nancy Selva Mary, V**

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ABSTRACT**Aim:** To study 150 adolescents to create awareness of irregular eating habits and occurrence of pimples.**Methods:** 150 adolescents from different areas of Tamil Nadu which include City, Urban, Rural areas the study involved around 20 questions on various aspects of irregular eating habit, diet and occurrence of pimples in adolescents.**Result and Discussion:** The study has focused among adolescents in Tamil nadu. the result shows that the skipping of food may leads to pimples due to lack of protein rich food and continuous irregular diet may lead to loss of calories and decreases in body functions. unbalanced diet may lead to a loss of healthy skin these may cause the major problem for pimples in adolescents.**Conclusion:** This study creates awareness among the adolescents due to irregular eating habits leading to pimples.

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INTRODUCTION

Adolescents form two - third of population. This is a unique group of people with special needs. Our survey aims to identify the association of irregular eating habits and occurrence of pimples in Adolescents. [9] This group of people and subsequently come up with issues that warrant special attention. Adolescents population and health of adolescents is a very special issue and is focus of attentions globally for various reasons. [2] The world today is home to the largest generation of 12-19 years old in our history and number over one billion and their population is continuously increasing. The demands on young people are new and unprecedented; their parents could not have predicted may of the pressures they face.[1] How we help adolescents meet these demands and equip them with the kind of education, skills and provide good nutrition. The first step towards deepening our understanding is to clarify the concept of adolescence. "Adolescents" and its cognates are variously defined. The lines between childhood, adolescence and adulthood may differ by culture and region. [6] The adolescence are a unique population with specific health concerns and needs. Adolescence is the peak age of onset for serious mental illness like depression and psychosis. Over load of stress from physical, emotional, social and sexual change makes adolescence overloaded with stress which can result in anxiety, withdrawal, aggression, poor coping skills and actual physical illness.

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MATERIALS AND METHODS

Survey was performed in various schools and colleges of Tamilnadu data collection was done to face-face interview based on a structured. Pre-tested questionnaire Participants included all willing persons between 12-9 years of age.

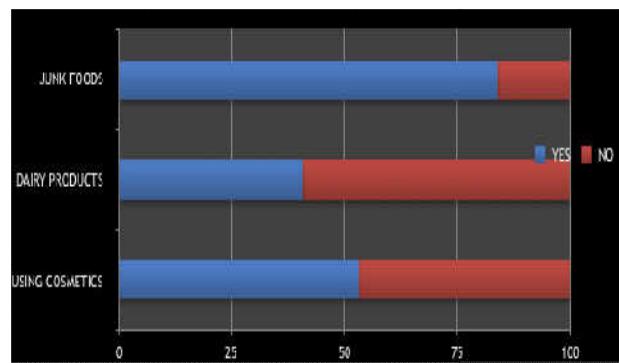
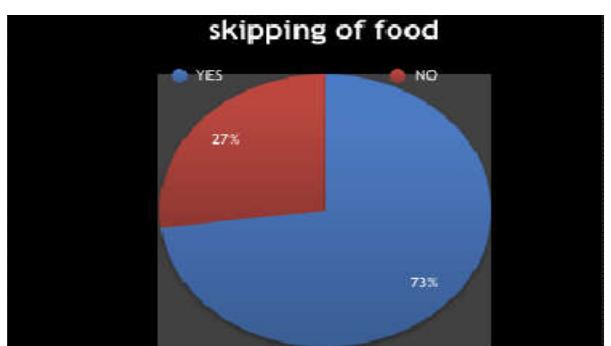
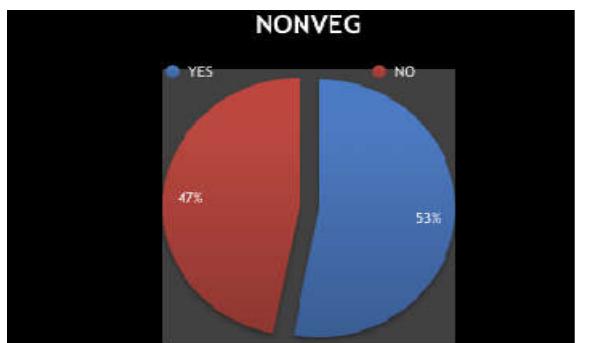
The study was carried out using a questionnaire based interview. It was conducted in local schools and colleges of Tamilnadu. Tamilnadu is the largest state of India comprising a mixture all major ethnic group. We approach all participants aged 12-19 years. Individual schools, colleges and classes were selected randomly completed the questionnaire in their class rooms. Under the guidance of interviewers and teachers data collections was continued for four weeks during the month of December 2016.

RESULT AND DISSCUSSION

Most adolescents with lifestyle issues fall in the age group of 16-18 years Females were more depressed than males and had more sleep related problems. Skipping of food in adolescents is (73%). Ascending this result skipping of food is highest in adolescence (53%) are taking more Non-veg. 80% of Adolescents taking junk foods and 35% of them like diary products. A total of 150 individuals are approached for their survey in Tamilnadu at different areas of different areas of Tamilnadu which include City, Urban, Rural areas the study involved around 20 questions on various aspects of irregular eating habits, diet and occurrence of pimple in Adolescents. The study was focussed among adolescents in Tamilnadu. The result shows that the skipping of food may leads to

pimple due to lack of protein rich food and continuous irregular diet may lead to loss of calories and decrease in body functions.

Unbalanced diet may lead to loss of healthy skin. This may cause major problems for pimple in adolescents.



CONCLUSION

This study creates awareness among the adolescence due to irregular eating habits, inadequate sleeps, consumption of more junk foods and diary products may leads to cause of pimples. Adolescent s need to be treated as a distinct segment of our population and it is important to realise and address their health and lifestyle problems. Inadequate sleep, depression and more consumption of junk food were the leading cause for pimples. [5] Families can play an important role to help their adolescents live a healthier life. Further research studies should be carried out to highlight issues of concern and their possible solutions in this population.

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