An Exploratory Study to Assess the Skipping of Breakfast & Its Ill Effect among School Children's [10 to 15 yrs] at Government Higher Secondary Schools in Varanasi.

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ABSTRACT

Breakfast is the first meal of the day. The word is a compound of break and fast, referring to the conclusion of fasting since the previous days last meals, hence breaking the fast. Breakfast is among the principle food which in early morning satisfies the nutrional needs and increases mental work load ability. Breakfast should contain verified food for the ease of digestion and absorption process. Eating, therefore, did not mean only to fill up the stomach but nutrional benefits should also be considered.

Skipping breakfast can affect school children physical and mental development. Skipping breakfast may hinder child growth because the body is forced to call upon stores of protein to met energy requirements. Behavioral problems in children –including decreased attentiveness, irritability and hyperactivity-have been reported to be associated with the transient hunger resulting from missing breakfast. Providing breakfast to students at school has been reported to improve some cognitive functions, particularly in undernourished children's.

BACK GROUND OF THE STUDY

Breakfast is the first meal of the day. The word is a compound of "break" and "fast," referring to the conclusion of fasting since the previous day's last meal, hence "breaking the fast. Breakfast is among the principle food which in early morning satisfies the nutritional needs and increases mental work load ability. Breakfast should contain varied food for the ease of digestion and absorption process. Eating, therefore, did not mean only to fill up the stomach, but nutritional benefits should also be considered.

Skipping breakfast can affect school children physical and mental development. Skipping breakfast may hinder child growth because the body is forced to call upon stores of protein to meet energy requirements. Behavioral problems in children – including decreased attentiveness, irritability and hyperactivity – have been reported to be associated with the transient hunger resulting from missing breakfast. Providing breakfast to students at school has been reported to improve some cognitive functions, particularly in undernourished children's.

NEED FOR THE STUDY

Children are the wealth of any Nation as they constitute one of the important segments of the population. Children in the age group of 5-14 years are often considered as school age. The school age group spans the period between preschool years and adult life. The foundation of good health and sound mind is laid during school age period .So it is a basic milestone in life of an individual and responsible for many changes that take place during later life. School age is considered as dynamic period of growth and development because children

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undergo physical, mental, emotional and social changes.

Raksha Goyal, Sandeep Julka [2019] the study stated that a retrospective analysis of the patients visited to a metabolic clinic Departments of Dietetics, and Endocrinology, Synergy Hospitals, Indore, Madhya Pradesh, India , Impact of breakfast skipping on the health status of the population for 3 months period was done. A total of 250 patients were visited to the clinic and out of them186 were eligible to be included. The general breakfast consumption status of participants about 132 (71%) patients reported that they don't consume breakfast regularly. Out of these 84 (63.6%) falls in obese group and 48 (36.3%) falls in normal BMI group. A BMI specific multivariate analysis was used to determine the relationship between breakfast consumption practices and body weight profile. In both groups, frequent breakfast eaters had significantly lower levels of BMI (X2 = 4.74, P = <0.05) compared to those of infrequent breakfast eaters.

Elsie C.et al [2019] The study revealed that data from two school-based cross-sectional studies, one European and the other Brazilian. In both studies, male and female adolescents from private and public schools in urban areas were eligible. In 3,528 adolescents (52.3% girls; aged 12.5–17.5 years), stratified by age, sex, region and socio-economic status. This analysis included 2,371 Adolescents (54.8% girls) having available data from the used variables. The Brazilian study, in a city of southern region of Brazil –*Maringa (PR)* with a population of about 330,000 inhabitants. After random selection, a total of 991 adolescents (54.5% girls, aged 14–18years) were included and evaluated regarding to cardiovascular risk factors and health-related behaviors.

Alice Monzani et al [2019] the study concluded that the incidence of skipping breakfast a relationship with overweight (OW) and obesity (OB) has been shown. Associations with cardiovascular outcomes and skipping breakfast in adults have been reported. The purpose of this systematic review was to summarize the association of skipping breakfast with body weight and metabolic outcomes in the pediatric population basing on inclusion criteria (observational; defined breakfast skipping; weight and/or metabolic outcomes). Overall, 286,804 children and adolescents living in 33 countries were included. The definitions of OW/OB, skipping breakfast, and the nutrient assessment were highly heterogeneous. Confounding factors were reported infrequently. The prevalence of skipping breakfast ranged 10–30%, with an increasing trend in adolescents, mainly in girls. Skipping breakfast was associated with OW/OB in the 94.7% of the subjects. The lack of association was shown mainly in infants. Moreover, 16,130 subjects were investigated for cardio metabolic outcomes. Skipping breakfast was associated with a worse lipid profile, blood pressure levels, insulin-resistance, and metabolic syndrome.

P Murugalatha, K Ramya [2018] the study stated that a comparative cross-sectional study done on 1000 school children age group of 5–9 years from two urban based schools within Madurai city . Children were allocated into two groups – study group and control group.. A total of 1000 healthy children were selected randomly (100 children each from I standard–V standard). Breakfast eating habits of subjects were determined through questionnaires designed for children and their parents. 24 h dietary recalls were used to assess dietary intake on any one school day. Anthropometric measurements such Eating habits Study group (T-500) n (%) regular breakfast 240(48) ,irregular breakfast 170(34), skipped breakfast90(18). Control group (T-500) n (%) Regular breakfast 445 (89), Irregular breakfast 40 (8), Skipping breakfast 15 (3) Our study revealed that the percentage of children in the study group who consumed breakfast regularly every day was 48% and that of the control group was 89%. Consumption of breakfast appears to have a positive impact on the nutritional status regardless of age. Skipping breakfast affects physical and mental development and scholastic performance.

Food is the prime necessity of life. Life cannot be sustained without adequate nourishment. We need adequate food for growth and development. Procuring enough food for survival is the main aim of life's struggle in all the higher organisms. Since all foods are not of the same quality from nutritional point of view, it is the man's capacity to include required food stuffs in such a quantity and quality which may fulfil his nutritional needs.

STATEMENT OF THE PROBLEM

An Exploratory Study to Assess the Skipping of Breakfast & Its Ill Effect among School Children's [10 to 15 yrs] at Government higher secondary Schools in Varanasi.

OBJECTIVES OF THE STUDY

To Assess the Skipping Breakfast & Its Ill Effect School Children's [10 to 15 yrs.] at Government higher

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secondary Schools in Varanasi.

To find out the association of skipping of breakfast and its ill effects between their selected demographic variables.

OPERATIONAL DEFINITIONS

Assess:

It refers to estimate the nature of skipping of breakfast and its effects among school students at a selected

Government higher secondary Schools in Varanasi

Break Fast:

It refers to the first meal of the day the. It is suggested to be associated with the conception of food of low nutritional value by high energy density.

Skipping Of Breakfast:

It is suggested to be associated with the consumption of food of low nutritional value by high energy density.

Effects Of Skipping Breakfast:

It refers to the side effects or adverse effects which is a result while one skips his/her breakfast.

School Childrens:

In this study, school age children referred to boys and girls who are in the age group 10 to 15 years and are studying in 6^{th} to 9^{th} standard at Government higher secondary Schools in Varanasi

RESEARCH HYPOTHESIS

H1: There will be significant association between the skipping of breakfast and its ill effects among school going children's and their selected demographic variables.

Delimitation: **The study is limited to:**

Children who are available in selected at the time of study.

Children who are the age group of 10-15 years.

School children in the age group of 10 to 15 yrs only those studying at Government higher secondary Schools in Varanasi

MODIFIED CONCEPTUAL FRAMEWORK

The researcher adopter Kenny's open system model (1999) for conceptual frame work .This theory was introduced by Jennet. W. KEENY. He was born in the year 1946 at Scotland. The open system model was formulated in the year 1999. The open system enumerates various aspects of system and interaction. He formulated various theories based on management.

Open system theory is useful in breaking the whole process into sequential task the ensure goal realization. The major aspect of the system is,

Input:

It's a matter of skipping of breakfast and its ill effects among school children's information received from Government higher secondary Schools in Varanasi. In the study input includes Assess the demographic variables such as Age Gender, Type of family, Year of study, Dietary pattern, Socioeconomic status, Father occupation, Mother occupation, Family monthly income and Type of Residency.

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Throughput:

Throughput refers to the process by which the system processes input and release an output.

In this study the throughput considered for processing the input are – Checklist method was used among 150 school children's Government higher secondary Schools in Varanasi to assess the

1. Description of the demographic variables of the school going children's.
2. Assessment of skipping breakfast and ill-effects of skipping of breakfast among school children's.
3. Association of skipping breakfast and ill-effects of skipping of breakfast among schoolchildren's.

Output

It refers to energy, matter and information that leave a system. In the present study the output is considered as- After checklist method out of 150 school children's skipping breakfast among schoolchildren at the range of Low (≤50%) Moderate (51 – 75%) High (>75%) and ill-effects of skipping breakfast among school children.at the range of Low (0 – 15) Moderate (16 – 30) High (31 – 45).

Feedback

The findings revealed that among the school children, 99(66%) had low level of skipping breakfast, 34(22.67%) had moderate level of skipping breakfast and 17(11.33%) had high level of skipping breakfast. The findings revealed that among the school children, 83(55.33%) had moderate level of ill-effects of skipping breakfast, 60(40%) low level of ill-effects and 7(4.67%) had high level of ill-effects of skipping breakfas

REVIEW OF LITERATURE

A literature review is description and analysis of the literature relevant to a particular field or topic. It gives an overview of what has been said who the key writers and what are the prevailing theories and hypothesis what questions are being asked and what method and methodologies is appropriate and useful.

The main purpose of literature review is to convey to the readers about the work already done and ideas that have been already established on a particular topic of research. The reviews found is organized systematically and classified in the following components.

Section A: Reviews related to skipping of breakfast.

Section B: Reviews related to I'll effects of skipping breakfast.

Kun Wang et al (2023) conducted observational studies on the relationship between skipping breakfast and overweight/obesity in children and adolescents were analyzed. A total of 40 retrospective studies with 323,244 children ranging in age from 2 to 20 years were included in this study. The results of this meta-analysis showed that children and adolescents who skipped breakfast had a significantly higher prevalence of obesity or overweight than those who ate breakfast (OR, 1.59; 95% CI, 1.33–1.90; $P < 0.001$). Skipping breakfast was positively associated with overweight in children and adolescents (OR, 1.37; 95% CI, 1.23–1.54; $P < 0.001$). Similarly, skipping breakfast was positively associated with obesity in children and adolescents (OR, 1.51; 95% CI, 1.30–1.76; $P < 0.001$). The effect was also different by sex, with girls being the most affected (OR, 1.47; 95% CI, 1.23–1.76; $P < 0.001$). There was also a correlation between skipping breakfast and abdominal obesity in children (OR, 0.65; 95% CI, 0.55–0.77; $P < 0.001$).

Dereje Feye et al (2023) conducted a cross-sectional study a total number of participants 422 were selected randomly from high schools of Hidhabu Abote Wereda. Bivariate and multivariate binary logistic regression analysis identified factors that were significantly associated with the breakfast skipping. Odds ratio along with 95% Confidence interval was estimated to measure the strength of the association and level of statistical significance declared at p-value less than 0.05. The primary reasons given for breakfast skipping were lack of time, lack of appetite in morning, and concerns around weight gain.

Fuad Hameed Raiet al (2023) a cross-sectional survey was conducted using a self-designed health assessment questionnaire in which demographic profile, anthropometric measurements, open-ended and close-ended questions were included which noted the major physiological and psychological aspects of skipping breakfast. The study was conducted on the total sample of 180 students both adult males and females of age ≥18years of age which were selected in the Akhter Saeed Medical and Dental College, Canal Campus Lahore, Pakistan. Results: Out of total sample 180, only 62 participants (34%) were consuming breakfast and 118 participants (66%) were not having breakfast in morning. The highest recorded reason for skipping of breakfast was 29 participants (16%) do not like to eat in morning also do not have enough time to consume breakfast in morning and 62 participants (34%) had no reason for not consuming breakfast. Skipping of breakfast was also associated with (91%) feeling hungry, not having energy, feeling headaches, grumpy, lethargic, trouble paying attention in class and tired whereas 17 participants (9%) had stomachache and dizziness. Participants agreed that breakfast is the important meal of every morning. They found consumption of breakfast consisting of more fruits and vegetables, dairy products and fibers are proved to make an individual healthy as it provides enough energy to stay focused and active throughout the day.

ALBashtawy Mohammed et al (2023) revealed that a cross-sectional survey among adolescent students (aged 13-16 years, in 8th -9 th grades) from six public schools in Badia Region, Mafraq Governorate, Jordan, was conducted through self-administered questionnaire from February to March 2022 the resultss showed that 68.1% of 552 student participants regularly skipped breakfast at home (72.4% boys vs. 61.3% girls; p=0.007). Among those who regularly skipped breakfast, three main rationales for this choice were not feeling hungry (5.3%), lack of time (2.7%), and lack of appetite (3.5%). The prevalence of skipping breakfast at home among adolescents in Badia Region was high for various reasons, including lack of time, not feeling hungry, seeking to manage weight, and insufficient knowledge on the importance of healthy breakfast. Therefore, understanding the reasons and factors that contribute towards breakfast skipping may help in solving the problem, underscoring that positive beliefs should be reinforced in schools, with parents encouraging adolescents to eat healthy breakfast.

Ben Tam,(2022) revealed report on least one week of eating breakfast consistently, the points achieved by the participants increased considerably. However, those that skipped breakfast among middle schoolers (28.9%) for at least a day or two in a week scored a bit lower than the ones that didn't. The reason for skipping breakfast might be associated with family habits and routines that even the student adapts to it. It was found that breakfast consumption can increase academic performance as it affects the physical and cognitive development of students. Furthermore, breakfast has a high correlation on academic performance and impacts the behavior of students significantly. Although when neglected, health status also drops down along with their grades.

Handuwala et. Al. (2022), conducted a study had participants that understood that breakfast is an important meal and over 95.2% of them agreed with this. Since breakfast is an important meal, 50.4% of the participants ate a balanced and healthy meal unlike the few 10.4% strongly disagreed and preferred to eat processed food as it was more convenient. 80% of the participants that consumed their breakfast felt more comfortable and energized during discussions unlike those other 20% that did not eat theirs. The participants exclaimed that there were positive effects of taking breakfast and among these were reduced discomfort of vomiting and nausea (40.4%), loss of weight (23.7%), reduced blood sugar levels (20.2%), and other effects (33.3%). Overall, the students that did not take their breakfast have felt more tired apart from also having bad memory (74.2%).

Alanna Sincovich et al (2022) stated that a cross-sectional study on The prevalence of breakfast skipping Participants were grade 4–12 students (n = 71,390, 8–18 years) in South Australian government (public) schools . Overall, 55.0% of students reported never skipping breakfast, 17.4% reported sometimes skipping, 18.0% reported often skipping, and 9.5% reported always skipping breakfast. Skipping breakfast was more prevalent among females, students in senior grades, and those living in socioeconomically disadvantaged and regional and remote areas. Analyses disaggregated by gender revealed that grade level gradients in breakfast skipping were more marked among females compared to males.

Sheta Biswas, et al (2020) reported that Breakfast is often considered to be the most vital meal of the day as it is known to provide energy for the brain and improve learning capabilities. A simple random study was conducted among 403 students on a total of 3 university students in Noakhali district, Bangladesh. The objective of the study was to find the prevalence of breakfast skipping and its associated factors. Data collection was conducted via a self-administered pre-tested questionnaire. The prevalence of breakfast skipping among

respondents of the present study was 53.85%. Among students, about 213 (52.9%) were male and 190 (47.1%) were female. Univariate and bivariate analysis were used to describe the variables as well as to study the association between two variables, respectively where there was significant association, multivariate analysis was conducted to control for confounders. Factors found to be significantly associated ($p<0.05$) with breakfast skipping were faculty, academic performance, exercise, accommodation, smoking habit, skipping of lunch.

Abebe, Lulu et al (2019) conducted a cross sectional study on Breakfast skipping and its relationship with academic performance in Ethiopian school-aged children. It was conducted among 848 primary school children. Breakfast skipping was analyzed using a 2-item questionnaire. A 19-item Social Academic and Emotional Behavior Risk Screening questionnaire was used to collect data on children's behavior. The prevalence of breakfast skipping was found tobe 38.1%. Living in a rural (AOR = 5.2; 95% CI: 3.54, 7.71); having illiterate parents (AOR= 6.66; 95% CI 3.0, 14.7); having parents with a primary education level (AOR 5.18, 95% CI:2.25, 11.94); living with guardians or other relatives (AOR = 4.06; 95%CI: 2.1, 7.9); and having lower academic achievement (AOR = 2.76; 95% CI: 1.44, 5.29) were factors associated with skipping breakfast. In conclusion, breakfast skipping has been identified as a significant public health concern that requires an immediate response from stakeholders. It is recommended to intervene based on the identified factors.

Carbonilla et. Al. (2018) founded that they had 60 respondents of which had 30 male and female each. They reported that 43.34% of the respondents have skipped their breakfast daily while 56.66% do not. Despite these results, 93.5% believe that eating breakfast can enhance the cognitive ability of a person and improve their academic performance whilst the other 6.5% disagree with this. At least41.5% of the respondents are found to have acquired lower scores when they have not consumed their breakfast while the other 58.5% remain consistent with their scores. Furthermore, 33.2% of the respondents that skip breakfast have reported that they have difficulty concentrating with theirclasses during discussions while the remaining 66.8% are not bothered at all and can continue to,participate well in their class. Additionally, this study also examined the productivity of students that skip their breakfast and the results were that 51.5% of the students can perform well despite skipping breakfast while the other 48.5% cannot. This implies that there are other possible factorsthat can influence the academic performance of a learner other than skipping breakfast.

Riosa et. Al. (2018) conducted a study, they found that eating a healthy breakfast can result in higher academic performance as it can help with the memory, concentration, and increased energyof learners. It was also stated that if a learner skips their breakfast regularly, then the outcome is alower academic performance. The majority of the respondents that skip their breakfast reported that they often experience dizziness, exhaustion, and memory problems especially when doing a school related task. Despite this, some of the respondents do not experience any kind of discomforteven when they skipped breakfast. This is because some of these students have adapted to skippingbreakfast daily. This can be further supported by some of the respondents that sometimes miss their breakfast and experience discomfort and not experience any feeling when they consume theirbreakfast.

Dorothea Kesztyus et al (2017) done a Cross-sectional analysis of determinants for targeted prevention. BMC Public Health. Skipping breakfast was found to be associated with abdominal obesity in primary school children. The aim of this research was to examine factors associated withskipping breakfast in primary school children in order to develop targeted preventive measures.Anthropometric measures of 1,943 primary school children aged 7.1 ± 0.6 years (51.2% boys) were conducted according to ISAK-standards (International Standard for Anthropometric Assessment) by trained staff. Further information on the health and living conditions of the children and their parents were assessed in parental questionnaires. Generalized linear mixed regression analysis was calculated to define correlates for skipping breakfast in terms of odds ratios(OR) and 95% confidence intervals (CI). Results According to the final regression models, significant correlates of skipping breakfast can be divided into modifiable behavioral components(high consumption of soft drinks (OR 2.49, 95% CI 1.81; 3.43), screen media (OR 2.48, 95% CI1.77; 3.46) and high levels of physical activity (OR 0.64, 95% CI 0.44; 0.93)) on the one hand, and more or less static socio-economic factors (migration background (OR 2.81, 95% CI 2.02; 3.91), single parenting (OR 2.13, 95% CI 1.34; 3.40), and high family education level (OR 0.42, 95% CI 0.28; 0.64)) on the other hand, and finally individual factors (female gender (OR 1.43, 95% CI 1.03; 1.99) and having a percentage of body fat at or above the 95th percentile (OR 1.47, 95% CI 1.00; 2.17)).

Marise Chami et al (2017) revealed a study on The Prevalence of Breakfast Skipping and its Association with Lifestyle Factors and Weight in 11-15 years childrrens from Selected LebaneseRegions. Studies have shown that

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frequent breakfast skipping is associated to overweight and obesity problems. The habit of skipping breakfast is increasing among adolescents. The objectiveof this study is to determine the prevalence of breakfast skipping among adolescents living in Lebanon. Data was collected from 404 adolescents, located in three Lebanese districts. Anthropometric measurements through calibrated equipment's and dietary intake were collected by a validated food frequency questionnaire (FFQ), sociodemographic and lifestyle information were obtained by a pre-tested questionnaire, in addition BMI for age was used to determine obesity.Linear and ANOVA regressions were used to assess the association between breakfast and BMI- for-age. Six definitions of breakfast skipping were used and the prevalence varied between 8.4% and 42.8%. Linear regression was used to test the association between breakfast skipping and BMIfor age. Skipping breakfast was correlated with school type, parental preparation of food, sleepingduration, milk consumption and eating meals. The association between breakfast and BMI-for-agecould not be settled due to the absence of a standard definition of breakfast skipping. Our findings Could not confirm a relation between breakfast and BMI-for-age. Nevertheless, skipping breakfastwas related to many factors. Encouraging breakfast could be efficient for the enhancement of health. New research could be settled to find reasons for obesity and to limit its impact on adolescents living in Lebanon.

Beligano et. Al. (2016), conducted a study on eating breakfast on a daily basis has a significant impact on the academic performance of learners. However, it is important to consider that the caloric intake of a student can be a factor that also determines how well a student may perform with their given tasks. This study had surveyed 342 respondents with the ages ranging from 10 to12. The majority of the respondents always ate their breakfast everyday (87.4%), the others ate their breakfast only four to six times per week (5.6%), a few only ate their breakfast one to three times per week (6.4%), and the remaining always skipped their breakfast (0.6%). The results of the academic performance of the respondents showed that 10.8% had an outstanding performance28.9% had a very satisfactory performance, 35.1% had a satisfactory performance, 24.6% had a fairly satisfactory performance, and the remaining 0.6% did not meet the expectations.

Fulford et.al.(2016).A recent study by the United States Department of Agriculture, skipping breakfast leads to students not being able to learn properly. By not consuming meals in the morning, hunger leads to low mathematics scores or academics in general, finds it hard to be attentive, behavior problems and emotional problems. Other learners may not be able to focus because of hunger; often thinking about when they will get to eat or chiefly about being hungry. Further, previous researchers have stated that skipping breakfast poses different types of adverse symptoms, such as; fatigue, inability to react immediately, frequent confusion or memory problems, risk of being overweight or being obese, high blood pressure, and heart disease. Also, the activation of the brain function is much less; as researches have stated that task-completion rate is higher with those who eat before school. Certainly, breakfast plays an enormous part of theactivation of the function of the brain. Overall, may affect academic performance.

Vishnu Sivapatham et al (2016) conducted a study and 24-hour dietary recall method was usedto obtain information on the children's food intake. The total sample size was 195 school going students aged 10-16 years old from the selected schools in Batticaloa district. Chi-square test andt-test were used for statistical analysis using SPSS software. According to the results of the currentstudy, the prevalence of breakfast skipping among school going children of age 10-16 years old is23.50% in selected areas of Udupi district. More number of breakfast skippers were found to be overweight than breakfast non-skippers ($p = 0.992$). However intakes of fat ($p<0.05$) and miscellaneous foods ($p<0.05$) like junk food that are high in saturated fat were significantly high in breakfast skippers than breakfast non-skippers. A significant difference was also seen in a no. of parameters like memory ($p<0.01$), concentration ($p<0.01$), grades obtained ($p<0.01$), attendance ($p<0.01$) etc. between breakfast skippers and breakfast non-skippers. The study indicates that skipping breakfast affects both the nutritional status as well as the school performance of the students. The study strongly favours breakfast plays an important role for adequate nutrition of school children and has a major impact on cognition.

Nuru, Hasanuddin. et al (2015) don a study on impact of breakfast skipping toward children health: a review. International Journal of Community Medicine and Public Health. 2. 201-209. 10.18203/2394-6040.ijcmph20150473. Breakfast skip is an activity that ignores the meal in the morning before start works, most previous studies assumed that it's affect children health outcome.This data was collected from published papers between January 2008 to 2014 used Google scholardatabases. The articles were limited to English language only which focus on breakfast skip, obesity and children as keywords. Breakfast skipping has great influence to the children body particularly body mass index (BMI). Those who omit breakfast will less satiety, increase appetite

and having large portion at subsequent meals, consequently total energy density higher than breakfast eaters. Breakfast skipping will lead children to the adverse health outcome especially weigh gain. Conversely, breakfast consumption is a way to ensure that they meet their daily nutrient and energy intakes June 2015.

Adolphus, Katie et al (2015) done a study. The aim of this study, therefore, was to examine the association between habitual breakfast consumption frequency and Cognitive Abilities Test (CAT)performance, a reasoning test routinely used in UK schools. Adolescents aged 11-13 years (n = 292; males: 53.8%) completed a questionnaire to report usual weekly breakfast intake frequency. Breakfast was subjectively defined by the participants. Habitual weekly breakfast consumption frequency was categorized as rare (0-2 days), occasional (3-4 days), or frequent (5-7 days). Participants' CAT performance was used as a proxy measure of academic performance. The CAT has three components: verbal, non-verbal, and quantitative reasoning. Normative standard age scores (SAS) for verbal, non-verbal, quantitative reasoning, and overall mean SAS were obtained from school records and hierarchical linear regression models were applied, adjusting for the confounders: gender, ethnicity, socio-economic status, English as an Additional Language, and body mass index. Habitual breakfast consumption frequency did not significantly predict any CATSAS in all models (crude and adjusted). However, methodological considerations which could account for this disagreement with previous research, were identified. These included the isolationof school-day breakfast consumption, use of a standard definition of breakfast, and measurement of actual academic performance. The findings of the current study suggest more comprehensive ways in which future studies might investigate the relationship between habitual breakfast consumption and academic performance.

Meenakshi Garg, et al (2014) done an exploratory cross sectional study was undertaken to assessand compare the nutritional status of school going children eating breakfast and those skipping it.The total sample size was 195 school going students aged 10-16 years old. Chi-square test and t- test were used for statistical analysis using SPSS software. According to the results of the currentstudy, the prevalence of breakfast skipping among school going children of age 10-16 years old is23.50% in selected areas of Udupi district. More number of breakfast skippers were found to be overweight than breakfast non-skippers ($p = 0.992$). The intakes of cereals ($p<0.01$), milk ($p<0.001$), vegetables ($p<0.05$), and fruits ($p<0.05$) were significantly less in breakfast skippers. However intakes of fat ($p<0.05$) and miscellaneous foods ($p<0.05$) like junk food that are high insaturated fat were significantly high in breakfast skippers than breakfast non-skippers. A significant difference was also seen in a no. of parameters like memory ($p<0.001$), concentration ($p<0.001$), grades obtained ($p<0.001$), attendance ($p<0.001$) etc between breakfast skippers and breakfast non-skippers. The study indicates that skipping breakfast affects both the nutritional status as well as the school performance of the students.

RESEARCH METHODOLOGY

Crotty (2018) defined research methodology as the strategy, plan of action, process or design lying behind the choice and use of particular methods and linking the choice and use of methods to the desired outcomes. This chapter deals with the methodology which was followed in this study to assess Children's [6 to 10 yrs.] at Government higher secondary Schools in Varanasi. .

Research Approach: In this study the investigator adopted a quantitative approach.

GROUP	OBSERVATINAL CHECK LIST
School children's between age group of [10-15] years non experimental exploratory design	Assess the checklist use among 150 school children to assess their skipping of breakfast and its ill effect

Research Design: In the present study, Non- experimental exploratory research design is used.

Research Variables

Research variables: A research variable is skipping breakfast & its ill effect among Children's [10 to 15 yrs.] at Government higher secondary Schools in Varanasi.

Demographic variable: Age Gender, Type of family, Year of study, Dietary pattern, socioeconomic status, Father Occupation, Mother Occupation, Family monthly income and Type of Residency.

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Study Setting: Study going conduct in selected schools at Government higher secondary Schools in Varanasi

Target Population: The population under study consists of school Children's [10 to 15 yrs.] at Government higher secondary Schools in Varanasi.

Sample & Sample Size: The total sample size of 150 school Children's [10 to 15 yrs.] at Government higher secondary Schools in Varanasi.

Sampling Technique: A Non probability purposive sampling technique used to select the sample for research study.

Criteria For Sample Selection:

Inclusion criteria	Exclusion criteria
The school children are at age group of 10 to 15 years of age group.	The school children are less than 10 to 15 years of age group.
School children are who are present at the day of data collection.	The school children are more than 10 years of age group.
	School children's those are absent on the day of data collection.
	Who are not willing to participate

Development Of Research Tool: Following Tools are used for data collection:

Part-1: consisted of demographic variables include age, education, dietary pattern, monthly income of parents, occupation of parents and residency

Part -2: observational checklist will be use to assess the skipping of breakfast and its ill effect among school children's 10-15 yrs in selected schools at Government higher secondary Schools in Varanasi

Description Of Tool: The tool consist of the following parts

Section – (A) consisted of demographic variables include ,Age Gender, Type of family, Year of study, Dietary pattern, Socioeconomic status, Father occupation, Mother occupation, Family monthly income and Type of Residency.

Section –(B) observational checklist will be use to assess the skipping of breakfast and its ill effect among school children's 10-15 yrs in selected schools at Government higher secondary Schools in Varanasi

Content Validity Of Tool: Content validity of tool was determined by opinion of experts from the field of nursing. The experts were asked to give their opinion on the relevance, clarity and appropriateness of tool.

Data Collection Procedure: Data Collection Procedure A formal written permission obtained from principal Madras Medical mission College of Nursing and Head Master Government higher secondary Schools in Varanasi..The sample size 150 of school children's [10-15 yrs] has been selected through non probability purposive sampling technique. The data has been collected with the prescribed time period

Pilot Study: Pilot study was conducted in before main study at Government higher secondary Schools in Varanasi.with the objective to check the reliability of the tool and feasibility of the study.

Plan For Data Analysis:.

S.NO	OBJECTIVE	STATISTICAL ANALYSISI
1.	To assess the skipping breakfast & its ill effect among school children's [10 to 15 yrs] in	Frequency Number, percentage and Standard Deviation

	selected Government higher secondary Schools in Varanasi	
2	To find out the association between their selected demographic variable.	Chi-square test

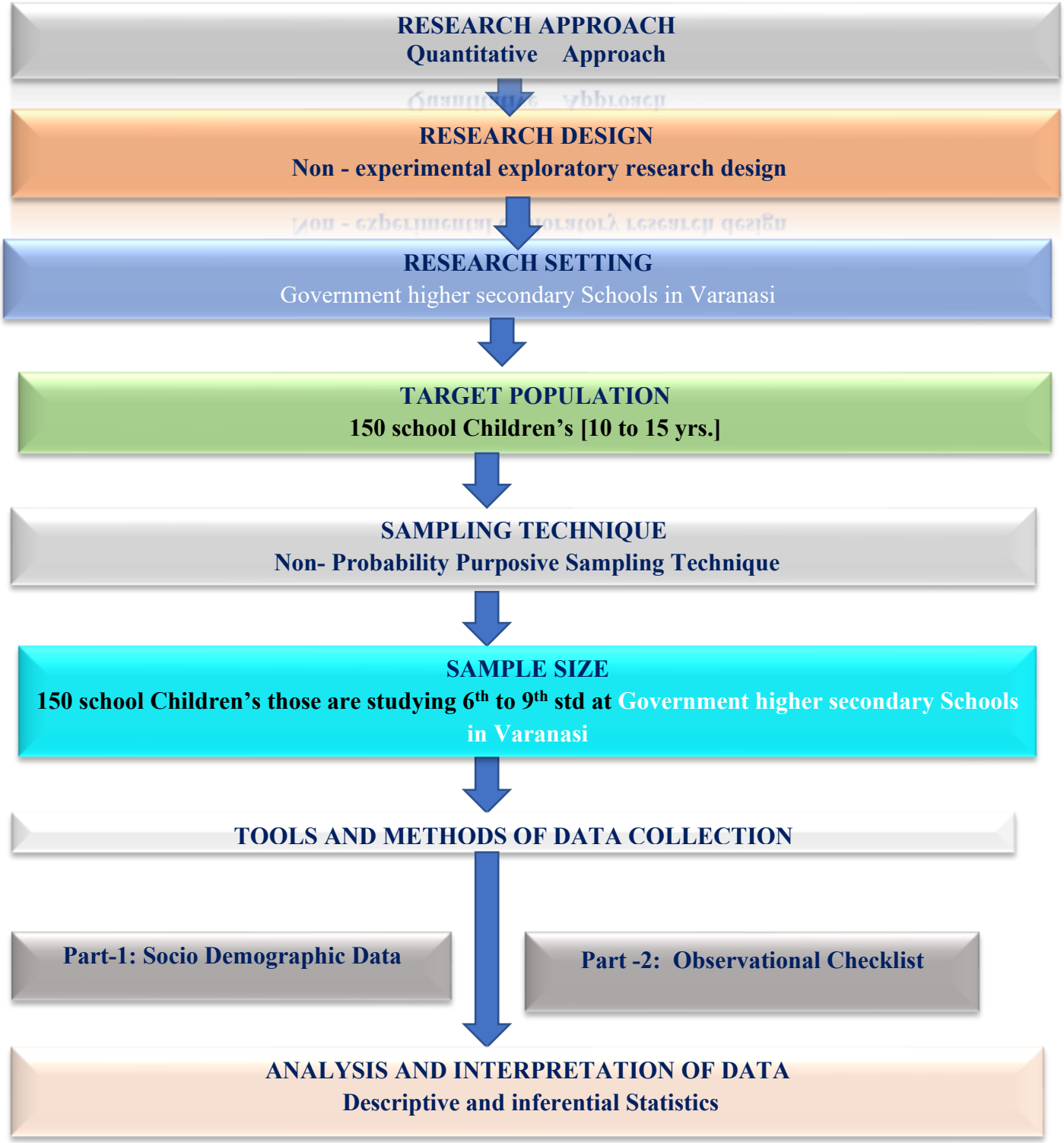

Fig-2 : Schematic Representation of Research Methodology

Data Analysis and Interpretation

The analysis is a process of organizing and synthesizing the data in such a way that the research questions can be answered and the hypotheses are tested**.** This chapter deals with the analysis and interpretation of the data collected from 150 school going children to assess the skipping of breakfast and it's I'll effects among school

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going children at a Government higher secondary Schools in Varanasi. The data was organized, tabulated and analyzed according to the objectives. Data analysis begins with description that applies to the study in which the data are numerical with some concepts. Descriptive statistics allows the researcher to organize the data and to examine the quantum of information and inferential statistics is used to determine the relationship.

Organization Of Data: Data collected was organized under the following sections.

Section A: Description of the demographic variables of the school going children.

Section B: Assessment of skipping breakfast and ill-effects of skipping meals among school going children.

Section C: Association of skipping breakfast and ill-effects of skipping meals among school going children with their selected demographic variables.

Section A: Description of the Demographic Variables of School Childrens.

Table 1: Frequency and percentage distribution of demographic variables of SchoolChildren's.

Sl.No.	Demographic Variables	Frequency	percentage (%)
1.	**Age**		
	10 – 11 years	63	42.0
	12 – 13 years	68	45.3
	14 – 15 years	19	12.7
2.	**Gender**		
	Male	86	57.3
	Female	64	42.7
3.	**Type of family**		
	Nuclear family	101	67.3
	Joint family	40	26.7
	Extended family	9	6.0
4.	**Year of study**		
	6^{th} std	55	36.7
	7^{th} std	53	35.3
	8^{th} std	19	12.7
	9^{th} std	23	15.3
5.	**Dietary pattern**		
	Non-vegetarian	96	64.0
	Vegetarian	37	24.7
	Eggetarian	17	11.3
6.	**Socioeconomic status**		
	High-class	14	9.3
	Low-class	49	32.7
	Middle-class	87	58.0
7.	**Father occupation**		
	Business	19	12.7
	Professional	26	17.3
	Non-professional	23	15.4
	Daily wages	77	51.3
	Clerk	5	3.3
8.	**Mother occupation**		
	Business	8	5.3
	Professional	21	14.0
	Non-professional	16	10.7

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Sl.No.	Demographic Variables	Frequency	percentage (%)
	Daily wages	43	28.7
	Clerk	14	9.3
	Homemaker	48	32.0
9.	**Family monthly income**		
	Below Rs.5000/-	34	22.7
	Rs.6000-Rs.10,000/-	39	26.0
	Rs.11,000-Rs.15,000/-	42	28.0
	Rs.16,000-Rs.20,000/-	35	23.3
10.	**Type of Residency**		
	Rural	17	11.3
	Urban	133	88.7

The above table 1 shows the frequency and the percentage distribution of demographic variables of school children. The table 1 shows that most of the school students, the 63(42.0%) were aged between 10 to 11 years, 68(45.3%) were aged between 12 to 13 years and 19(12.7%) were aged between 14 to 15 years. According to gender 86(57.3%) were male and 64(42.7%). According to type of family 101(67.3%) belonged to nuclear family, 40(26.7%) belonged to Joint family and 09(6.0%) belonged to extended family. According to year of study 55 (36.7%) were 6th standard, 53 (35.3%) were 7th standard, 19 (12.7.7%) were 8th standard, 23 (15.3%) were 9th standard. According to dietary pattern 96(64.0%) were non-vegetarian, 37(24.7%) were vegetarian, 17(11.3%) were eggetarian. According to socioeconomic status 14(9.3%) belonged to high –class, 49(32.7%) belonged to low-class and 87(58%) belonged to middle-class. According to father occupation 19(12.7%) of fathers were business, 26(17.3%) of fathers professional, 23(15.4%) of fathers nonprofessional, 77(51.3%) of fathers were daily wages, and 05(3.3%) of fathers clerk. According to mother occupation 08(5.3%) of mother were business, 21(14.0%) of mother were professional, 16(10.7%) of mother were nonprofessional, 43(28.7%) of mother were daily wages, 14(9.3%) of mother were clerk and 48(32%) of mothers were homemakers. According to family monthly income 34(22.7%) had family monthly income of Below Rs.5000/-,39(26.0%) had family monthly income of Rs.6000-Rs.10,000/-,42(28%) had family monthly income of Rs.11,000-Rs.15,000/- and 35(23.3%) had family monthly income of Rs.16,000-Rs.20,000/-. According to type of residency 17(11.3%) were residing in rural area and 133(88.7%) were residing in urban area.

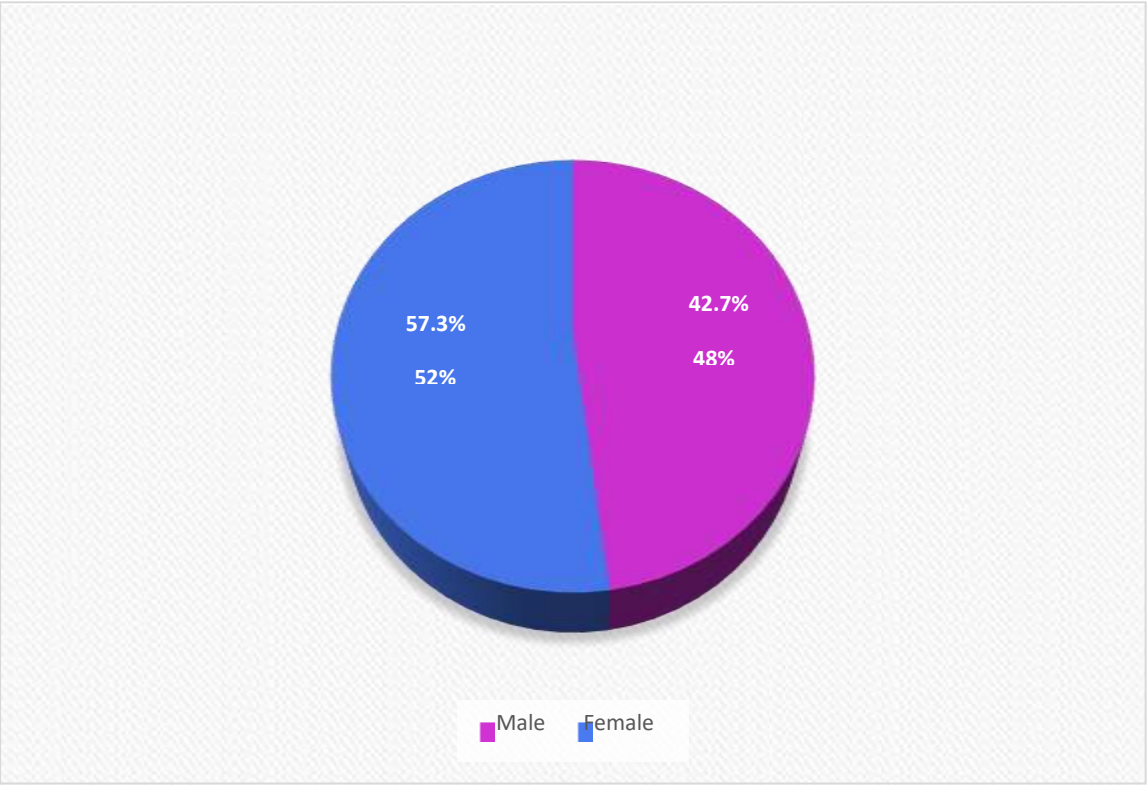

Fig-1: Percentage distribution of age of the school children's.

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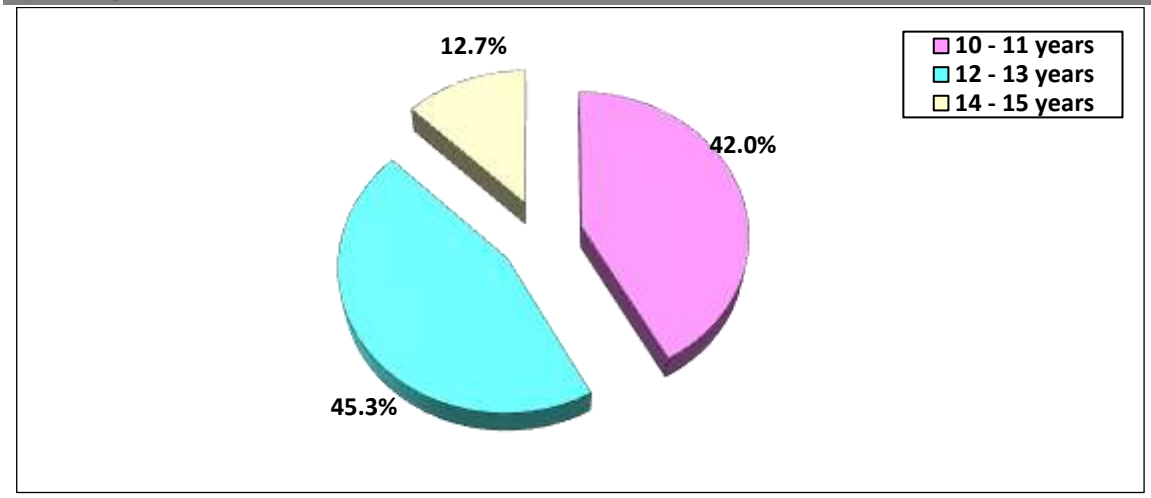

Fig-2: Percentage distribution of gender of the school children's.

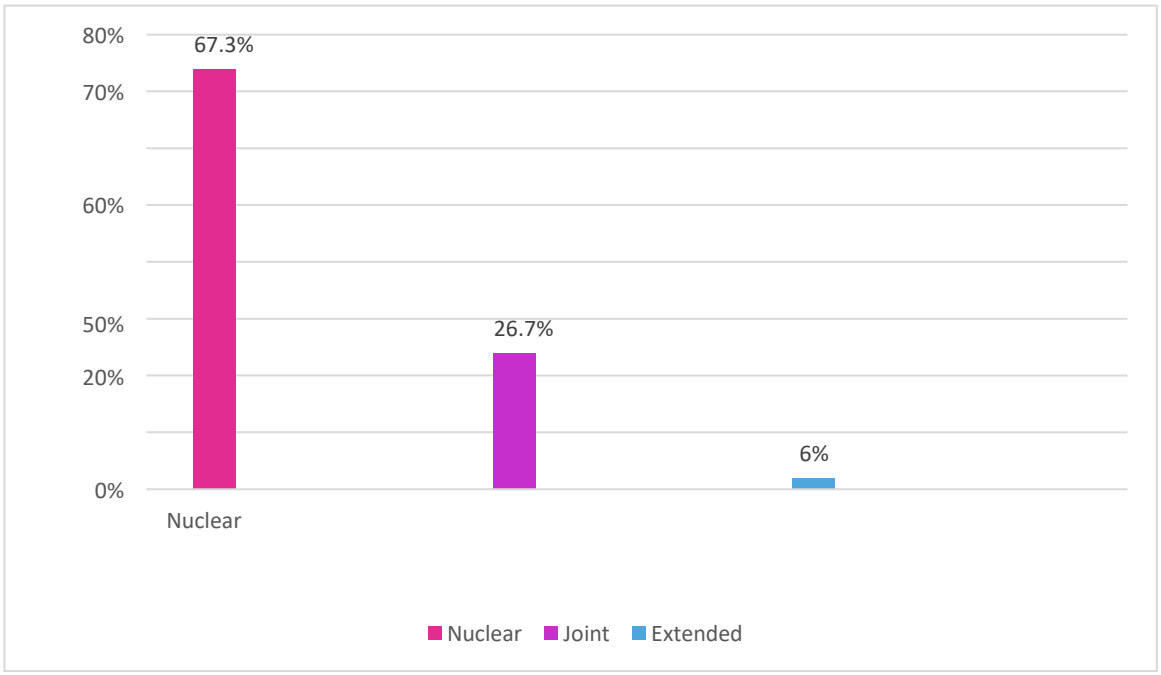

Fig-3: Percentage distribution of type of family of the school children's.

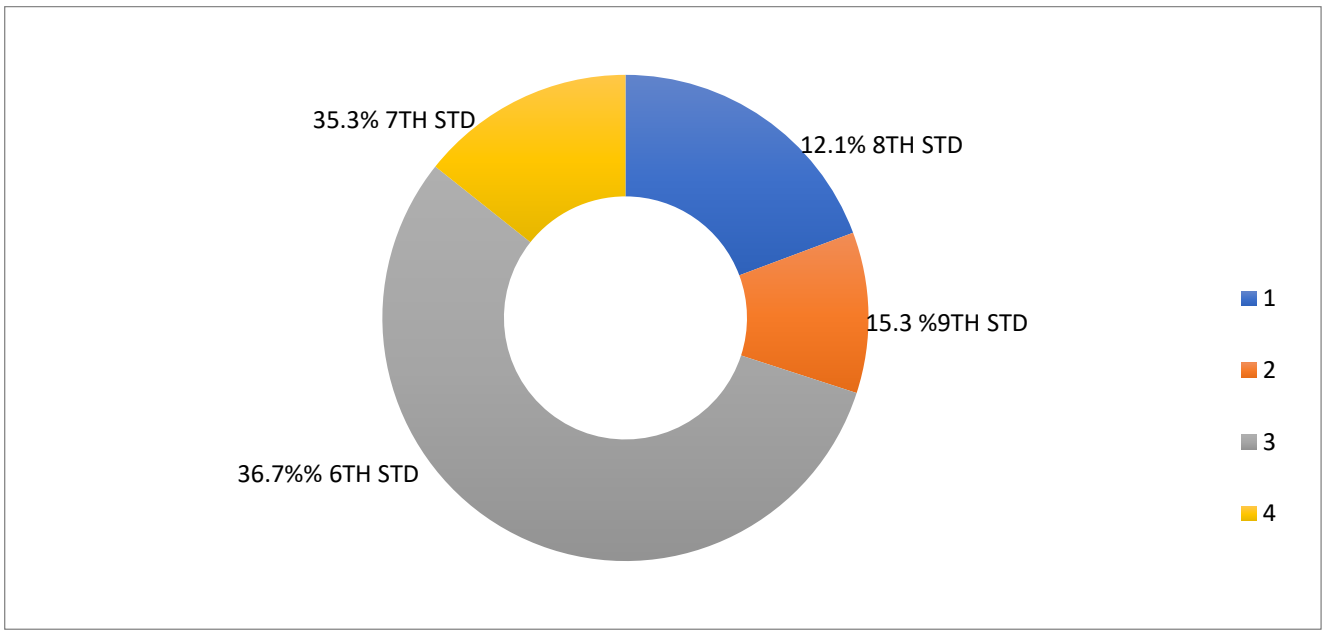

Fig-4: Percentage distribution of year of study of the school children's

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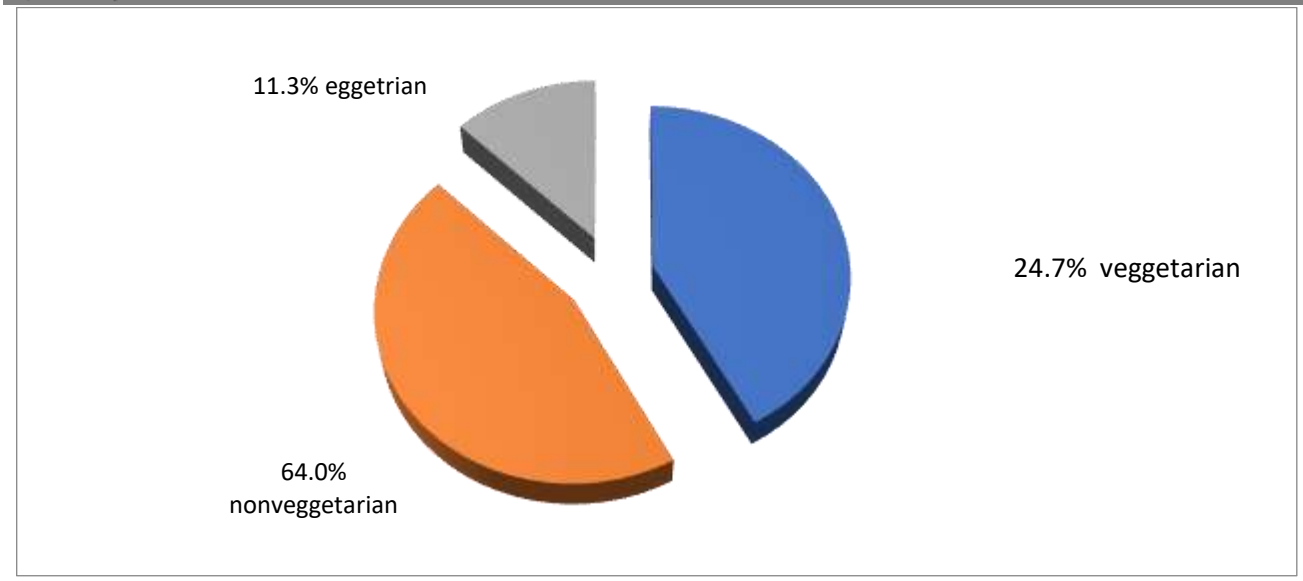

Fig-5: Percentage distribution of Dietary pattern of the school children's

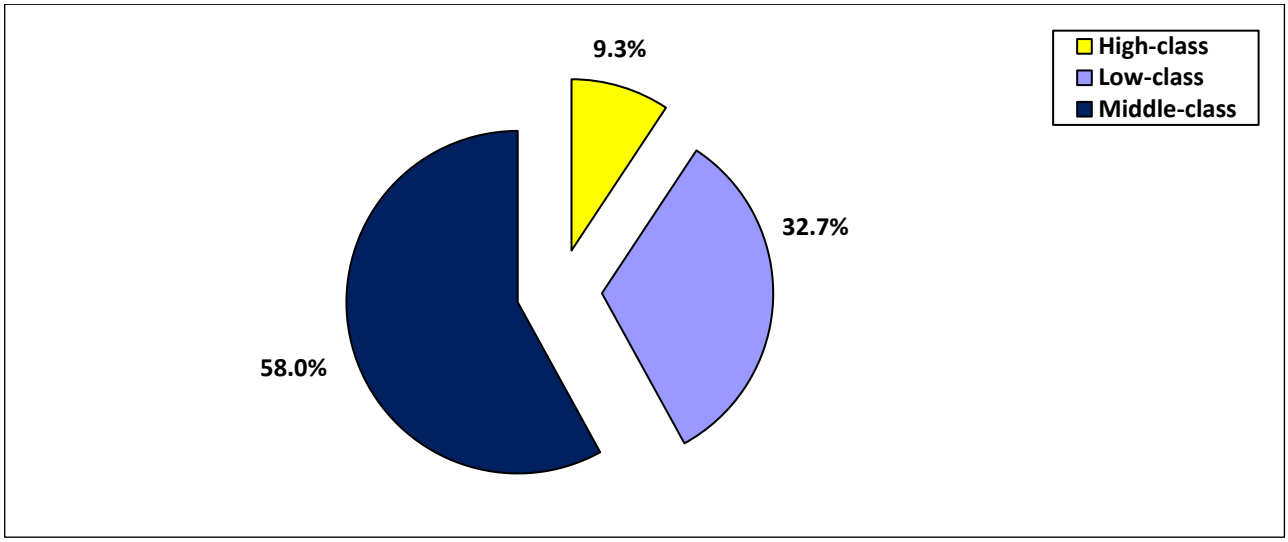

Fig-6: Percentage distribution of socioeconomic status of the school children's.

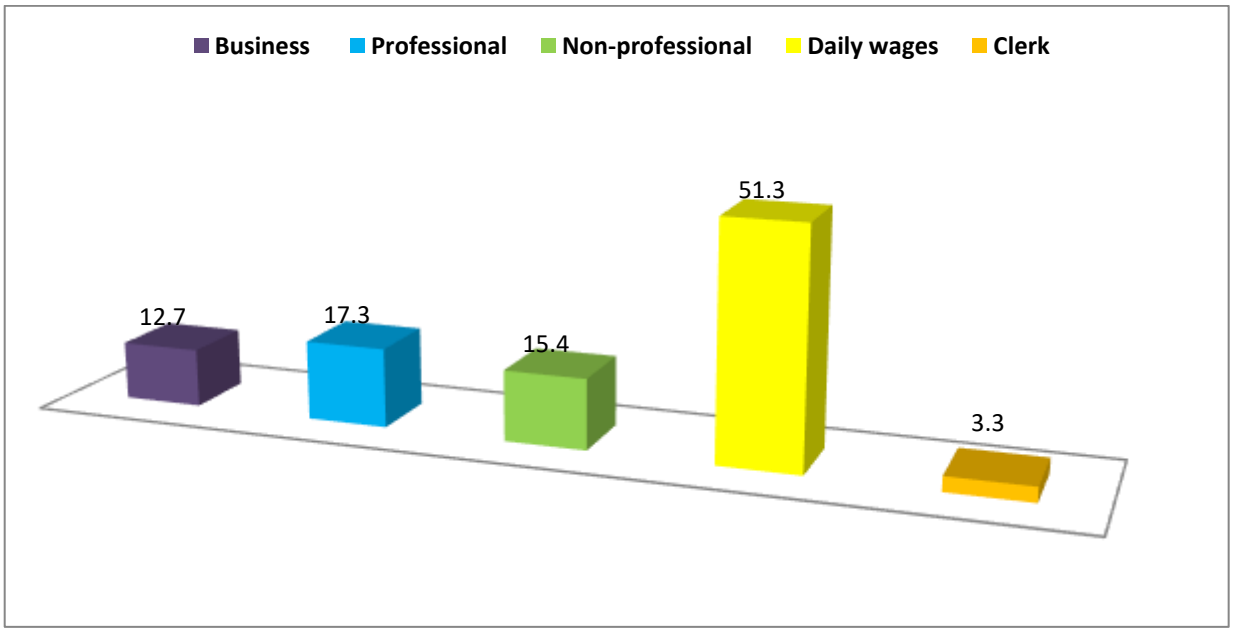

Fig-7: Percentage distribution of father occupation of the school children's

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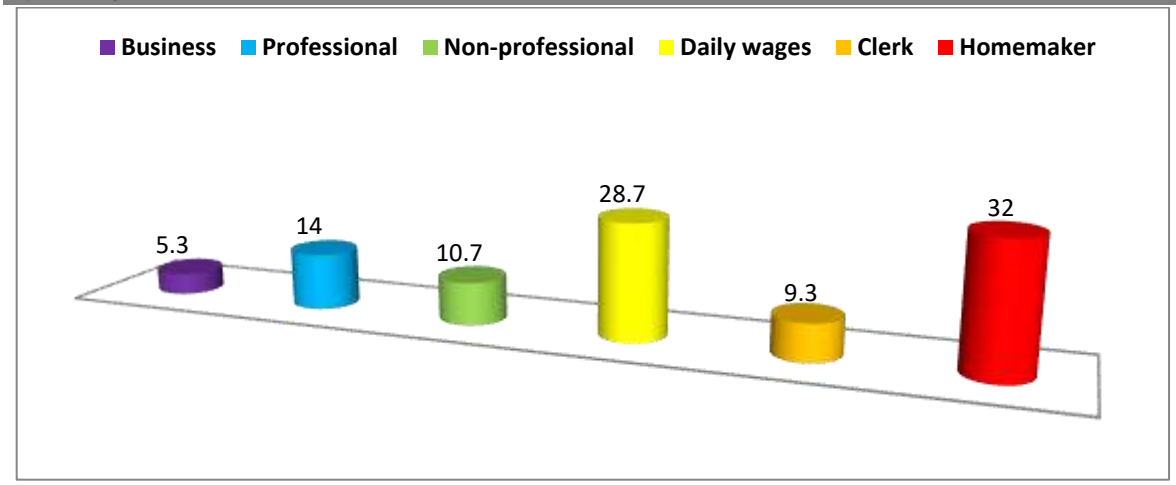

Fig-8: Percentage distribution of mother occupation of the school children's

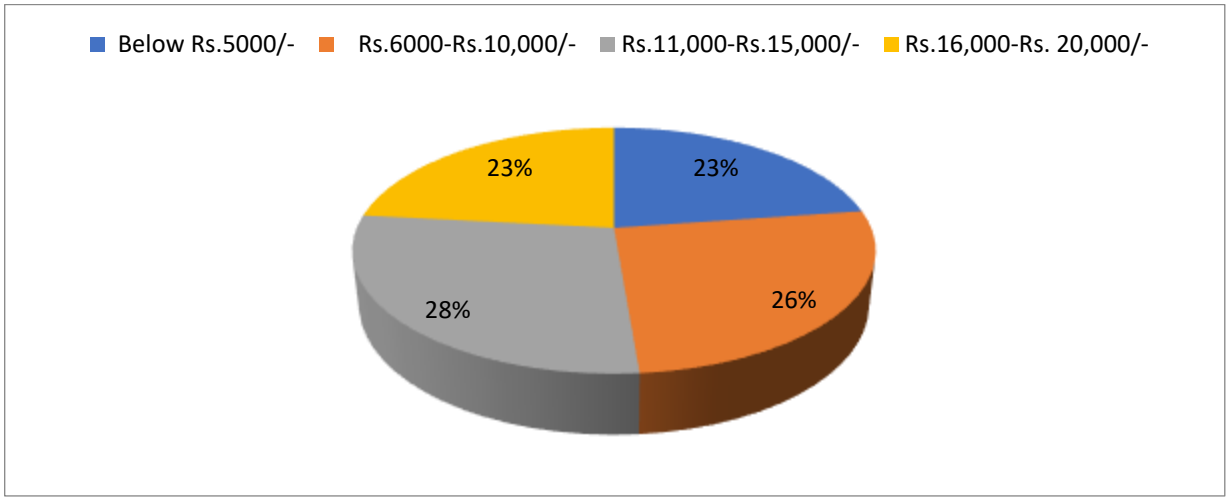

Fig-9: Percentage distribution of family monthly income of the school children's

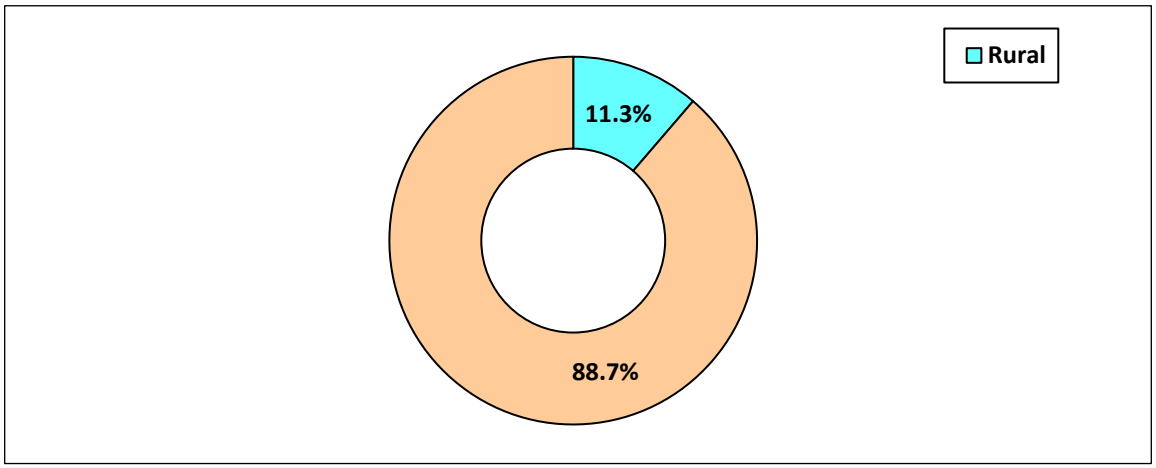

Fig-10: Percentage distribution of residency of school children's.

Section B: Assessment Of Skipping Breakfast And Ill-EffectsOf Skipping Meals Among School Going Children.

Table 2: Frequency and percentage distribution of skipping breakfast among school children's.

Level of Skipping Breakfast	Frequency	Percentage %
Low (≤50%)	99	66.0
Moderate (51 – 75%)	34	22.67

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High (>75%)	17	11.33

The table: 2 denotes the frequency and percentage distribution of skipping breakfast among school going children.The findings revealed that among the school children, 99(66%) had low level of skipping breakfast, 34(22.67%) had moderate level of skipping breakfast and 17(11.33%) had high level of skipping breakfast.

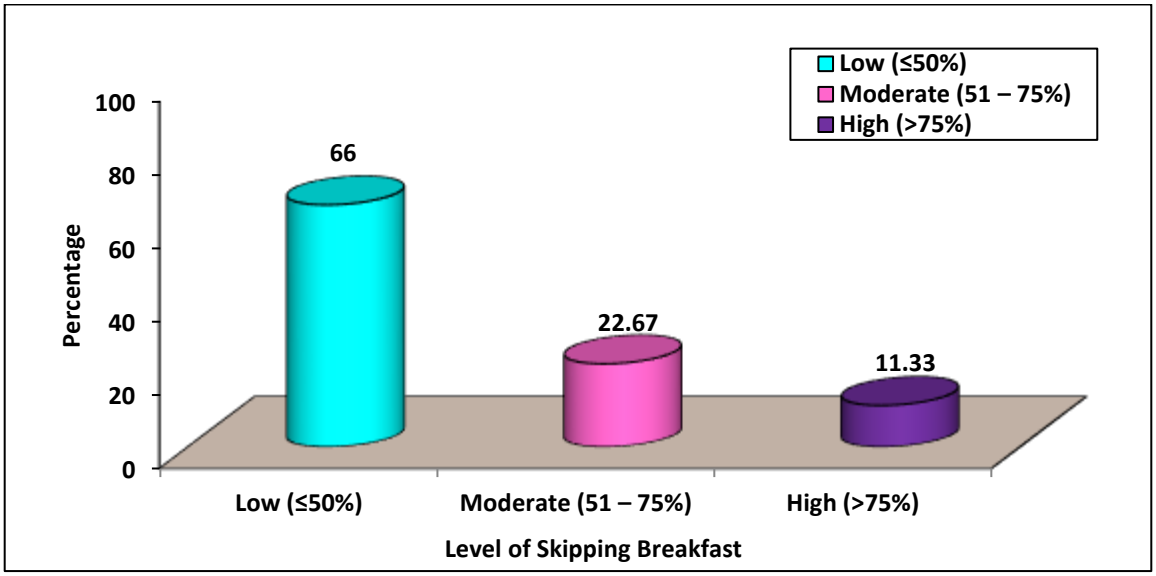

Fig-11: Percentage distribution of skipping breakfast among school going children

Table 3: Frequency and percentage distribution of ill-effects of skipping breakfast among school children's.

N=150

Level of Ill-effects of Skipping Breakfast	F	%
Low (0 – 15)	60	40.0
Moderate (16 – 30)	83	55.33
High (31 – 45)	7	4.67

The table: 3 denote the frequency and percentage distribution of skipping breakfast among school going children.The findings revealed that among the school going children, 83(55.33%) had moderate level of ill-effects of skipping breakfast, 60(40%) low level of ill-effects and 7(4.67%) had high level of ill-effects of skipping breakfast.

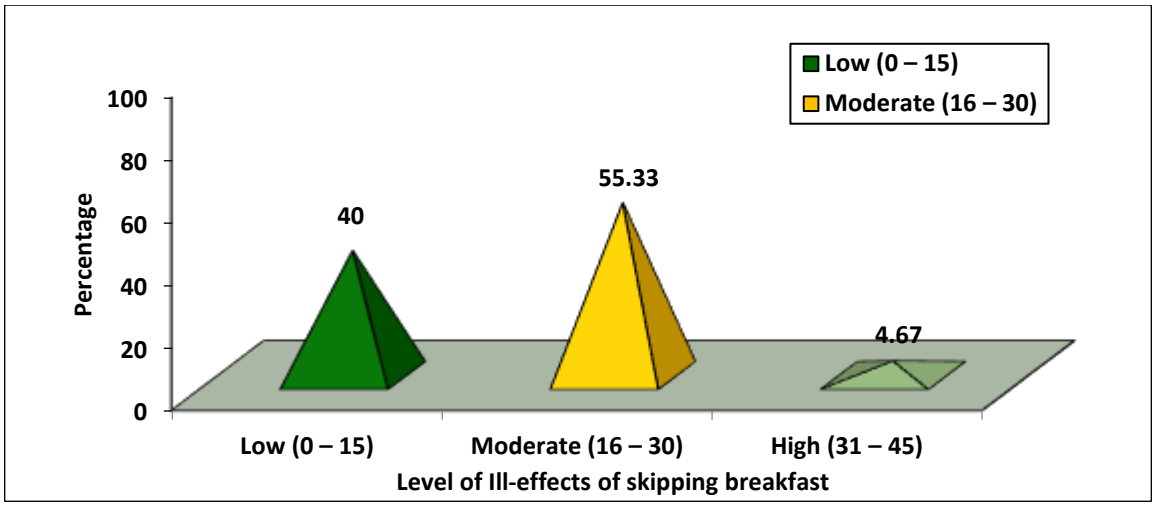

Fig-12: Percentage distribution of ill-effects of skipping breakfast among school going childreTable 4: Assessment of skipping breakfast and ill-effects of skipping breakfast among school children's.

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N=150

Variable	Skipping Breakfast	Ill-effects
Minimum	0.0	0.0
Maximum	10.0	45.0
Median	4.0	17.0
Mean	4.41	16.88
S.D	2.48	8.69

The table 4 shows that the assessment of skipping breakfast and ill-effects of skipping breakfast among school going children.The mean skipping breakfast score of school going children was 4.41±2.48. The median was 4.0 with minimum score of 0 and maximum score of 10.0. The mean ill-effects of skipping breakfast score of school going children was 16.88±8.69. The median was 17.0 with minimum score of 0 and maximum score of 45.0.

Section D: Association Of Skipping Breakfast And Ill-Effects Of Skipping Meals Among School Going Children with Their Selected Demographic Variables.

Table 5: Association of skipping breakfast among school going children with their selected demographic variables.

N=150

S.No.	Demographic Variables	Low		Moderate		High		Chi-Square Value
		F	%	F	%	F	%	
1.	**Age**							χ^2=3.262
	10 – 11 years	45	30.0	13	8.7	5	3.3	d.f=4
	12 – 13 years	40	26.7	18	12.0	10	6.7	p=0.515
	14 – 15 years	14	9.3	3	2.0	2	1.3	N S
2.	**Gender**							χ^2=0.609
	Male	59	39.3	18	12.0	9	6.0	d.f=2
	Female	40	26.7	16	10.7	8	5.3	p=0.737
								N S
3.	**Type of family**							χ^2=5.201
	Nuclear family	72	48.0	21	14.0	8	5.3	d.f=4
	Joint family	22	14.7	11	7.3	7	4.7	p=0.267
	Extended family	5	3.3	2	1.3	2	1.3	N.S
4	**Year of study**							χ^2=3.130
	6^{th} std	39	26.0	12	8.0	4	2.7	d.f=6
	7^{th} std	33	22.0	13	8.7	7	4.7	p=0.792
	8^{th} std	14	9.3	3	2.0	2	1.3	N S
	9^{th} std	13	8.7	6	4.0	4	2.7	
5.	**Dietary pattern**							χ^2=5.008
	Non-vegetarian	67	44.7	18	12.0	11	7.3	d.f=4
	Vegetarian	21	14.0	13	8.7	3	2.0	p=0.287
	Eggetarian	11	7.3	3	2.0	3	2.0	N S
6.	**Socioeconomic status**							**χ^2=10.057**
	High-class	4	2.7	7	4.7	3	2.0	**d.f=4**
	Low-class	33	22.0	11	7.3	5	3.3	**p=0.039**
	Middle-class	62	41.3	16	10.7	9	6.0	**S***
7.	**Father occupation**							χ^2=13.764
	Business	9	6.0	7	4.7	3	2.0	d.f=8
	Professional	19	12.7	4	2.7	3	2.0	p=0.088

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S.No.	Demographic Variables	Low		Moderate		High		Chi-Square Value
		F	%	F	%	F	%	
	Non-professional	12	8.0	9	6.0	2	1.3	N S
	Daily wages	57	38.0	13	8.7	7	4.7	
	Clerk	2	1.3	1	0.7	2	1.3	
8.	**Mother occupation**							
	Business	5	3.3	2	1.3	1	0.7	χ^2=7.422 d.f=10 p=0.685 N S
	Professional	11	7.3	6	4.0	4	2.7	
	Non-professional	12	8.0	3	2.0	1	0.7	
	Daily wages	29	19.3	12	8.0	2	1.3	
	Clerk	11	7.3	1	0.7	2	1.3	
	Homemaker	31	20.7	10	6.7	7	4.7	
9.	**Family monthly income**							
	Below Rs.5000/-	18	12.0	11	7.3	5	3.3	χ^2=8.325 d.f=6 p=0.215 N S
	Rs.6000-Rs.10,000/-	23	15.3	10	6.7	6	4.0	
	Rs.11,000-Rs.15,000/-	31	20.7	6	4.0	5	3.3	
	Rs.16,000-Rs.20,000/-	27	18.0	6	4.7	1	0.7	
10.	**Residency**							**χ^2=6.238 d.f=2 p=0.044 S***
	Rural	9	6.0	3	2.0	5	3.3	
	Urban	90	60.0	31	20.7	12	8.0	

*p<0.05, S – Significant, N.S – Not Significant

Table 5 shows the association of skipping breakfast among school going children with their selected demographic variables.The findings revealed that the demographic variable s socioeconomic status **(χ^2=10.057, p=0.039)** and residency **(χ^2=6.238, p=0.044)** had statistically significant association with skipping breakfast among school going children at p<0.05 level. The other demographic variables did not show statistically significant association with skipping breakfast among school going children.

Table 6: Association of ill-effects of skipping breakfast among school going children with their selected demographic variables.

N=150

S.No.	Demographic Variables	Low		Moderate		High		Chi-Square Value
		F	%	F	%	F	%	
1.	**Age**							**χ^2=11.360 d.f=4 p=0.023 S***
	10 – 11 years	24	16.0	39	26.0	0	0	
	12 – 13 years	25	16.7	36	24.0	7	4.7	
	14 – 15 years	11	7.3	8	5.3	0	0	
2.	**Gender**							χ^2=0.710 d.f=2 p=0.701 N S
	Male	33	22.0	48	32.0	5	3.3	
	Female	27	18.0	35	23.3	2	1.3	
3.	**Type of family**							χ^2=4.472 d.f=4 p=0.346 N.S
	Nuclear family	42	28.0	52	34.7	7	4.7	
	Joint family	15	10.0	25	16.7	0	0	
	Extended family	3	2.0	6	4.0	0	0	

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S.No.	Demographic Variables	Low		Moderate		High		Chi-Square Value
		F	%	F	%	F	%	
4	**Year of study**							χ^2=8.870 d.f=6 p=0.181 N S
	6^{th} std	20	13.3	35	23.3	0	0	
	7^{th} std	19	12.7	31	20.7	3	2.0	
	8^{th} std	9	6.0	8	5.3	2	1.3	
	9^{th} std	12	8.0	9	6.0	2	1.3	
5.	**Dietary pattern**							χ^2=2.760 d.f=4 p=0.599 N S
	Non-vegetarian	42	28.0	49	32.7	5	3.3	
	Vegetarian	12	8.0	23	15.3	2	1.3	
	Eggetarian	6	4.0	11	7.3	0	0	
6.	**Socioeconomic status**							χ^2=2.326 d.f=4 p=0.676 N.S
	High-class	3	2.0	10	6.7	1	0.7	
	Low-class	20	13.3	27	18.0	2	1.3	
	Middle-class	37	24.7	46	30.7	4	2.7	
7.	**Father occupation**							χ^2=8.012 d.f=8 p=0.432 N S
	Business	8	5.3	11	7.3	0	0	
	Professional	6	4.0	19	12.7	1	0.7	
	Non-professional	11	7.3	10	6.7	2	1.3	
	Daily wages	34	22.7	39	26.0	4	2.7	
	Clerk	1	0.7	4	2.7	0	0	
8.	**Mother occupation**							χ^2=6.732 d.f=10 p=0.751 N S
	Business	2	1.3	6	4.0	0	0	
	Professional	6	4.0	14	9.3	1	0.7	
	Non-professional	4	2.7	11	7.3	1	0.7	
	Daily wages	22	14.7	19	12.7	2	1.3	
	Clerk	6	4.0	7	4.7	1	0.7	
	Homemaker	20	13.3	26	17.3	2	1.3	
9.	**Family monthly income**							χ^2=5.822 d.f=6 p=0.443 N S
	Below Rs.5000/-							
	Rs.6000-Rs.10,000/-	12	8.0	22	14.7	0	0	
	Rs.11,000-Rs.15,000/-	13	8.7	23	15.3	3	2.0	
	Rs.16,000-Rs.20,000/-	17	11.3	23	15.3	2	1.3	
		18	12.0	15	10.0	2	1.3	
10.	**Residency**							χ^2=0.087 d.f=2 p=0.957 N.S
	Rural	7	4.7	9	6.0	1	0.7	
	Urban	53	35.3	74	49.3	6	4.0	

*p<0.05, S – Significant, N.S – Not Significant

Table 6 shows the association of ill-effects of skipping breakfast among school going children with their selected demographic variables.The findings revealed that the demographic variable age **(χ^2=11.360, p=0.023)** had statistically significant association with ill-effects of skipping breakfast among school going children at p<0.05 level. The other demographic variables did not show statistically significant association with ill-effects of skipping breakfast among school going children.

DISCUSSION

This chapter deals with the detailed discussion on the findings of the study interpreted by statistical analysis. The findings are discussed in relation to the objectives,need for the study, related literature.The present study was executed to assess the skipping of breakfast and its ill-effects among school going children at a selected a

Government higher secondary Schools in Varanasi. The findings are discussed objective wise and presented below

Description of Demographic Variables

The present study shows the frequency and the percentage distribution of demographic variables of school children. The table 1 shows that most of the school students, the 63(42.0%) were aged between 10 to 11 years, 68(45.3%) were aged between 12 to 13 years and 19(12.7%) were aged between 14 to 15 years. According to gender 86(57.3%) were male and 64(42.7%). According to type of family 101(67.3%) belonged to nuclear family, 40(26.7%) belonged to Joint family and 09(6.0%) belonged to extended family. According to year of study 55 (36.7%) were 6th standard, 53 (35.3%) were 7th standard, 19 (12.7.7%) were 8th standard, 23 (15.3%) were 9th standard. According to dietary pattern 96(64.0%) were non-vegetarian, 37(24.7%) were vegetarian, 17(11.3%) were eggetarian. According to socioeconomic status 14(9.3%) belonged to high –class, 49(32.7%) belonged to low-class and 87(58%) belonged to middle-class. According to father occupation 19(12.7%) of fathers were business, 26(17.3%) of fathers professional, 23(15.4%) of fathers nonprofessional, 77(51.3%) of fathers were daily wages, and 05(3.3%) of fathers clerk. According to mother occupation 08(5.3%) of mother were business, 21(14.0%) of mother were professional, 16(10.7%) of mother were nonprofessional, 43(28.7%) of mother were daily wages, 14(9.3%) of mother were clerk and 48(32%) of mothers were homemakers. According to family monthly income 34(22.7%) had family monthly income of Below Rs.5000/-,39(26.0%) had family monthly income of Rs.6000-Rs.10,000/-,42(28%) had family monthly income of Rs.11,000-Rs.15,000/- and 35(23.3%) had family monthly income of Rs.16,000-Rs.20,000/-. According to type of residency 17(11.3%) were residing in rural area and 133(88.7%) were residing in urban area.

The first objective was to assess the skipping of breakfast and its ill effects among school going children at a selected corporation school Ayyanavaram Chennai.

The findings revealed in table 2 revealed that among the school going children, lowlevel of skipping breakfast was observed among 99(66%), 34(22.67%) had moderate levelof skipping breakfast and 17(11.33%) had high level of skipping breakfast.

The findings presented in table 3 revealed that among the school going children, 83(55.33%) had moderate level of ill-effects of skipping breakfast, 60(40%) low level of ill-effects and 7(4.67%) had high level of ill-effects of skipping breakfast.

The findings from table 4 depicts that the mean skipping breakfast score of schoolgoing children was 4.41 with standard deviation of 2.48. The median was 4.0 with minimum and maximum score of 0 and 10.0.

The mean ill-effects of skipping breakfast score of school going children was 16.88with standard deviation of 8.69. The median was 17.0 with minimum and maximum scoreof 0 and 45.

The findings of this study was found to be consistent with the findings of the study conducted by **Meenakshi Garg, et al (2014)** done an exploratory cross sectional study was undertaken to assessand compare the nutritional status of school going children eating breakfast and those skipping it.The total sample size was 195 school going students aged 10-16 years old. Chi-square test and t- test were used for statistical analysis using SPSS software. According to the results of the currentstudy, the prevalence of breakfast skipping among school going children of age 10-16 years old is23.50% in selected areas of Udupi district. More number of breakfast skippers were found to be overweight than breakfast non-skippers ($p = 0.992$). The intakes of cereals ($p<0.01$), milk ($p<0.001$), vegetables ($p<0.05$), and fruits ($p<0.05$) were significantly less in breakfast skippers. However intakes of fat ($p<0.05$) and miscellaneous foods ($p<0.05$) like junk food that are high insaturated fat were significantly high in breakfast skippers than breakfast non-skippers. A significant difference was also seen in a no. of parameters like memory ($p<0.001$), concentration ($p<0.001$), grades obtained ($p<0.001$), attendance ($p<0.001$) etc between breakfast skippers and breakfast non-skippers. The study indicates that skipping breakfast affects both the nutritional status as well as the school performance of the students.

The second objective was to find out the association of skipping of breakfast and its ill effects among school going children with their selected demographic variables.

The findings of the analysis presented in table 5 shows that the demographic variables socioeconomic status and residency had statistically significant association withskipping breakfast among school going children at $p<0.05$

level. The other demographic variables did not show statistically significant association with skipping breakfast amongschool going children.

Therefore, the hypothesis RH_1 stated earlier that **"There is a significant association of skipping of breakfast among school going children with selected demographic variables"** was accepted for the demographic variables socioeconomic status and residency and not accepted for all other demograpic variables.

The findings of the analysis presented in table 6 shows that the demographic variables age had statistically significant association with ill-effects of skipping breakfastamong school going children at $p<0.05$ level. The other demographic variables did not show statistically significant association with ill-effects of skipping breakfast among school going children.

Therefore, the hypothesis RH_1 stated earlier that **"There is a significant association of ill-effects of skipping breakfast among school going children with selected demographic variables"** was accepted for the demographic variable age and notaccepted for all other demograpic variables.

The findings of this study were found to be consistent with the findings of the study conducted by **Riosa et. Al. (2018)** conducted a study, they found that eating a healthy breakfast can result in higher academic performance as it can help with the memory, concentration, and increased energyof learners. It was also stated that if a learner skips their breakfast regularly, then the outcome is a lower academic performance. The majority of the respondents that skip their breakfast reported that they often experience dizziness, exhaustion, and memory problems especially when doing a school related task. Despite this, some of the respondents do not experience any kind of discomforteven when they skipped breakfast. This is because some of these students have adapted to skippingbreakfast daily. This can be further supported by some of the respondents that sometimes miss their breakfast and experience discomfort and not experience any feeling when they consume theirbreakfast.

SUMMARY, CONCLUSION IMPLICATION AND RECOMMENDATION

Summary

This chapter is an attempt to present this study and its finding in brief "An Exploratory Study to Assess the Skipping of Breakfast & Its Ill Effect among School Children's [10 to 15 yrs] at a Government higher secondary Schools in Varanasi."

The objectives of study are:

1. To Assess the Skipping Breakfast & Its Ill Effect School Children's [10 to 15 yrs.] at a Government higher secondary Schools in Varanasi.
2. To find out the association of skipping of breakfast and its ill effects between their selected demographic variables.

The present study was conducted on 150 school Children's [10 to 15 yrs.] at a Government higher secondary Schools in Varanasi. A Non probability purposive sampling technique used to select the sample for research study. 5 point likert scale will be use to assess the skipping of breakfast and its ill effect among school children's 10-15 yrs in selected schools at a Government higher secondary Schools in Varanasi. The data was analyzed and interpreted by using descriptive and inferential statistics.The findings revealed that among the school children, 99(66%) had low level of skipping breakfast, 34(22.67%) had moderate level of skipping breakfast and 17(11.33%) had high level of skipping breakfast. The findings revealed that among the school children, 83(55.33%) had moderate level of ill-effects of skipping breakfast, 60(40%) low level of ill-effects and 7(4.67%) had high level of ill-effects of skipping breakfast.

Nursing implications-The implications of the study was highlighted under the following **s**ub headings-

Nursing practice-There should be re-review of current Skipping Breakfast & Its Ill Effect School Children's [10 to 15 yrs.] in country like India to ensure the prevention of ill effects due to skipping of breakfast for all school children's.

Nursing administration-The nursing administration can take part in developing protocols, standing orders related to improve school children's health due the following taking proper breakfast.

Nursing research- The information collected can be valuable source of data forfuture researchers. The present study can be the source of review of literature for others.

Recommendations

On the basis of findings of the study following recommendations have been made.

A similar study can be conducted in different settings like rural area and on thedifferent population like fewer than five children.

A descriptive study can be conducted to assess the effectiveness of plannedteaching program on the knowledge and practice of Skipping Breakfast & Its Ill Effect School Children's

A comparative study can be conducted to assess the Skipping Breakfast & Its Ill Effect among School Children's in selected rural and urban areas.

A descriptive study to assess the Skipping Breakfast & Its Ill Effect among School Children in urban slum areas.

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