

# **A STUDY OF THE EFFECTS OF MOBILE PHONES ON FOOD OF PRE-PRIMARY SCHOOL CHILDREN**

Dissertation for the Degree of Master of Science

Foods and Nutrition

By

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Year:2023-24

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**Abstract:** This study investigates the relationship between mobile phone usage and dietary habits among pre-primary school children. With the increasing prevalence of mobile technology, understanding its impact on children's food choices and eating behaviours is crucial for promoting healthy development. Through surveys and data analysis, this research aims to uncover the effects of mobile phone usage on the nutritional intake and mealtime behaviours of young children in pre-primary education. The findings from this study will contribute to our understanding of the intersection between technology and nutrition in early childhood, informing interventions and strategies to support healthy eating habits among pre-primary school children. The present study was conducted with the aim of "A Study of the effects of mobile phones on food of pre-primary school children." Present study was conducted with a descriptive and survey method. For data collection a pre-structured ideal questionnaire was used. A total of 100 pre-primary school children were randomly selected from Gandhinagar city of Gujarat state. 85% selected students do not have Karmia complaints. 70% of the selected student's parents had not noticed any change in their child's behaviour due to using a mobile phone. 99% selected students involved in sports activities other than mobile phone. 100% selected students play with toys at home except mobile phone. 86% selected student's parents know that the use of mobile phones has a bad effect on the physical and mental development of the child. 99% selected student's parents know that spectacles may come due to the use of mobile phones. 71% of the selected student's parents think that mobile phone usage affects their child's diet. 72% selected student's parents think that mobile phone usage affects their child's diet in Negative way.

**Key words:** Mobile phone ▪ Food Habits ▪ Eating Behaviour ▪ Pre-primary school children ▪ Screen Time ▪ Child Development ▪ Nutritional Choice ▪ Behavioural Impact