

A Descriptive Study to assess the Prevalence Rate of Obesity Among High School Students in Selected School of Maddoke at District Moga

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Abstract : Obesity is one of the most common metabolic and nutritional disease .Health care professionals can measure the percentage of body fat by using BMI. In the present study the researchers took some of the important causes of obesity such as genetics, overeating and lack of exercise. The effect of obesity will increase risk of cardiovascular disease. The main aim of this study is to assess the prevalence rate of obesity among the high school students and to develop the information booklet on prevention of obesity. In this present study the researcher used descriptive research design to assess the prevalence of obesity among the high school students at selected school of maddoke district Moga. Total 200 samples were selected by using simple random sampling technique. In present study the researcher used chi square test, mean, median, standard deviation to find out the result. The demographic data were collected. The height and weight was measured by calculating BMI according to the classification of WHO among the high school students. Among 200 sample 51% of high school students were in underweight, 97% were normal weight, 52 % were overweight, and no one was under class 1 and class 2 obesity. Overall, there was a significant association found between the prevalence of obesity among high school students with their selected the demographic variables.

Index Terms: BMI (body mass index), Obesity, Information Booklet, Prevalence.

INTRODUCTION

In today's world scenario, Obesity has now emerged as a major health issue in developing countries especially in India, which is presently facing a swift epidemiological changeover. Childhood and adolescence are pivotal periods of life, where major physiological and psycho- logical changes take place, which would transform into adult behavior and health status. Obesity is the state of excess adipose tissue mass. Presence of nutritional abundance and a sedentary lifestyle, increases adipose energy stores

and produce adverse health consequences. obesity is related with a number of co morbid conditions like hypertension, diabetes mellitus pulmonary disease etc. Hence associated with an increased risk of morbidity and mortality as well as reduced life expectancy. It contributes to 2.6 million deaths worldwide every year. Totally 5% of Indian population has been affected by obesity. The control of obesity can be achieved by dietary changes, increase physical activity and a combination of both. Health education has an important role to play in teaching people the hazards of overweight and to prevent obesity.

STATEMENT OF THE PROBLEM

“A Descriptive study to assess the prevalence of obesity among high school students in selected school of district Moga .

Objective

- To assess the prevalence of obesity among the high school students.
- To find out the association of prevalence of obesity among high school students with their selected demographic variables.
- To develop the information booklet on obesity and its prevention.

Hypothesis

H1; There will be a significant association between prevalence of obesity among high school students.

H2; There will be a significant association of prevalence of obesity with selected demographic variables.

Assumptions

- Most of the high school students is obese.
- Identification of obesity helps in taking remedial measures.

RESEARCH METHODOLOGY

Research approach

Quantitative research approach

Research design:

Non-experimental descriptive research design

Research setting

Selected school of maddoke, district moga

Research variables

Independent variables

Independent variables are age, gender, residence, education, father’s education, mother’s education, father’s occupation, mother occupation, eating habits and monthly incomes

Dependent variables

High school students are dependent variables.

SAMPLE

200 students taken from selected high school of district, Moga.

Sampling technique:

Convenient sampling technique was used in this study.

Sampling criteria:

Inclusion criteria –

- High school students of 8th to 10th standard
- Students who are present during the time of the data collection .
- Students who are willing to participate.

Exclusion criteria—

- Students who are below the 8th standard.
- Students who are absent during the time of data collection.

DESCRIPTION OF THE TOOL

The tool consists of 2 sections:

Section:1- Demographic variables

Section:2-BMI Assessment.

Section:1-Demographic variables

This part consists of 10 items which used to get personal information about the respondent i.e Age, class, educational status of mother ,educational status

of father, occupation of father, occupation of mother, Residence, monthly income, eating habits, gender.

Section:2-BMI Assessment.

BODY MASS INDEX	CLASSIFICATION
<18.5	UNDERWEIGHT
18.5 -24.9	NORMAL WEIGHT
25.0 – 29.9	OVERWEIGHT
30.0 -34.9	CLASS 1 OBESITY
35.0- 39.9	CLASS 2 OBESITY
>40.0	CLASS 3 OBESITY

DATA ANALYSIS AND INTERPRETATION

The data analyses was done through descriptive and inferential statistics .

Results :

Part 1- Demographic profile of the high school students.

The first objective of the study to assess prevalence rate of obesity among high school students by calculating BMI.

The finding of the study shows that in majority, maximum students were normal weight 97%, underweight were 51%, and overweight were 52%.

Part 2-the 2nd objective of the study is to find out the association between prevalence of obesity with their selected demographic variables.

The findings of study has shown that there is significant association were found between age, residence, education, father education, mother education, father occupation, mother occupation, eating habits, monthly income.

RECOMMENDATIONS

Based on the findings of the study following were made:-

- The study can be conducted on a large sample size.
- The study can be done among primary school students.
- The study can be conducted in different settings.
- The study can be done using different types of strategies.

CONCLUSION

In the present, most of the students are overweight and they are at high risk of getting obesity. Moreover, there

is a significant association was found between prevalence of obesity and selected demographic variables.

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