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## **Assessment of the Psycho Social Problems associated with Obese Adolescents**

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### **Abstract:**

*This study assess the psychosocial problems associated with obese adolescents in selected Government Higher Secondary Schools at Puducherry. The conceptual frame work used in the present study was Rosen Stock health belief Theory. The study design adopted was Non experimental study design. Subjects were selected using stratified random sampling technique. Semi structured interview questions were used to assess the psychosocial problems of adolescents and questionnaire to identify the demographic data of the students. The data assessed were analysed by using both descriptive and inferential statistics. 68% of adolescents had the high level psychosocial problems 38% had moderate level of psychosocial problems. The p valve is  $p < 0.05$  which proved that there was a significant association between the psychosocial problems and obesity.*

**Key words :** *Psycho Social Problems, Obese Adolescents*

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### **INTRODUCTION**

Obesity is defined as Body Mass Index (BMI) greater than the 95th percentile for age and gender. Although genetics and some disorders cause obesity, most adolescent obesity results from the lack of physical activity and overeating. Obesity was twice as common among adolescents as it was 30 years ago. Although the most complication of obesity occur in adulthood, eating nutritious diet, moving more, and going to counseling help to treat obesity.

### **NEED FOR STUDY**

Overweight and obesity in youth are Growing concern in the world.

The prevalence of overweight adolescent has tripled since 1980 and the severity of obesity has increased in the past 10 years. Complications of youth overweight and obesity are well documented and include metabolic health risk, chronic diseases, psychosocial problem and an increased risk of cardiovascular disease in adulthood. The purpose of the study is to assess the association between obesity and psychosocial problems among adolescents

### **OBJECTIVES**

- To assess the psychosocial problems associated with obese adolescents
- To associate the psychosocial problems of adolescents with obesity with selected demographic variables

**HYPOTHESES:**

HO: There is no significant association between psychosocial problems of obese adolescence

**METHODOLOGY:**

Quantitative approach, Non experimental descriptive design was adopted. The study was conducted at selected Government Higher Secondary Schools at Puducherry. Population of the study comprised of the adolescents between the age group of 13-18 years. 50 adolescents between the age group of 13-18 years were selected. The adolescents were selected by Stratified random sampling technique for this study. The investigators assessed the level of psychosocial problems of obese adolescents by a semi structured questionnaire. Totally the investigator had taken 1 month to complete the interview from the selected 50 samples. The data were analysed by using descriptive and inferential statistics like frequency, percentage, mean, standard deviation, and Chi-Square test.

**RESULTS****Frequency and percentage of demographic Variables among the students**

The frequency and distribution of obese adolescents age shows that the majority of the mentally challenged children belongs to the age group of 12-14 years (50%) and equally distributed (50%) from 15-17 years. Regarding gender of obese adolescents (66%) were females and (34%) were males. The type of family 22 (44%) were attached with joint family and remaining living with nuclear family 28(56%).

The family numbers reveals that, 3-4 members were show the percentage by (14%) from 5 members shows (4%) & >6 members respectively shows high percentage by (68%). The frequency of religion comes under the Hindu (74%), remaining (26%), belongs to Muslim category.

The educational status of (student), assessed that high level of (40%) obese adolescents belongs to 10<sup>th</sup> standard and (34%) belongs to 9<sup>th</sup> standard and (26%) belongs to 8<sup>th</sup> standard. The Educational status of father shows high level of (66%) belongs to illiterate and (22%) belongs to middle school and (12%) belongs to secondary level of education. The Educational status of mother shows that high level belongs to (44%) belongs to primary education and (24%) belongs to graduate and (16%) belongs to illiterate and 1(2%) belongs to graduate.

The father occupational status shows that high level belongs to (70%) belongs to other category and (12%) belongs to private employee and (10%) belongs to self employee and 4(8%) belongs to government employee. The mother occupational status highly shows that (56%) belongs to non working and (44%) belongs to working category. The income highly shows that (60%) belongs to Rs 3000-7000/- and (32%) belongs comes under below Rs 1000-3000/- and (8%) comes under the Rs 7000-9000 category. The food habit highly shows that (86%) comes under non-vegetarian and (14%) comes under the vegetarian category. The living area highly shows that (62%) comes under rural area and (38%) comes under urban area.

**Table: 1; Frequency and percentage distribution of psychosocial problems of obese adolescents:**

N=60

<b>S.No</b>	<b>Psychosocial problems</b>	<b>Frequency (n)</b>	<b>Percentage (%)</b>
1.	Moderate	16	32
2.	Severe	34	68

Table 1 showed that 34(68%) of adolescents had high level of psychosocial problems and 16 (38%) of people had moderate level of psychosocial problems.

**Association between the level of psycho social problems among obese adolescents and their demographic variables:**

There was a highly significant association between the level of psychosocial problems of obese adolescents and their selected demographic variables like age, sex, educational status of the family, religion and food habits at p value <0.01.

**CONCLUSION:**

The present study regarding psychosocial problems of adolescents in selected government higher secondary schools at pudhucherry.Revealed that 68% of adolescents had high level of psychosocial problems, This shows that most of the obese adolescents are facing many psychological problems due to obesity. Psycho education can be conducted to the students, parents, teachers to create awareness of obesity and psychosocial problems and its management.

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