



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2019; 4(1): 676-677

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www.theyogicjournal.com

Received: 19-11-2018

Accepted: 21-12-2018

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Obesity causes and assessment of children

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Abstract

The study was to inspect obesity and overweight among urban CBSE school children among different socio-economic status in Kozhikode district. This study shows the obesity in child and its real causes and solutions to prevent the obesity. Sampling and survey methods are main methodologies which used in this research to highlight the various areas of obesity based on the BMI of different students from high schools of kozhikode. This research reveals the solutions and recommendations to implement for the uprooting of childhood obesity.

Keywords: Obesity, overweight, children

Introduction

Childhood obesity is a problem that has reached epidemic proportions in the developed world. Obesity and overweight among children have significant long term health consequences such as adult obesity, higher levels of cholesterol, higher future incidence of coronary artery disease. In India, the emergence of childhood obesity presents a cause for concern because of recent changes in lifestyle and economic development. Nationally representative data on this subject from India is lacking. The objective of this study is to examine obesity and overweight among urban cbse school children among different socio-economic status in kozhikode district through this research, I mainly concentrate to find the obesity in child and its real causes and solutions to prevent the obesity. Sampling and survey methods are main methodologies which used in this research to highlight the various areas of obesity based on the BMI of different students from high schools of kozhikode. This research reveals the solutions and recommendations to implement for the uprooting of childhood obesity.

The scientific studies analyse growth of childhood obesity in rural areas. Through this research, I intend to the cause of childhood obesity in kozhikode district. Lack of physical activities, food habit, mental problems and social economic problems are some example of those causes which lead to the childhood obesity in this district. As a physical education student, I assure that, the lack of physical activities is the core cause.

Purpose of Study

The purpose of study is to determine obesity measure and life style of CBSE school children in Kozhikode district

Hypothesis

- It is hypothesis that students from the background of good socio economic conditions are major victims of childhood obesity
- It is hypothesis that Students with good physical activities are far from childhood obesity
- It is hypothesis that Mental problems also leads to obesity
- It is hypothesis that Food habit also plays a vital role in childhood obesity

Definition and Explanation

Obesity: Obesity is defined as a complex, multifactorial chronic disease which involves the Interaction of both genotype and environment. Integrating factors of behavioural, social, Cultural, physiological, genetic and metabolic are involved. (National Heart, Lung & Blood Institute, [NHLBI], 2006).

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BMI: Overweight and obesity is determined by measuring Body Mass Index (BMI), a calculation of weight in relation to height. The formula: weight in kilograms divided by height in meters squared (weight (kg)/height (m²). In adults, healthy weight is 18-25 BMI, overweight is 25-29 BMI, obese is a BMI of 30 or greater and morbidly obese is a BMI of > 40

Children: For purposes of this study, children will be defined as boys and girls between the ages of 2 years old and 18 years old, of varied ethnicity.

Childhood: Childhood is the age span ranging from birth to adolescence. According to Piaget's theory of cognitive development, childhood consists of two stages: preoperational stage and concrete operational stage. In developmental psychology, childhood is divided up into the developmental stages of toddlerhood (learning to walk), early childhood (play age), middle childhood (school age), and adolescence (puberty through post-puberty).

Health: Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity

Physical Activities: Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure.

Body Mass Index: an approximate measure of whether someone is over- or underweight, calculated by dividing their weight in kilograms by the square of their height in metres.

Delimitation

The study is delimited to cbse school children of kozhikode district.

The age of the students is between 12 to 15 i.e. high school level.

Through sampling method, the total number of students was delimited to 500 and divided into five regions in kozhikode district.

The variable will be delimited to food habits, physical activity and socio economic status.

Limitation

The subjects are of different body types motor abilities and hence it is considered as a limitation of the study.

Methodology

In this thesis, I mainly used three major methods

1. Quantitative method
2. Sampling method
3. Survey method

Selection of Subject

The selection of subject is 500 randomly selected CBSE school children of kozhikode district in the age of between 12 to 15 will be used for the proposed study.

Selection of Variables

The following three variables will be selected for this study

Food habits
Physical activity
Socio economic status

Statistical Techniques

Appropriate statistical methods such as descriptive statistics, coefficient of correlation will be used.

Conclusion

The objective of this study is to examine obesity and overweight among urban cbse school children among different socio-economic status in kozhikode district. Through this research, I mainly concentrate to find the obesity in child and its real causes and solutions to prevent the obesity. Sampling and survey methods are main methodologies which used in this research to highlight the various areas of obesity based on the BMI of different students from high schools of kozhikode. This research reveals the solutions and recommendations to implement for the uprooting of childhood obesity.

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