

A Study On Prevalence Of Obesity Among Women In Selected Area Of Tamilnadu

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Abstract

Obesity is a major health issue in current scenario .Women are more prone to gain weight as age progress. The aim of this study is to assess the prevalence of obesity among married and unmarried women using BMI .This descriptonal cross sectional study was conducted in vellore of Tamilnadu among Married and unmarried women. 20 married women who were not having children and 20 unmarried women aged between 20-35 years were selected by random sampling method. Married women who were not having children Questionnaire was used to record the socio-demographic profile of women after obtaining informed consent.The body mass index (BMI) was calculated using Quetelet index. Datas were analysed using Mean ,percentage and t test .Results showed that majority of both married and unmarried women were unemployed and there was significant difference in BMI among married(not having children) and unmarried women at $P < 0.05$.Among married women majority of 55% were found to be overweight and 60% unmarried women were found to be having normal weight.

Key words:obesity,married women,unmarried women, body mass index.

Introduction.

Overweight and obesity are major risk factors for a number of chronic diseases. An esti-mated 300,000 people die each year of illnesses related to obesity, more than the number killed by pneumonia, motor vehicle accidents and airlines crashes combined [1]. Obesity is increasing around the world. High body mass index now ranks with major global health problems. While some studies have found that current marital status is itself correlated with body weight and obesity [2], other research suggests that marital transition—the act of moving from one marital status to another—is also important in predicting body weight changes and the behavioral risk factors associated with weight gain [2]. BMI is frequently used in population studies because of its ease of determination and well-supported association with mortality and health effects. Body Mass Index (BMI) is a simple index of weight-for-height that is commonly used to classify underweight, overweight and obesity in adults. It is defined as the weight in kilograms divided by the square of the height in metres (kg/m^2) Marital status (MS) has also been shown to be associated with BMI and most cross-sectional studies tend to find that married people are more often overweight and obese than those living alone; however, important variations exist according to gender and ethnicity [3,4].

Methodology.

This descriptonal cross sectional study was conducted in vellore of Tamilnadu among Married (not having children) and unmarried women. Samples were selected by organizing medical camps.Both men and women of different age groups attended the camp .Among them twenty married and unmarried women aged 20-35 years were selected by random sampling method.

Pregnant women were excluded from the study. Questionnaire was used to record the socio-demographic profile of women after obtaining informed consent. Height was measured using stadiometer and weight was measured using electronic weighing machine. The body mass index (BMI) was calculated using Quetelet index. Asian classification of obesity[5] was used . The independent variables considered for this analysis were married(not having children) and unmarried women. Dependent variables include age, and marital status.. Analysis was done in Microsoft excel and SPSS version 20.0.Datas were analysed using Mean ,percentage and t test . $P < 0.05$ was taken as significant.

Results.

Obtained datas were analysed .The table-1 below shows the Mean Standard deviation and Obtained t value of BMI level among married and unmarried women.

Table- I Mean Standard deviation and Obtained t value of BMI level among married and unmarried women.

Name of the Group	Mean BMI	SD	Obtained t Value	Table t Value
Married	26.5	2.264554	6.1871*	1.99
Unmarried	18.775	1.476092		

* significant at .05 level of confidence.

The mean value of married women is 26.5 and unmarried women is 18.775. The standard deviation of married group is 2.264554 and unmarried is 1.476092. The obtained t value 6.1871 is greater than the table value of 1.99 at .05 level of confidence and hence it is significant.

The number of married and unmarried women were categorized according to their BMI Values as underweight, normal ,overweight and obese. Table -2 shows the assessment of BMI among Married and Unmarried

Table-2: BMI Assessment Among Married and Unmarried Women

S.NO	MARITAL STATUS	UNDERWEIGHT		NORMAL		OVERWEIGHT		OBESE	
		No	%	No	%	No	%	No	%
1	MARRIED	2	10	5	25	11	55	2	10
2	UNMARRIED	5	25	12	60	2	10	1	5

Among married women 10% were found to be underweight,25% were found to be having normal weight,11% were found to be Overweight and 10% were found to be obese. Among unmarried women 25% were found to be underweight,60% were found to be having normal weight,10% were found to be Overweight And 5% Were Found To Be Obese.

Discussion

The results of the study shows that there is significant difference in BMI Values between married and unmarried women. Mean BMI value of Unmarried group showed that they were having normal weight, but mean BMI value of married group depicted they were overweight. Though married women were not having children they found to be over weight than unmarried women .Marriage gives new responsibilities and a married woman feels exhausted in Managing work and household chores Chaotic eating pattern often leaves women putting on weight[6]. They often feel stressed with the new set of responsibilities which is one of major cause of weight gain. Similar results were observed by Klos LA et al 2013[7]They examined the relationship between marital status and weight related variables among adult individuals and concluded that marital roles appear to influence their perceived and desired weight, suggesting that weight management interventions should be sensitive to both marital status and gender differences.

Al-Malki JS et al 2003[8] conducted a study to determine the prevalence of overweight and obesity in Saudi females of childbearing age. results of the study showed Significant increase in the prevalence of both overweight and obesity with age. Unmarried and married females were compared and the latter had a higher prevalence of both overweight and obesity compared to the former.. The prevalence of overweight and obesity was higher amongst a group of married women than among a group of single women and concluded that there is an urgent need to spread awareness about obesity, its consequences and ways and means of prevention among the females.

Conclusion.

Obesity is one of the most pervasive, chronic diseases in need of new strategies for medical treatment and prevention. In general, married women were more likely to be overweight and obese than unmarried individuals. The results conclude that married women (not having children) were overweight and unmarried women were having normal weight.

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