



A STUDY TO ASSESS THE KNOWLEDGE REGARDING OBESITY AMONG HOUSE WIVES

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ARTICLE INFO

Article History:

Received 8th January, 2017

Received in revised form 10th February, 2017

Accepted 22nd March, 2017

Published online 28th April, 2017

Key words:

Obesity, Malnutrition

ABSTRACT

Obesity is the most prevalent form of malnutrition in both developed and developing countries and affecting children as well as adult is replacing the more traditional public health concerns obesity and overweight are the fifth leading cause of death worldwide. As obesity is the key risk factor in natural history of other chronic non communicable diseases. Majority 12(40%) of them had inadequate knowledge 9(30%) of them had moderate knowledge 9(30%) of them had adequate knowledge about obesity among housewives.

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INTRODUCTION

Obesity is a complex condition, one with serious social and psychological dimensions, that affects virtually all age and socio economic groups and threatens to overwhelm both developed and developing countries. As in developed societies, the risk for obesity in developing countries is also strongly influenced by diet and lifestyles, which are changing dramatically as a result of the economic and nutrition transition. Obesity is a key risk factor in the natural history of non communicable diseases like hypertension and diabetes mellitus.

According to WHO global estimates, about 13% of the world's adult population (11% man and 15% women) were obese in 2014. Prevalence of obesity varies according to age, sex and religion. In India the percentage of even married women age 15-49 years who are overweight or obese increased from 11% I national family health survey (NFHS) - 2 to 15% in NFHS - 3. The percentage of women who are overweight or obese is highest in Punjab, followed by Kerala and Delhi.

METHODOLOGY

Non experimental research design and Descriptive survey approach was used for this study. 30 samples were from the, pallavaram urban community which situated 4km away from our college. This area was selected because of getting expected samples. The tool for the study was structured interview schedule.

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Data Collection

The investigator explained the procedure and purpose to data collection to the sample. Initially their consent was obtained then the interview schedule was performed by the investigator to the sample.

Scoring Key

- 0 -- Mark given for wrong answer.
- 1 -- Mark given for correct answer

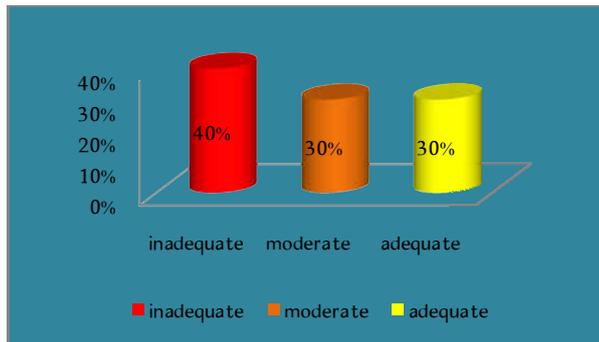
RESULTS

The study findings revealed that;

- Majority 17 (57%) of them belongs to the age group of 35-40yrs
- 3(10%) Of them belongs to the age group of 41-45yrs
- 10(33%) of them belongs to the age group of 46-50yrs
- 12(40%) of them were illiterate ,
- 11(37%) Of them were primary and secondary
- 7(23%) of them were graduate
- Majority 15(50%) of them were Hindu
- 10 (33%) of them were Christian
- 5(17%) of them were Muslim
- Majority 20(66%) of women lives in nuclear family.
- 5(17%) of women lives in joint family.
- 5(17%) of women lives in extended family.
- Majority 12(40%) of them earn Rs. 7000-9000
- 9(30%) of them earn Rs. 5000-7000
- 9(30%) of them earn Rs.3000-5000
- Majority 15(50%) of them through media
- 8(27%) of them through newspaper
- 7(23%) of them through neighbors

- Majority 12(40%) of them had inadequate knowledge
- 9(30%) of them had moderate knowledge
- 9(30%) of them had adequate knowledge about obesity

Percentage Distribution of Knowledge



The above figure represents the percentage distribution of level of knowledge

- Majority 12(40%) of them had inadequate knowledge
- 9(30%) of them had moderate knowledge
- 9(30%) of them had adequate knowledge about obesity

CONCLUSION

The study was to assess the knowledge on obesity among housewives's age group of (35-50years) in a selected urban community. They are selected study is pallavaram urban community in which 30 convenient samples were taken and the questionnaire was prepared and individual were interviewed after obtaining their consult and then it was analyzed.

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How to cite this article:

Jamuna.S B (2017) ' A Study To Assess The Knowledge Regarding Obesity Among House Wives', *International Journal of Current Advanced Research*, 06(04), pp. 3275-3276.
DOI: <http://dx.doi.org/10.24327/ijcar.2017.3276.0245>
