



**International Journal of Biology, Pharmacy  
and Allied Sciences (IJBPAS)**

*'A Bridge Between Laboratory and Reader'*

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## PREVALENCE OF OBESITY AND ITS PERCEIVED HEALTH PROBLEMS AMONG OBESE WOMEN

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Received 14<sup>th</sup> April 2023; Revised 15<sup>th</sup> May 2023; Accepted 3<sup>rd</sup> Aug. 2023; Available online 1<sup>st</sup> April 2024

<https://doi.org/10.31032/IJBPAS/2024/13.4.7916>

### ABSTRACT

Obesity is a substantial risk factor for a number of serious non-communicable diseases and disorders; however, it is not a fatal disease. Obesity is more prevalent in women and is regarded as a middle-risk factor for major chronic diseases like diabetes, heart disease, cancer, and chronic respiratory problems.

**Objectives:** The objectives of the study is to assess the prevalence and perceived health problems of obesity among obesity women

**Methods:** The research design used for this study was non experimental descriptive research design. Through the use of a non-probability convenient sampling technique, 80 samples were chosen who satisfied the standards for inclusion. Through a structured interview questionnaire, the health problems and perceived prevalence of obesity among the obese women were evaluated. Utilizing both descriptive and inferential statistics, the data were analyzed.

**Results:** The majority of the women 42 (52.5%) were falls in mild obesity, 29 (36.25%) were falls in moderate obesity and 9 (11.25%) were falls in severe obesity. The results shown that there was a significant association between the demographic variables chosen and lower back pain, being exhausted frequently while walking and doing light work, being unable to sleep for an extended period of time in the supine position, and feeling out of breath after performing any heavy work among obese women's perceived health issues. The statistically significant was  $p < 0.05$  level.

**Conclusion:** The study concluded that there was a substantial correlation between the demographic factors and the perceived health issues associated with obesity. Therefore, the findings could assist nurses who work in the neighbourhood or ward to inform obese women and their families about obesity and its health problems.

**Keywords: Obesity, Perceived, Women**

## INTRODUCTION:

Obesity is an abnormal buildup of body fat that typically exceeds a person's optimal body weight by 20% or more. Women are more susceptible to the serious medical condition of obesity. It happens when a lady weighs significantly more than is healthy for her height and age. The significant obesity risk factors that have been identified by various studies include genetic predisposition, physical activity, high birth weight, type of food consumed, more than two hours of daily television viewing, frequency of regular meals, overweight postpartum, and disease conditions like hypothyroidism or medication side effects like steroids.

An ongoing discrepancy between energy intake and real energy requirements of the body is the root cause of the overweight and obesity problem. People are

rapidly adopting less physically active lifestyles and eating more "energy-dense, nutrient-poor" diets in middle- and low-income countries due to rising urbanization, the mechanization of jobs and transportation, the availability of processed and fast foods, and a dependence on television for leisure [1-4].

## NEED FOR THE STUDY:

Globally, the growing issue of obesity poses a serious threat to both physical and mental health. More than 1.9 billion persons were overweight and 650 million were obese in 2016, according to the WHO. Each year, obesity and being overweight cause at least 2.8 million deaths worldwide. Between 1975 and 2016, the prevalence of obesity roughly tripled. In 2016, 11% of men and 15% of women in the adult population worldwide were obese. Women who are overweight or

obese were 20.7% in the National Family Health Survey-4 (NFHS-4) performed in 2015–2016, compared to 12.6% in the NFHS-3 done in 2005–2006. Additionally, a study predicted that between 2010 and 2040, the prevalence of overweight and obesity among Indian adults aged 20 to 69 years will roughly double and triple, respectively, while 27% and 14% of women are anticipated to be overweight and obese, respectively.

Since an increase in risky lifestyles, obesity has become a serious public health concern and epidemic in both developed and developing nations. An estimated 300 million people worldwide suffer from obesity, and in the past ten years, endometrial and postmenopausal breast cancer rates have increased significantly as a result. The results of the study also showed that being overweight and obese is linked to a significant decrease in life expectancy and an increase in mortality.

#### **OBJECTIVES:**

- To assess the prevalence of obesity among obesity women
- To find out the perceived health problems on obesity among obesity women
- To find association between the perceived health problems of obesity among women with selected demographic variables

#### **RESEARCH QUESTIONS:**

- What is the prevalence of obesity in the women?
- What are the perceived health problems of obesity in the women?

#### **MATERIAL AND METHODS:**

The quantitative research approach was applied, together with a non-experimental, descriptive, and exploratory research design. In this study, non-probability convenient sampling was used to choose 80 samples of obese women between the ages of 20 and 40 who matched the inclusion criteria. The prevalence of obesity and any perceived health issues were evaluated in the obese women. An open-ended questionnaire was utilized to measure the prevalence of obesity and associated perceived health problems among samples, while a structured interview schedule was used to learn about demographic characteristics. Utilizing both descriptive and inferential statistics, the data were examined.

#### **CRITERIA FOR SAMPLE SELECTION**

##### **Inclusion Criteria:**

- ◆ Obese women with an age group between 20 to 40 years.
- ◆ Obesity women who were available at the time of data collection.

##### **Exclusion Criteria**

- ◆ Obesity women who were not willing to participate.
- ◆ Obesity women who unable to understand Tamil and English.
- ◆ Non-Obesity women.
- ◆ Above 40 years of obese women

### **DESCRIPTION OF THE TOOL:**

#### **Section I: Demographic Variables.**

This section consists of demographic variables of the obesity women such as age, education, occupation, income, type of family, religion, marital status, number of children, food habits, source of information about obesity and its health problem.

#### **Section-II: Open ended questions about perceived health problems on obesity**

#### **Data Collection Procedure**

The data was gathered over the course of a month. They carried out their research in Koravallimedu, Puducherry. 80 obese women who satisfied the inclusion criteria were chosen by the investigator after she had visited the chosen rural area and used a probability convenient sampling procedure. In order to secure their cooperation for the study and get written consent, rapport was successfully built with obese women. A structured interview schedule for demographic characteristics and an open-ended questionnaire were used to measure the prevalence of obesity and its perceived

health concerns among samples in order to evaluate the health problems associated with obesity in women. Utilizing both descriptive and inferential statistics, the data were examined [5, 6].

### **RESULTS AND DISCUSSION OF THE FINDINGS:**

#### **Demographic Findings:**

According to the results of the demographic factors, the majority of the 56 (70%) samples in the 20-to-29 age range and the 24 (30%) samples in the 31-to-40 age range. The majority of 56 (70%) samples in the category of education status were aged 20 to 29, while 24 (30%) samples were between the ages of 31 and 40. In terms of educational background, the majority of 18 (22.5%) had completed their secondary education; 33 (41.25%) had completed their higher secondary education; 21 (26.25%) had completed their primary education; and at least 8 (10%) had completed their graduate studies. Majority 52(65%) was unemployed, 16 (20%) were government employed and minimum 12 (15%) were from business category. The majority of 65 (81.25%) had monthly household incomes between Rs. 10,001 and Rs. 15,001, 4% had incomes between Rs. 20,001 and beyond, and at least 7 (8.75%) had incomes up to Rs. 10,000. A majority of 70 people (87.5%) left nuclear families, and 10 people (12.5%) left joint

families. Majority 76(90.5%) were Hindu and 4(5%) were Muslim. There were 27 single people and 53 married people in the majority (66.25%). 68 (or 75%) of the group were not vegetarians, while 12 (or 15%) were. Maximum 66 (82.5%) people were not exercising, 12 (15%) people were walking, and 2% or less were practicing yoga. Minimum 27 (33.75%) and Maximum 53

(66.25%) both have no prior history of being overweight [7-9].

### The finding related to prevalence of obesity among obesity women:

The majority of the women 42 (52.5%) were falls in mild obesity, 29 (36.25%) were falls in moderate obesity and 9 (11.25%) were falls in severe obesity.

**Table 1: The finding related to perceived health problems on obesity among obesity women (n=80)**

S. No.	Perceived Health Problems on Obesity	Frequency (N)	Percentage (%)
1.	Lower backache	43	53.75
2.	Heartburn	19	23.75
3.	Constipation	23	28.75
4.	Joint pain	15	18.75
5.	Generalized weakness	19	23.75
6.	Tired often while walking and mild work	36	45
7.	Palpitation	14	17.5
8.	Increased thirst	19	23.75
9.	Shortness of breath	16	20
10.	Breathlessness after doing any heavy work	42	52.5
11.	Snore at night	9	11.25
12.	Can't sleep longer duration in supine position	53	66.25
13.	Regular menses	11	13.75
14.	Abdominal pain during menstruation	58	72.5
15.	Heavy menstrual bleeding	19	23.75
16.	Need someone support to stand after sitting on the floor	14	17.5
17.	Not able to stand continuous by at one position	17	21.25

Results relating to obesity among obese women's perceived health issues are provided in the **Table 1** above. Out of 80 obese women, the results showed that 43 of them had lower backaches, 19 had heartburn, 23 had constipation, 15 had joint pain, 19 had generalised weakness, 36 had frequent fatigue from walking and light work, 14 had palpitations, 19 had increased thirst, 16 had shortness of breath, and 42 had breathlessness after performing any heavy

work. Nine of them complained that they snore at night, 53 complained that they couldn't sleep for a longer period of time while lying flat, 11 complained that they had regular periods, 58 complained that they experienced abdominal pain while menstruating, 19 complained of having heavy menstrual bleeding, 14 complained that they needed assistance standing up after sitting on the floor, and 17 complained that

they were unable to stand for an extended period of time in one position.

**Findings related to the association between the perceived health problems of obesity among obesity women with selected demographic variables:**

The result shown there was significant association found between the selected demographic variables with lower back pain, fatigue frequently while walking and light work, inability to sleep for a longer period of time in a supine position, and breathlessness after doing any heavy work on perceived health issues of obesity among obese women. The statistical significant was  $p < 0.05$  level. There was highly statistical significant found  $p < 0.001$  level in selected demographic variables of age group, nuclear family, non-vegetarian and not practicing exercises of obesity women. Even though there are conflicting results in children [10], we have established the dangers in adult women.

**CONCLUSION:**

The goal of the study was to determine the prevalence of obesity and the health issues associated with it among obese women. The study's findings indicated that most of the women fell victim to mild obesity, 29 to moderate obesity, and 9 to severe obesity. The data analysis reveals that some demographic factors and the perceived

health effects of obesity were significantly associated with study findings. This study may help nurses working in the community or ward become more aware of the need to inform obese women and their families about the disease's health problems and to prevent obesity-related weight gain.

**ACKNOWLEDGEMENT:**

We acknowledge the editorial committee for its expert assistance with the approval, data analysis, and manuscript.

**FUNDING STATEMENT:**

The project was self funded and approved by Human Institutional Ethical Committee from Sri Balaji Vidyapeeth, Puducherry.

**STATEMENT OF CONFLICT OF INTEREST:**

We report no conflict of interest

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