

OBESITY AND EFFECTIVE FACTORS: A TREND ASSESSMENT

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ABSTRACT

Obesity can be defined as excessive amount of fat storage in the body. An obese person having enlarged or excessive amount of fatty cells stored in the body. The common characteristic of an obese person is his/her over body weight. When a person gained more than 20% of the standard normal body weight in accordance with height age and body structure, that person may considered as started reaching in the obese category.

Keywords: Obesity, Diet Planning and calories.

INTRODUCTION:

Obesity can be defined as excessive amount of fat storage in the body. An obese person having enlarged or excessive amount of fatty cells stored in the body. The common characteristic of an obese person is his/her over body weight. When a person gained more than 20% of the standard normal body weight in accordance with height age and body structure, that person may considered as started reaching in the obese category.

High percentage of fat concentration in the body is explained as obesity. Two criteria measures of obesity are:

- a) Hypertrophic criteria- it deals with size of the body fat cells. In hypertrophic condition body fat cells increases in size than the normal.
- b) Hyperplastic Criteria. It deals with number of body fat cells. In hyperplastic condition body fat cells increases in number than the normal

The average weight of body fat figures around 15% for men and 25% for women of the total body weight. When the body fat weight increases by 7% to 8%, the concerning person start falling in the category of obese.

Note: Total body weight of a person is of not much important when categorizing for obese. Coz A person may have more bone weight but less or adequate body fat weight.

CAUSES OF OBESITY:

Personal and eating habits are the major cause of obesity. Eating habit of any individual depends on many factors that lead to obesity.

Eating Habits:

Eating habit is the major cause of Obesity. The food that we in take in our daily living is considered as our Easting habits. Eating one thing or the other, this time or then, results in excessive composition of fat in the body. More or less excessive eating increases calories intake that may cause obesity.

Eating habits include our daily meals, water and habit of in taking other substances like tea, cold drinks, snakes, smoking ever etc. Easting habits depends on many factors like Economic status, personal habits, disease if any, living and disliking, local availability of foods, climate, physical or mental workouts etc. excessive eating of fried food, pizza-burgers, drinks etc assist in getting overweight and obesity

Eating habits must follow the principles of “Balanced Diet”. Balanced diet is the in take of appropriate and adequate amount of food. Balanced diet assist us in getting adequate amount of Nutrition and energy for the proper functioning of body systems. Eating habits should be such the it containing all the essential nutrients in proportion, which is required for proper health.

Eating habits are flexible in nature and changes with age, physical work, mental status etc. perfect eating habit fulfill all the requirements for growth and development of the body. In taking of essential nutrients like Carbohydrate, protein, fats, mineral, water etc. must be in proper proportion to establish a proper balance in body energy in taking proportion may disturbs the body composition. It may increase the fat stored in our body or it may also decrease the fat storage. Deficiency of any nutrient can result in related deficiency disease. Good eating habits always maintain the body energy in take and expenditure balance.

If energy in take is less than the energy expenditure related body may become weak.

If energy in take is in exceed than the energy expenditure- related body may become fatly.

Therefore, eating habit must maintain the proportion of energy in take and expenditure i.e.

Energy in taken = Energy Expenditure (Result in Healthy body structure and functioning).

Economic condition:

Economic condition of an individual influences his/her eating habits to much extent. Because of good financial condition one approaches to expensive caloric enriched stuffs, like pizza, puffed-burgers, and drinks etc. These kind of stuffs increases the fat storage in the body. Most of their works performed by servants/workers that may cause the person to reach to obese category.

Physical Activity:

Due to less participation on active physical activities, body functioning (fat burning) becomes less effective. Physical workouts increase our biological efficiencies, which assist in maintaining good health. Physical activities also influences eaten habits. If a person in taking calories is more but perform no physical activity, he/she may reach to obesity.

Family habits:

Eating food is an individual matter. Every individual having its own requirement of energy level. Some families have habit of all time eating and these influences the children. Children's also develop the same habit while there energy expenditure remains much less than the energy intaking. Family habits also plays important role in controlling fat composition . It is therefore, misunderstood that the obesity is hereditary.

Psychological Factors:

Psychological conditions of an individual have influences on his body structure. A person who is depressed many not enjoy eating, but on the other side a person with laugh and talk may over eat. Isolation, over excitement, over energetic, happiness can results in over eating.

Social factors

Social environment also assist in controlling or body fat composition. America society mostly prefers already cooked packed food. In Indian society also this tradition slowly exists. Other social factors like daily parties, group drinking, etc. also helps in gaining obesity if not managed well.

Local Availability of Food:

Local availability or famous sweets also brings obesity. Availability of junk foods, non-vegetarian food, local drinks etc. increases obesity.

Personal habits:

Personal habits like:

- ❖ Sleeping
- ❖ Sleeping immediately after meals.
- ❖ Like to eat while studying
- ❖ Liking of some particular stuffed food like Burgers, pizza etc.
- ❖ Attending daily parties
- ❖ Love to eat friend stuff etc. also contributes in getting obesity.

Drugs:

Intaking of unprescribed drugs some time produce physiological disorders that may cause obesity. Sometimes drug decrease body's metabolic rate that assist in gaining obesity. There are drugs, intaking of which can result in excessive composition of fats in the body.

Personal interests:

A personal interest of maintaining oneself is essentially required. In case of no personal interests of keeping oneself fit, obesity may obtain. Personal interest is one of the main reason for obesity in an individual.

Eating habits are flexible in nature and changes with age physical work and mental status good eating habits fulfill all the requirements for growth and development of the body. It may increase the fat stored in our body or it may also decrease the fat storage economic conditions of an

individual influences his/ her eating habits to much extent. Because of good financial condition one may approaches to expensive caloric enriched stuffs, like pizza, pulled–Burgers etc. Cost of food is not going to matter whether costly or less costly nutrient value in food matters. Good eating habits include controlled eating, no alcohol or drug, healthy and fresh food timely eating at least 8-10 glasses of water per day, (sportsman required even more) appropriate level of sugar spice salt in taking not to eat just before sleep etc. Eating habits must follow the principles of ‘Balanced Diet’. Balanced diet is the in take of appropriate and adequate amount of food. Balanced diet assists us in getting adequate amount of

CONCLUSION:

Eating habits are flexible in nature and changes with age, physical work, mental status etc. perfect eating habit fulfill all the requirements for growth and development of the body. In taking of essential nutrients like Carbohydrate, protein, fats, mineral, water etc. must be in proper proportion to establish a proper balance in body energy in taking proportion may disturbs the body composition. It may increase the fat stored in our body or it may also decrease the fat storage. Deficiency of any nutrient can result in related deficiency disease. Good eating habits always maintain the body energy in take and expenditure balance. Physical activities increase body’s biological efficiencies, which assist in maintaining good health. Physical activities maintains body fat composition and burns excess body fat. Benefits of exercises on our body systems (like muscular, digestive, circulatory etc) assist in controlling fat composition in the body and prevents from obesity over weight.

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