

WEIGHT PERCEPTIONS, WEIGHT CONTROL PRACTICES AND PREVALENCE OF OBESITY AMONG ADOLESCENT GIRLS 2003

Submitted by:

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Abstract

I. Objectives

- To study the prevalence of obesity among girls aged 17-19 years studying in “Lal Bahadur Shastri Institute of Technology for women”
- To know the perceptions and practices about weight and weight control among girls aged 17-19 years.
- To obtain an insight on weight perceptions and compare actual with perceived weight.

II. Methods

Cross-Sectional study.

III. Results

In our study it is well evident that majority (46%) of the study population are underweight girls and only very few (4.6%) belong to the obese group.

Concerning weight perception about 38.3% of the students over estimated their weight and 31.3% underestimated their weight of these, those who overestimated their

weight belonged to the under weight group and those who underestimated belong to the obese group which is very much significant.

Our study also showed that 30.67% girls desired to lose weight but among these only about 16% of the girls adopt exercise as their practice to lose weight and the rest adopt unhealthy dieting practices.

About 31.33% of the girls try to control weight gain but here we see that 16.67% of the girls adopt exercise as a method to control weight gain which is a good response as studies reveal that exercise is the best option for controlling weight gain.

IV. Conclusion

Majority of the our study population belong to the affluent society. But to our surprise it was found that most of the girls come under the underweight category. More than 70% of the girls were having false perception of their weights, among which most of the underweight girls have overestimated their weight. Because of the peer group influence, media influence, lack of proper knowledge, and unawareness about their health, most of the girls resort to unhealthy eating habits which may in the near future lead to hazardous effects.