**A descriptive study to assess the risk factors of obesity among housewives residing at selected community, setting in Kanchipuram district,**

**Tamil Nadu.**

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**ABSTRACT**

A descriptive study to assess the risk factors of obesity among housewives residing at selected community, setting in Kanchipuram district, Tamil Nadu**.** The objectives were to assess the risk factors of obesity among the housewives to find out the association between assess the risk factors of obesity and selected demographic data of obesity among the house wives. A non – experimental, descriptive study was conducted. The sampling technique was non-probability, purposive sampling technique with the sample of 30 housewives among obesity and Structured questionnaires (SQ) in the form was used to the assess the risk factors obesity among housewives. The variables were assessed the assess the risk factors of obesity among housewives. Hypotheses were formulated. The level of significance selected was p<0.05. The investigator used demographic data and Structured questionnaires (SQ) was used to collect data. The data collection for the main study was done .The collected data was tabulated and analysed. Descriptive and inferential statistical were used.

The mean value was 207 and the standard deviation was2.8133. The study shows that the risk factors of obesity inadequate 7 (23%) were moderate 21(70%) and adequate was 2 (7%).The study concludes that there is moderate 70% to assess the risk factors of obesity among housewives.

**KEY WORDS: assess risk factors, housewives living with obesity.**

**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 lifestyle, 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.

According to **WHO** global estimates, about 13% of the world's adult population (11% of men and 15% of women) were obese in 2014. Prevalence of obesity varies according to age, sex and region. In India the percentage of ever married women aged 15-49 years who are overweight or obese increased from 11% in National Family Health Survey (NFHS)-2 to 15% in NFHS-3.The percentage of women who are overweight or obese is highest in Punjab (29.9%), followed by Kerala (28.1%) and Delhi (26.4%).Therefore in the present study, an attempt has been made to find the prevalence and risk factors for overweight and obesity in women aged 20-60 years in Ludhiana city.

Obesity is a major health problem and becomes an important epidemic in both developed and developing countries since an increase in the risky lifestyles. Obesity is a global problem, affecting and estimated 300 million people worldwide and its prevalence in the recent decade hade a rapid increase (17%).Obesity substantially in the increase the risk of several major cancers especially postmenopausal breast cancer and endometrial cancer. Moreover, study indicated that overweigh and obesity are associated with an increase in mortality and a considerable reduction in life expectancy.

Obesity is a complex condition, one with serious social and psychological dimensions, that affects virtually all age and socio-economic groups and threatens to over whelm both developed and developing countries. As in developed societies, the risk for obesity in developing countries is also strongly influenced by diet and lifestyle, 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. According to **WHO** global estimates, about 13% of the world’s adult population (11% of men and 15% of women) were obese in 2014. The foods we eat every day contribute to our well-being. Foods provide us with the nutrients we need for healthy bodies and the calories we need for energy . If we take in more calories than we burn, the extra food turns to fat and is stored in our bodies. If we overeat regularly, we gain weight, and if we continue to gain weight, we may become obese.

**MAIN OBJECTIVES**

* To assess the risk factors of obesity among the house wives.
* To find out the association between the risk factors of obesity and selected demographic data of obesity among the house wives.

**HYPOTHESIS**

**H 1** - There will be a significant association between the risk factors of obesity and demographic data of the obesity among the house wives.

**METHODOLOGY OF THE STUDY**

**3.1 RESEARCH APPROACH**

Research approach for the present study was a quantitative descriptive approach.

**3.2RESEARCH DESIGN**

Non experimental descriptive design was used for the study.

**3.3 RESEARCH SETTING**

The study was conducted at Paiyanoor village, Kanchipuram District, Tamil Nadu.

**3.4 POPULATION**

Research population of married women were totally 110 in no.

**3.5 SAMPLE:**

House wives in the age group of 20-60 years residing in Paiyanoor Village, Kancheepuram district, Tamil Nadu.

**3.6 SUBJECT SIZE**

30 house wives in the age of 20-60 years who were residing in Paiyanoor village, Kanchipuram district.

**3.7 SAMPLING TECHNIQUE**

The participants of the study were selected by purposive sampling technique.

* 1. **CRITERIA FOR SAMPLE SELECTION**

**INCLUSION CRITERIA:**

* Housewives in the age group of 20-60years.
* Obesity among housewives, who could understand Tamil and English.

**EXCLUSION CRITERIA:**

* Housewives who were not willing to participate.
* Housewives who are have age below 20 years of age and above 60 years of age.

**3.6 SELECTION AND DEVELOPMENT OF STUDY INSTRUMENTS**

It consisted of two sections.

1. Demographic data of the subjects

2. Structured questionnaires.

**SECTION A:**

The consent form to be obtained from each study sample was given in section A.

**SECTION- B**

It consisted of demographic data of obesity among the housewives which includes age in years, educational qualification, religion, occupation, socio economic status, how many times do your meals in a day, are you vegetarian or non-vegetarian and BMI.

**SECTION-C**

Structured questionnaire (SQ) in the form was used to the assess knowledge level of risk factors obesity among housewives.

**SCORING AND INTERPRETATION OF THE TOOL**

Structured questionnaires consist of 12 items. **The total attainable score was 12.The cut off score was 8.** Higher the cut off score indicates greater the knowledge level of risk factors of obesity and also correlated to **BMI**.

**TABLE: 3.1.To assess the knowledge level of** **risk factors obesity among housewives was interpreted which was presented in the table:**

|  |  |  |
| --- | --- | --- |
| **SCORE** | **PERCENTAGE** | **THE RISK FACTORS OF OBESITY AMONG HOUSEWIVES** |
| **0 – 5** | **23%** | **INADEQUATE** |
| **6-9** | **70%** | **MODERATE** |
| **10-12** | **7%** | **ADEQUATE** |

**Tool to assess the nutritional status:**

* Weight (kg)
* BMI= ---------------------------
* Height (mt2)

**Table: 3.2. WHO Scoring interpretation for weight calculation by Body Mass Index**

|  |  |  |
| --- | --- | --- |
| **S.NO** | **BMI range** | **WHO classification** |
| 1 | <18.5 | Under weight |
| 2 | 18.5-24.9 | Normal range |
| 3 | 25.0-29.9 | Pre obese |
| 4 | 30-34.9 | Obese class 1 |
| 5 | 35-39.9 | Obese class2 |
| 6 | >40.0 | Obese class3 |

**3.7 DATA COLLECTION PROCEDURE**

The data collection was done for one week at Paiyanoor village, Kanchipuram District, Tamil Nadu. Structured questionnaire was used to assess the knowledge level of risk factors of obesity among housewives. The researchers collected the demographic data and structured questionnaire (SQ) by conducting confidential data of the participants.

**3.8 DATA ANALYSIS**

The data analysis was done using descriptive and inferential statistics. Descriptive statistics like frequency, percentage and mean. Chi-square test was used to find out the association between the risk factors and selected personal information sheet of the obesity among housewives. Collected information on demographic data of housewives, and assess risk factors on obesity among housewives and Structured questionnaires (SQ) in the form of demographic data of housewives which includes age, educational qualification, occupation, family monthly income, BMI. Descriptive and inferential statistical were used. The mean value is 207 and the standard deviation is 2.8133.

The study shows that the risk factors of obesity inadequate 7 (23%) were moderate 21(70%) and adequate was 2 (7%).The study concludes that there is moderate 70% to assess the risk factors of obesity among housewives.

**TABLE:3 Mean, Mean % and assess the knowledge level of risk factors for obesity among housewives.**

**[N= 30]**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **S.no** | **Level of knowledge** | **Number of**  **house wives** | **Total of number question** | **Score range** | **Total sore** | **Mean** | **Mean %** | **Knowledge %** | |
| **Individual** | **Total** |
| I | Inadequate knowledge | 30 | 12 | 0-5 | 7 | 207 | 88% | 23% | 100% |
| 2 | Moderate knowledge | 30 | 12 | 6-7 | 21 | 70% |
| 3 | Adequate knowledge | 30 | 12 | 10-12 | 2 | 7% |

**FIGURE: 4.1 percentage distribution of sample according to their education**

figure 4.1 shows the educational status of the housewives it states that majority of them12(40%), were illiterates and also have completed primary education which is equally distributed 12(40%).

**RECOMMENDATION:**

Based on the findings of the study, following recommendations are put forth

1. A Structured questionnaires (SQ) in the form of interview schedule was used to the assess risk factors obesity among housewives.
2. Similar study on large population with a follow up to find out number of housewives. With good level regarding marital adjustments.

**CONCLUSION:**

The finding of the present study reveals that significant association between assess the risk factors of obesity among housewives with selected demographic data housewives [**Educational Qualification And Occupation]** and there is no significant association between like age in years, family monthly income, BMI

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