

## **A Study of Relationship of Obesity with Life Style of Varanasi District School Going Children.**

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### **Abstract**

Lifestyle is a living style which not only affects the individual who adopts it but also affects the society. The term lifestyle was given by Alfred Adler in 1929. It defines the attitude, values and somewhat exhibit the social position. Present study conducted on 1000 students of Varanasi District of Uttar Pradesh, India. Aim of the study was to find out relationship of obesity with Life Style of school going children age between 16-18 years. For obesity age, height, weight and four side skin measurement taken. For life style questionnaire prepared by S.K.Bawa & Sumanpreet Kaur used. Chi- square used to know significant association between Life Style and Obesity. Result no significant relation found between Obesity and life Style of Varanasi District 16-18 years school going children.

### **INTRODUCTION:**

Lifestyle is a living style which not only affects the individual who adopts it but also affects the society. The term lifestyle was given by Alfred Adler in 1929. It defines the attitude, values and somewhat exhibit the social position. Moreover, it also includes pattern of social relations, consumptions, entertainments and dressing style. It reflects person's views, habits and etiquettes and the way of life which has the direct influence on the type of services that persons give or requires.

A sedentary lifestyle plays a significant role in many health problem including overweight and obesity. Worldwide there has been a large shift towards less physically demanding work, and currently at least 30% of the world's population gets insufficient exercise. This is primarily due to increasing use of mechanized transportation and a greater prevalence of labor-saving technology in the home. In children, there appear to be decline in levels of physical activity.

With the arrival of televisions, computers, video games, remote controls, washing machines, dish washers and other modern convenience devices, people are commonly leading a much more sedentary lifestyle.

The fewer moves around result in the fewer calories burn. However, this is not only a question of calories. Physical activity has an effect on how hormones work, and hormones have an effect on how body deals with food. Several studies have shown that physical activity has a beneficial effect on insulin levels - keeping them stable. Unstable insulin levels are closely associated with weight gain.

**SUBJECTS AND METHODS:**

The study included 1000 children; 500 from five convent schools of Varanasi and 500 from five government aided U.P. board schools age between 16 to 18 years were randomly selected. From each school, 100 students of class 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> were selected randomly who was present in the school during collection of data. Consent was obtained from the schools authority to collect data regarding study. Anthropometric measurement were taken by using anthropometric rod, weighing machine and Lange's skin fold caliper. For Obesity BMI and Total Body Fat % calculated. Life style were taken by life style scale questionnaire that was prepared by S.K.Bawa & Sumanpreet Kaur. Questionnaire was distributed to all subjects and detail explanation regarding filling up was given to subjects. All subject were seated separately. Researcher had been watching and explaining any doubt of the subjects regarding questions. Researcher carefully checked the questionnaires completed if any question was left or made mistake in answering were corrected by subjects.

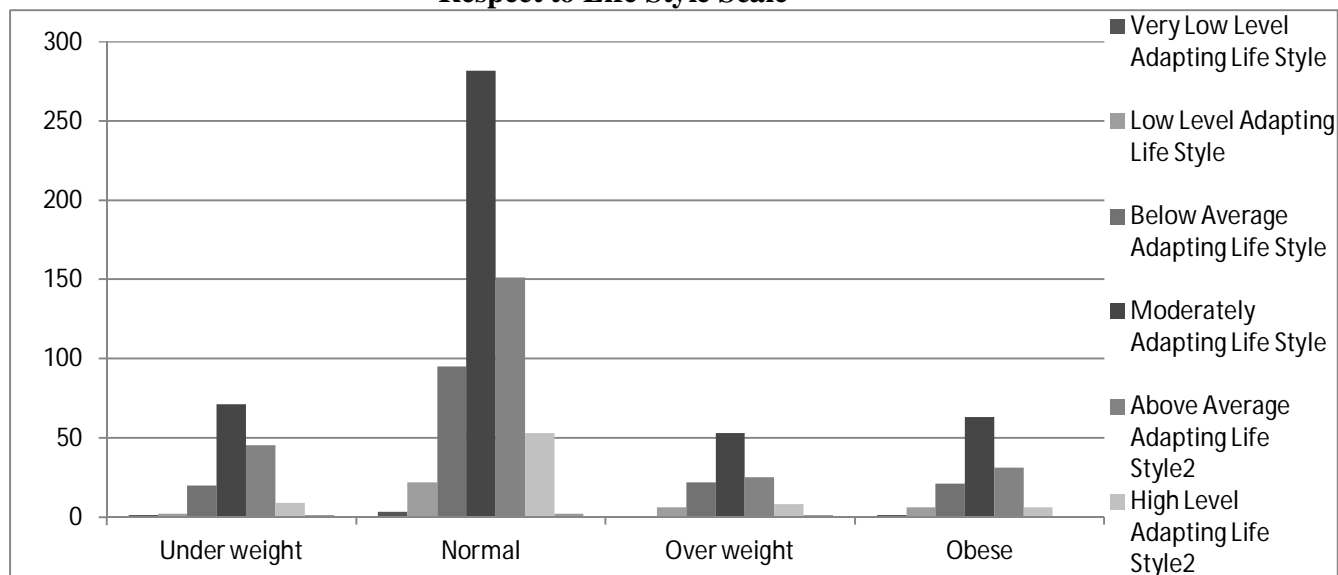
**Statistical Analysis:**

The collected data were arranged according to age, area and school. The data were tabulated and analyzed to draw the meaningful conclusion. To get the objective of the study Chi-square statistical measures were used.

**Table 1**  
**Total Body Fat % with Life Style Scale of Varanasi District School Children Crosstab**

Total Body Fat %	Life Style Scale							Total
	Very Low Level Adapting Life Style	Low Level Adapting Life Style	Below Average Adapting Life Style	Moderately Adapting Life Style	Above Average Adapting Life Style	High Level Adapting Life Style	Very High Level Adapting Life Style	
Under weight	1	2	20	71	45	9	1	149
Normal	3	22	95	282	151	53	2	608
Over weight	0	6	22	53	25	8	1	115
Obese	1	6	21	63	31	6	0	128
Total	5	36	158	469	252	76	4	1000

**Graphical Representation of Total Body Fat % of Varanasi District School Children in Respect to Life Style Scale**



**Table 2: Chi-Square Tests**

	Value	df	Asymp. Sig. (2-sided) (P-Value)
Pearson Chi-Square	12.399 <sup>a</sup>	18	.826
Likelihood Ratio	13.912	18	.735
Linear-by-Linear Association	4.238	1	.040
N of Valid Cases	1000		

Significant at 0.05 level, degree of freedom (18) = 28.869

**RESULTS:**

To find out the relationship of Life Style with obesity of Varanasi district children, Chi square was applied. The calculated chi square value 12.199 was lower than tabulated value 28.869 and P-value .826 was higher than 0.05. Therefore, there was no significant association of obesity with Life Style.

**Discussion of finding:**

The present study has been undertaken with the purpose to find out relationship of life style with obesity in school children age 16-18 years of Varanasi district, Uttar Pradesh.

The result reveals that there is no significant relationship between life style and obesity of Varanasi District School going children age of 16-18 years. In Convent/Public school 0.6% children were found in very high level adapting life skill, 6.2 % were found in high level adapting life style, 25.4 % were above average level adapting life style, 47.8 % were moderately adopting life style, 3.6 % and 0.4 % were low and very low adopting life style found. 21.2 % children of Varanasi district convent/public school found obese. In government aided UP board

Schools of Varanasi district 0.00% were very high level adaptive life style children found, only 9.4 % were found in high level of adaptive life style, 24.8 % were found in average level of adaptive life style, 47.0 % were found in moderately adaptive life style, 15.2 % were below average adaptive life style and 3.0 % were found in low adaptive life style. 0.2 % children were found in obese in the government aided UP board Schools of Varanasi district. Although, 10.7 % School going children as a whole were found obese in the district.

When compared with other studies Wilkie (2016) study showed similar result that life style has no relationship with children obesity. Landsberg (2010), Kaur (2008), Vera et al. (2015), Parekh et al. (2012), Balia (2008), Ramchandra et al. (2002), studies shows the similar result. Life style is influenced by many factors so its effects are not constant. Therefore, different results were found in different studies. Present study show that inspite of adapting high level and moderate level life style by majority of children in Varanasi; it has no relationship with obesity.

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