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RESEARCH ARTICLE

A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING COMPLICATIONS OF OBESITY AMONG YOUNG ADULTS IN SOUTH INDIAN HOSPITAL

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ABSTRACT

Introduction: Obesity is of much concern to millions of people on over the world not only as it is pasted a lot of Salk but it has also begin to be ranked as a serious risk comparable to certain disease. Obesity result well much font occurring the body.

Objectives:- To assess the knowledge regarding complication of obesity among adults.
To assess the attitude towards complications of obesity among young adults.

To find out the association between the knowledge of obesity complication with their socio demographic variables.

Material and methods: The present community based cross- sectional descriptive study was conducted in Narayana Medical College Hospital, Nellore, Andhra Pradesh state(India). The study sample included 60 the young adults between 19-40 years selected by convenience sampling technique.

Results and Discussion:- The findings of the study revealed that out of 60 young adults 32(53.3%) of were had inadequate knowledge, 13(23.3%) of young adult had average knowledge and 15(25%) of young adults were had inadequate knowledge on complications of obesity and out of 60 young adults 37 (61.1 %) adults were needs to improves their attitude had positive attitude ,19 (31.6%) of adults were natural attitude in their attitude and 4(6.66%) adults were had in negative attitude.

Conclusion: the majority of obesity complication of young adults has average knowledge regarding obesity complication at Narayana Medical College Hospital Nellore. It indicates that there is a need for creating awareness among young adults.

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INTRODUCTION

Obesity is of much concern to millions of people on over the world not only as it is pasted a lot of Salk but it has also begin to be ranked as a serious risk comparable to certain disease. Obesity result well much font occurring the body. Obesity coursed by number of 30% affected about adults. Obesity caused by social, canteen, behavioral, physiological, metabolic and genetic factors that are belonged the persons control sentence of obesity usually show that from of fat insulin resistance increased size or number of fat cells that raises blood pressure, high coseismal level. Exercise and eating right are the best way to lose weight. But many people have triad those methods for years and skills cannot loss excess weight that can causes service health problem like obesity. Over at the obesity is a serious problem affecting many people across socio-economic and cultural groups including children all over the world and especially in India. Obesity impacts people degree people with overweight and obesity under to lot of mental

stress. All of us like nutrition obesity if are familiar the term obesity is also on multifactor disease. It is also polygenic disease offering interaction of genes with environment. Adult obesity has been widespread and growing thought American god others westernized countries for quite some time.

Adults marks a time rapid and intense emotional and physical changes there is an increased value placed on peer acceptance and approval and heightened attention to external influence and social message about cultural norms body images and related to self concept emerge as significant factors associated with health and well being during this developmental phase as growth being focus image ideal and subsequent self comparison is strong influenced by personal familial and cultural factors. There for hundreds of research studies an obesity but before any real attempts to integrate them in to comprehensive study can be made definition must be established the process of finding a universal detention for obesity had lead to many defenses in the field of obesity

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research a study done by MRI (2012) focused on comparing multiple body composition serve include for the assessment of body foulness to any sex was compared with Rah India and also with weight for weight screening this group of subject as internationally reprehensive data from survey of over 1000 standardized.

Need For Study

Obesity is an excess proportion of total body weight. A person is considered obese when his or her body is 20% or more above normal weight obesity has emerged as the most prevalent serious public health proportion of our country obese is increase though out the world. At present it is estimated that the all more 250 million people world which affected to be equalling 7% of the young adult population.

Indians are genetically susceptible to weight accumulated especially around the waist and 5% of the population suffers due to study obesity in India. An epidemiological survey in 2007 revealed that taking predominant by 2010 it will reach to 17.5% of the population. Adults taking predominant place that ado lased and children by 637. Of the incidence rises it will be more of health to the country.

Obesity is most important factor for osteoarthritis in most joint. Obesity confers nine times increased risk in knee total osteoarthritis in women. Data suggests that metabolic and mechanical factors mediate the effects of obesity a joint (University of Bristol) obesity is the risk factors of gall stones. Some evidenced suggest that specific dietary (saturate factor) as the primary cal pit in these cause (University of medical centre) Approximately 41,000 new cases of cancer in the USA. Were thought to be due to obesity.

All cross sectional study was concluded at Philippines to determine the prevalence of metabolic syndrome using data collection from 4541. Adult aged 20 and over covered in fifth national nutritional survey. The metabolic variables, analyzed were total cholesterol, LDL, HDL, triglycerides, FBS in addition measurement of obesity such as BMI, WHR, we as well as BP were taken the highest prevalence rate of high was founded in both males 35.8% and females 14.5% prevalence rate of HTN 66.5% male and 37.9% in females.

The study shows the obesity complications among adults Narayana Medical College Hospital this investigator look study to determine the obesity complications among adults

Statement of the Problem

A study to assess the knowledge and attitude regarding complications of obesity in young adults in South Indian Hospital

Objectives

- To assess the knowledge regarding complication of obesity among adults.

- To assess the attitude towards complications of obesity among young adults.
- To find out the association between the knowledge of obesity complication with their socio demographic variables.

Assumption

Young adults have some knowledge regarding complications of obesity.

MATERIALS AND METHODS

Research Approach: A Quantitative Research Approach was adopted

Research Design: cross sectional descriptive design.

Setting: The study is conducted in Narayana Medical College Hospital, Nellore.

Population: The population of the study includes the young adults between 19-40 years in Narayana Medical College Hospital, Nellore.

Sample : Sample for the present study include the young adults in NMCH who full fill the inclusion criteria.

Sample Size: The sample size for the present study was 60 young adults

Sampling Technique: Non probability convenience sampling technique was adopted

Criteria For Sample Selection

Inclusion Criteria

- Young Adults who are available at the time of data collection.
- Young Adults both gender who are willing to participate in the study

Exclusion Criteria

- Adults who are not available during the period of data collection.
- Adults who are not willing to participate the study

Description of the Tool

The tool was developed with the help of related literature from various text books, journals, website, discussions and guidance from experts.

The tool consists of two sections

Section-I Deals with demographic data-Age in years, sex, religion, education, occupation, Place of residency, marital status, diet, BMI, Types of family, Family income.

Section-II Part 1: consist of semi structured questionnaire to determine the knowledge regarding complication of obesity among young adults of 60 samples.

Part 2: consist of rating scale to assess the attitude scale.

Plan For Data Analysis

The data was analyzed in terms of the study using descriptive and inferential statistics.

Sl no	Data analysis	Method	Remarks
1	Descriptive statistics	Frequency, percentage, distribution, mean and standard Deviation.	Distribution of demographic variables to assess the level of knowledge of young adult regarding Complication of obesity.
2	Inferential statistics	Chi-square test	To find out the association between knowledge of young adults regarding complication of obesity with selected socio demographic Variables.

RESULTS AND DISCUSSION

The data was organized, tabulated, analyzed and interpreted by using descriptive and inferential statistics based on the objectives of the study. The findings were presented in the following sections.

The analysis of the data was mainly classified as

Section-I: Frequency and percentage distribution of socio demographic variables of young adults.

Section-II: Frequency and percentage distribution of level of knowledge among young adults.

Section-III: Frequency and Percentage distribution of attitude regarding complications of obesity among young adults.

Section-IV: Association between the level of knowledge and their selected socio demographic variables of young adults

Table 2 Frequency and percentage distribution of young adults based on age (N=60)

Age	Frequency(f)	Percen Tage (%)
a) 19-25yrs	21	35
b) 26-30yrs	23	38
c) 31-35yrs	13	22
d) 36-40yrs	3	5
Total	60	100

Table 2-shows that with regard to age ,21(35%), young adults were between group of 20-25 years, 23(38%) were age between 26-30 years, 13(22%) were between 31-35 years and 3(5%) were between 36-40yrs years of age

PERCENT DISTRIBUTION OF YOUNG ADULTS BASED ON GENDER

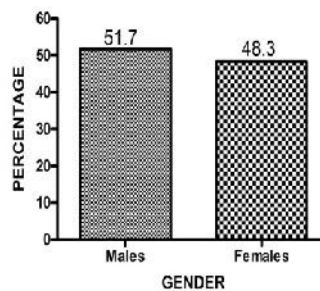


Table 4 Frequency and percentage distribution of young adults based on Religion (N=60)

Religion	Frequency	Percentage
a) Hindu	35	58.3
b) Christian	16	26.7
c) Muslim	9	15
Total	60	100

Table -4 shows that among 60 samples with regard to Religion 35(58.3%) are Hindus, 16(26.7%) are Christians, 9(15%) are Muslims

PERCENTAGE DISTRIBUTION BASED ON EDUCATION

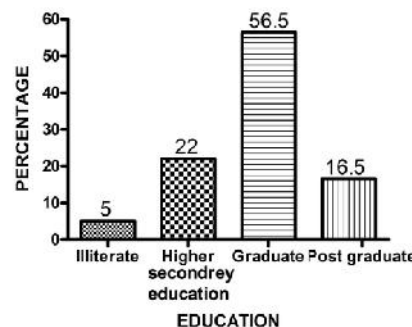


Table-5 Frequency and percentage distribution of young adults based on place of residence(N=60)

Place of Residence	Frequency (f)	Percentage (%)
a) Rural	24	40
b) Urban	35	58.3
c) Slum	1	1.7
Total	60	100

Table No-5 Shows that among 60 samples with regard to place of residence- 24(40%) live in rural area,35(58.3%) live in urban area and 1(1.70/0) live in slum

PERCENTAGE DISTRIBUTION BASED ON MARITAL STATUS OF YOUNG ADULTS

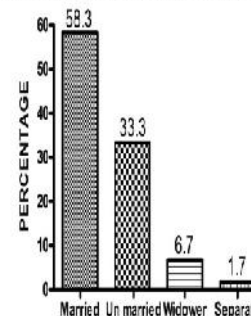


Table 6 Frequency and percentage distribution based on types of Diet (N = 60)

Types of diet	Frequency(f)	Percentage(%)
a) Vegetarian	3	5
b) Non vegetarian vegetarian	14	23.3
c) ova vegetarian	6	10
d) Mixed vegetarian	37	61.7
TOTAL	60	100

PERCENTAGE DISTRIBUTION BASED ON BMI

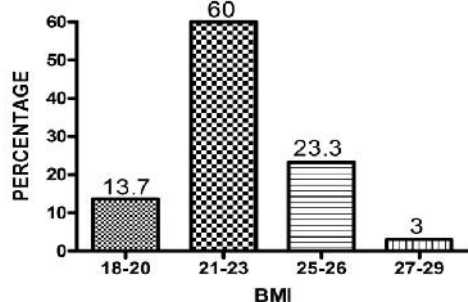
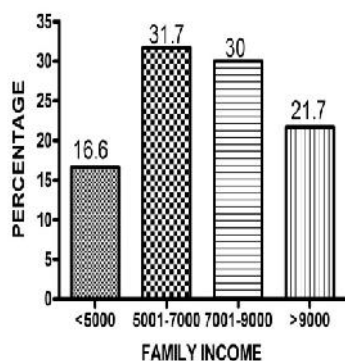


Table no-7 Frequency and percentage distribution of types of family (N = 60)

Types of family	Frequency (f)	Percentage (%)
a) Nuclear family	28	46.7
b) Extended family	27	45
c) Joint family	5	8.3
Total	60	100

Table No-9 shows that among 60 sample with regard to type of family, 28(46.7) live in nuclear family, 27(45) live in extended family 5(8.3) live in joint family.

PERCENTAGE DISTRIBUTION BASED ON FAMILY INCOME



Section-I 1

Table 8 Frequency of attitude regarding complication of obesity among young adults.

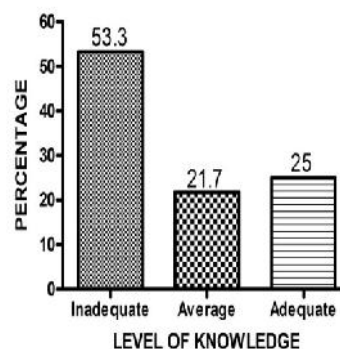
S.No	Attitude level	Frequency(f)	Percentage(%)
1	Positive attitude	37	61.7
2	Neutral attitude	19	31.6
3	Negative attitude	4	6.7

Table-8 shows that frequency and percentage distribution of attitude regarding young adults indicating 37(61.7%) had positive attitude, 19(31.6%) neutral attitude, and 4(6.7%) are negative attitude. Grussy (2013): Conducted a descriptive correlation study on investigating obesity people to perform activity level assessment. A convenience sampling was used

and 35, attitude rating scale was used to collect data. The results were shown that (51 %) young adults had positive attitude, 22 (22%) Young Adults had Natural attitude and 27% Young Adults had Negative Attitude.

Section-III

PERCENTAGE DISTRIBUTION OF ASSES THE KNOWLEDGE



Section-IV

Association of socio demographic variable with knowledge

The findings of study revealed that area of working had significant association with level of knowledge on complications of obesity and Age, Sex, Education, Occupation, family income, Diet pattern no significant association with level of knowledge regarding complication of obesity.

Association Of Socio Demographic Variables with Attitude

The findings of the study showed that Age, Sex, Marital status, Religion, Occupation had significant association attitude on complications of obesity, BMI and Types of family had Non significant association with attitude regarding complications of obesity.

CONCLUSION

The findings reveal that the majority of young adults had average knowledge regarding obesity complication at Narayana Medical College Hospital Nellore. It indicates that there is a need for creating awareness among young adults.

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