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## A comparative study to assess prevalence of obesity and its perceived health problems among women and men residing in selected urban areas of Jaipur city

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### Abstract

Obesity is a multi-factorial disorder which is often associated with many other significant diseases such as diabetes, hypertension and other cardiovascular diseases, osteoarthritis and certain cancers. The management of obesity will therefore require a comprehensive range of strategies focusing on those with existing weight problems and also on those at high risk of developing obesity. Hence, prevention of obesity during childhood should be considered a priority, as there is a risk of persistence to adulthood.

**Keywords:** Health problems, men residing, Jaipur city

### Introduction

It is a chronic disorder that is officially classified as a disease by the World Health Organization (WHO), and also by several other national and international organizations. According to the WHO, obesity is a major risk factor for non-communicable disease such as heart disease, stroke, type 2 diabetes, certain cancer (Endometrial, breast, ovarian, prostate, liver, gallbladder, kidney, and colon), and osteoarthritis.

The WHO had estimated that in 2016, more than 1.9 billion adults worldwide (39%) were overweight, and over 650 million (13%) were obese. Furthermore, researchers from the NCD Risk Factor Collaboration reported that the obesity prevalence increased in every country between 1975 and 2016 the greatest increases were noted in South Asia, Southeast Asia, the Caribbean, and Southern Latin America.

### Objectives of the study

1. To assess the prevalence of obesity among men residing in selected urban areas of Jaipur city.
2. To assess the prevalence of obesity among women residing in selected urban areas of Jaipur city.
3. To assess the perceived health problems related to obesity among men residing in selected urban areas of Jaipur city.
4. To assess the perceived health problems related to obesity among women residing in selected urban areas of Jaipur city.
5. To compare the prevalence of obesity between men and women residing in selected urban areas of Jaipur city.
6. To compare the perceived health problems related to obesity between men and women residing in selected urban areas of Jaipur city.
7. To find out association between socio demographic variables of men and perceived health problem of men residing in selected urban areas of Jaipur city.
8. To find out association between socio demographic variables of women and perceived health problem of women residing in selected urban areas of Jaipur city.

### Hypothesis

**H<sub>1</sub>:** There will be a significant difference between prevalence of obesity in men and women residing in selected urban areas of Jaipur city. At 0.05 level of significance.

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**H<sub>01</sub>:** There will be a no significant difference between prevalence of obesity in men and women residing in selected urban areas of Jaipur city. At 0.05 level of significance.

**H<sub>2</sub>:** There will be a significant difference between perceived health problems related- to obesity in men and women residing selected urban area's Jaipur city at 0.05 level of significance.

**H<sub>02</sub>:** There will be a no significant difference between perceived health problems related-to obesity in men and women residing selected urban area's Jaipur city at 0.05 level of significance.

**H<sub>3</sub>:** There will be a significant association between demographic variable of men and perceived health problems of men residing in selected urban areas of Jaipur City at 0.05 level of significance.

**H<sub>03</sub>:** There will be no significant association between demographic variable of men and perceived health problems of men residing in selected urban areas of Jaipur city at 0.05 level of significance.

**H<sub>4</sub>:** There will be a significant association between demographic variable of women and perceived health problems of women residing in selected urban areas of Jaipur city at 0.05 level of significance.

**H<sub>04</sub>:** There will be no significant association between demographic variable of women and perceived health problems of women residing in selected urban areas of Jaipur city at 0.05 level of significance.

### Methodology

The selection of research design depends upon the purpose of the study, research approach and variables to be studied. Keeping in view the objectives of the study the research design adopted for the present study is Comparative non experimental research design. To find out the association between demographic variable of men and perceived health problems of men residing in selected urban areas of Jaipur.

### Research approach

The investigator adopted a descriptive approach to assess prevalence of obesity.

### Research design

The research design selected for this study is Non-Experimental Descriptive Research Design.

### Variable

#### Research Variable

Prevalence of obesity and it's perceived health problems among women and men residing in selected urban area of Jaipur.

### Setting of the study

This study was conducted in ward no. 119, Jagatpura, Jaipur.

### Sample & Sample Size

In this descriptive study, the sample size will be a total of 200 (100 men and 100 women) in ward no. 119 Jagatpura Jaipur.

### Sampling Technique

In this study sampling technique Non Probability Convenient Sampling.

### Criteria for selection of sample

The sampling frame structured by the researcher included the following criteria.

### Inclusion criteria

In this study take Men and Women between the ages of 20-60 years above.

### Exclusion criteria

- Men and Women who are not interested to participate
- Men and Women who not available at the time of data collection.

### Tool consists of 3 sections

- Socio demographic data.
- To assess prevalence of obesity.
- Questionnaire to asses perceived health problems.

### Major finding of the study

The mean of women (28.98) is more than the mean of men (26.23) of urban area of Jaipur city. The obtain-t value is (3.67) which is greater than table value.

1.98. Since the obtained unpaired-T value is highly significant at 0.05 level. Therefore, -tl value is found to be significant.

The mean of perceived health problem in women (17.31) is more than the mean of men (14.68) of urban area of Jaipur city. So a significant difference between perceived health problem of obesity in men and women residing in selected urban areas of Jaipur city at 0.05 level of significance.

### Conclusion

- Prevalence of obesity of men and women in terms of pre-decided categories i.e. (29) 29% men and (49) 49% women were found to have obese or (27) 27% men and (32) 32% women were found to have over weight whereas only (12) 12% men and (9) 9% women were found to have underweight only (32) 32% men and (10) 10% women were found to have normal.
- The mean of obesity in women (28.98) is more than the mean of men (26.23) of urban area of Jaipur city. So a significant difference between prevalence of obesity in men and women residing in selected urban areas of Jaipur city at 0.05 level of significance.
- The perceived health problem related to obesity in terms of pre-decided categories i.e. (56) 56% men and (68) 68% women were found to have moderate whereas only (27) 27% men and (10) 10% women had mild perceived health problem related to obesity only (17) 17% men and (22) 22% women had severe perceived health problem related to obesity among women and men residing in selected urban areas of Jaipur city.
- The mean of perceived health problem in women (17.31) is more than the mean of men (14.68) of urban area of Jaipur city. So a significant difference between perceived health problem of obesity in men and women residing in selected urban areas of Jaipur city at 0.05 level of significance.

### Conflict of Interest

Not available

### Financial Support

Not available

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