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“Knowledge And Attitude Regarding Obesity Among Women”

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ABSTRACT

Women's health is critical, both as a reflection of a large segment of the population's current health status and as a predictor of the health of the next generation. This study aimed to assess knowledge and attitude regarding obesity among women in selected urban areas. A descriptive research design was adopted for data collection from 120 women living in urban areas who were selected using non probability convenient sampling technique. A demographic performance, structure questionnaire on knowledge and likert scale were used to collect data. The result of study was 68.3% women had excellent knowledge regarding obesity. There was no association of knowledge with selected demographic variable; whereas age had significant association with attitude level.

1. Introduction

Physical inactivity has become an epidemic in the developed world over the last half-century, with over 1.5 billion adults estimated to be overweight. It is now estimated that nearly 300 million women are clinically obese. Being overweight (adiposity) causes significant health problems not only for individuals but also for families and communities who must bear the cost of managing the associated medical conditions, which frequently consumes a large portion of the total health budget (WHO, 2014). Adiposity has unique implications for women's reproductive health. Obese women are especially vulnerable to diabetes, and diabetes puts women at a significantly increased risk of cardiovascular disease (CVD). Obesity significantly raises the risk of several major cancers in women, particularly postmenopausal breast cancer and endometrial cancer.

2. Problem Statement

A descriptive study to assess knowledge and

attitude regarding obesity among women in selected urban areas.

3. Objectives

- To assess the knowledge regarding obesity among women.
- To assess attitude regarding obesity among women.
- To find out association between knowledge score with selected demographic variables.
- To find out association between attitude score with selected demographic variable.

4. Materials and methods

Quantitative approach was used in the study. A descriptive research design was adopted for data collection from 120 women living in urban areas who were selected using non probability convenient sampling technique. The research variables in the study are knowledge and attitude regarding obesity among women in selected urban areas

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5. Data collection

After getting permission from concerned authority of selected urban area. The researchers visited the urban area forwarded the tool in the form of Google form to participants after receiving written consent from the participants.

6. Results

Description of demographic characteristics

The maximum (78.3%) of women in the age group of 20-30 years. Regarding occupation, maximum (55%) samples are students. Regarding monthly income in rupees the maximum 35% women have income of Rs.15,001 and above. Regarding diet the maximum number of women (69.1%) are having mixed diet patterns and regarding education the maximum 65.8% have completed the graduation and above.

Sr No.	Demographic variables	Category	Respondents	
			Frequency	Percentage
1	Age group in years	20-30	94	78.3%
		31-40	9	7.5%
		41-50	13	10.8%
		51-60	4	3.3%
2	Occupation	Working women	20	16.6%
		House wife	28	23.3%
		Business	6	5%
		Student	66	55%
3	Monthly income	<5000	15	12.5%
		5001-10000	24	20%
		10001-15000	39	32.5%
		>15001	42	35%
4	Diet	Vegetarian	24	20%
		Non-vegetarian	13	10.8%
		Mixed	83	69.1%
5	Education	Primary	2	1.6%
		Secondary	11	9.2%
		Higher secondary	28	20.8%

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		Graduate and above	79	65.8%
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II. Assess the level of knowledge on obesity among women in selected area of Navi Mumbai

n = 120

Knowledge level	Frequency	Percentage
Poor	5	4.2
Average	6	5
Good	27	22.5
Excellent	82	68.3
Total	120	100

Table 4.2.1: Knowledge level on obesity among women

Section III

n = 120

Attitude level	Frequency	Percentage
Very good attitude	5	4.16
Good attitude	82	68.33
Neutral attitude	32	26.66
Poor attitude	1	0.83
Very poor attitude	0	0
Total	120	100

7. Attitude level on obesity among women

The above figure represents level of attitude 120 samples the attitude level 5, 82, 32, 1 and 0

Section IV

Association between knowledge score with selected demographic variables

respectively for very good attitude, good attitude, neutral attitude, poor attitude, very poor attitude

Since the p value is less than 0.5 Age, Occupation, Monthly income, Diet and Education among women have no significant association with knowledge level because p value is more than .05.

Section V

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Association between attitude score with selected demographic variables

Since the p value is less than .05 Age have significant association with attitude level. Occupation, monthly income, diet and education among women have no significant with attitude level because the p value is more than .05.

8. Discussion

A study was conducted to assess women's awareness of the benefits and risks of obesity in the Obafemi Awolowo University community. A convenience sample of 236 women aged 25 to 59 was contacted. The study's findings revealed that 76.75 were classified as having a low level of awareness about the health risks of obesity. Respondents' levels of awareness about their educational background and occupation were significantly related (p-value =0.0003 and p-value =0.0004, respectively). Obesity levels increased with age (p value =0.0001). In the current study to assess the level of knowledge and attitude toward obesity among women in selected Navi Mumbai urban areas. The sample size was 120 people. According to the study's findings, 68.3%

9. Conclusion

The result of research conducted on “a study to assess knowledge and attitude regarding obesity among women of selected urban areas of Navi Mumbai”. It reveals that 68.3% women having excellent knowledge regarding obesity, 22.5% women having a good knowledge regarding obesity, 5% women having an average knowledge regarding obesity and 4.2% women having a poor knowledge regarding obesity. Attitude regarding obesity such as 4.16% women having a very good attitude towards obesity, 68.33% women having good attitude towards obesity, 26.66% women having neutral attitude towards obesity and 0.83% women having poor attitude towards obesity and 0% women having very poor attitude towards obesity respectively. The study concludes that the greater number of women having excellent knowledge and good attitude towards obesity.

10. LIMITATION

The study was limited to women who are belong from the selected area of Navi Mumbai.

The study was limited to the women were available at the time of data collection.

11. Recommendation

Based on the findings of the study following recommendations are made for the study.

- Quasi-Experimental studies can be carried out among the women .
- A study can be conducted in rural settings to find the comparison between rural and urban setting.
- A plan teaching program can be used to improve the knowledge and attitude towards obesity.

12. Acknowledgements

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13. Financial support and sponsorship

Nil.

14. Conflicts of interest

There are no conflicts of interest.

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