

# The Co-Relation Between Adolescents, Perceptions About Their Body Image, And Practice To Lose Weight.

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**Abstract:** *OBJECTIVES:* To assess the adolescent perception towards their weight and practice to lose weight. *Methods And Material:* A descriptive study was conducted among 400 adolescence studied at S'O'A University by using a convenience random sampling technique. The self-structure questionnaires and standardized tools of Body Shape Questionnaire (BSQ) and Self-Esteem Scale the main tool by which the data was collected. *Result:* From the findings reveals that the area wise distribution of mean and SD, Percentage of knowledge scores of adolescent studied in AGRICULTURE the total highest score was 4217 and the mean  $\pm$ SD was  $10.542 \pm 1.413$  where as in SPS the total lowest score secured by the student was 3948 and the mean  $\pm$  SD was  $9.87 \pm 1.396$ . There is no significant association between adolescent perception towards their weight and practice to lose weight when compared to their age, gender, and stream, area of residency, food habit, parental obesity, family income, and parental education. There is a positive correlation ( $r = 0.091$ ) between the Body Shape Questionnaire (BSQ). Correlation between (Body Mass Index) BMI and Self-esteem of five institutions ( $r = 0.040$  and Correlation between BMI and BSQ of five institutions ( $r = -0.091893$ ) *Conclusion:* The perception of adolescents about their body image is positively correlated to their weight loss practice. It was found that if their a positive perception towards body image ultimately the adolescent were more concerned to maintain their weight by weight loss practice for thin supreme attractive body image for life long.

**Keywords:** Adolescent, Weight, Perception, Body Image, Dieting & Practice.

## INTRODUCTION

In the world, the largest population of adolescents is found in India according to 2011 census i.e. 243 million.<sup>1</sup> Adolescence is a period considering 10 -19 years where noticeable physical changes occur and that are accompanying with change in body perception.<sup>2</sup> Good nutrition is essential for their growth and development.<sup>3</sup> During this period, the need for most nutrients include energy, protein, vitamins, and minerals increases and plays an important role to keep healthy.<sup>4</sup> Also, the Nutritional needs of adolescents are increased because of the adolescents' food election and nutrient Fusion.<sup>5</sup> These aspects, including the switch for self-reliance and acceptance by companion groups, increased cheerlessness, and more time pass at schoolmates or classmates or task activities, and obsessed with their self-image, contribute to the irregular and detrimental eating habits.<sup>6</sup> Nutrition is very much important during this period to help prevent diet-related chronic diseases such as cardiovascular diseases, cancer, and osteoporosis and construct their body image. <sup>7</sup> In another hand poor diet can give on to energy imbalance and can increase one's risk for underweight, overweight and Fatness.<sup>8</sup> They might have got some faulty food habit because of practice to look thin and slim. Perceptual body image was intended to estimate the adolescent's perception of their weight status, height, parents, and friends' attitudes towards their body shape.<sup>9</sup> Nowadays most adolescent's perceptions of ideal body weight and body shape, both male and female that they desire to look perfect and attractive as compared to others in current status<sup>10</sup>.

## **MATERIALS AND METHODS:**

A descriptive survey approach and Non- experimental descriptive design were selected for this study. The study was conducted on the 400 adolescents studied in S'O'A University who are age between 13 to 19 years by using a Simple random method sampling technique. The data was collected by using a self-structured questionnaire and standardized tools. The content validity of the tool was obtained from 9 experts in the field of nursing and medical. The reliability coefficient of the structured questionnaire was established by using Cronbach's alpha. The pilot study was conducted after taking formal permission from the principal of various institutes in S'O'A University. A sample of 400 adolescents selected by a convenient purposive sample technique. The purpose of the study was to explain to the adolescent and confidentiality assured. The structured questionnaire was administered to the samples subject to assess the perception of adolescents about their weight and practices lose weight. It took 10-15 mins for each subject to complete the questionnaire. The data of the pilot study were analyzed. Findings of data analysis revealed that; it was feasible and practicable to conduct the final study. The data were collected to assess the perception of adolescents towards their weight and practice to lose weight through a structured questionnaire after getting permission from the higher authority of S'O'A University in a different institution. Self introduction is given to Participants. All the adolescents were explained about the nature and purpose of the study and there expected participation in the study. A sample of 400 adolescents was selected by purposive convenient sampling. Confidentiality was assured and the code number was given to each adolescent. For the present study, the ethical consideration obtained for ethical issues. Informed consent was taken from adolescent girls. The study was accepted by the research committee of Sum Nursing College and prior permission was obtained from the various institutions of S'O'A University for conducting the study. The collected data were analyzed using MS Excel. The demographic data were analyzed using frequency and percentage. The collected data will be organized, tabulated and analyzed by using descriptive statistic's i.e. percentage, mean and standard deviation and inferential statistic i.e. chi-square test, coefficient of co-relation. To identify the association between eating habits among adolescents with selected demographic variable co-relation between weight loss practices among adolescents with body image perception was evaluated by the Chi-square test.

## **RESULT**

Out of 400 samples, 16% were male and 84% were female in percentage of the male & female (figure.2). The present study findings reveal that in SNC the total score secured by the students was 4145 and the mean  $\pm$  SD was  $10.362 \pm 1.413$ , whereas in AGRICULTURE the total highest score secured by the students was 4217 and the mean  $\pm$  SD was  $10.542 \pm 1.413$ . In SNIL the total score secured by the student was 3935 and the mean  $\pm$  SD was  $9.837 \pm 1.396$ , whereas in IBCS the total score secured by the student was 3998 and the mean  $\pm$  SD was  $9.995 \pm 1.396$  whereas in SPS the total lowest score secured by the student was 3948 and the mean  $\pm$  SD was  $9.87 \pm 1.396$  (Table No.1). For the present study majority of, students were between 16-17 yrs of age group while 93.75% were between 18-19 yrs of age group. Out of the 7% of students stay at home, 30% were schooler & 63% stayed in the Hostel. Most students have food habit choices of non-vegetarian 96.25% and 3.75% were vegetarian. Majority of 93.5% student family income more than 1 lakh per month and only 6.5% student family income below 1 lakh per month. The percentage of BMI distribution adolescence according to the weight in Kg and height in Cm reveals that 13.5% are underweight 71.5% normal weight and 15% overweight. Diagram (Figure1). Showing the percentage distribution of BMI among adolescence, 13.5% are underweight 71.5% normal weight, and 15% overweight. The present study report that there is no significant association between age, gender, stream, area of residency, food habit, parental obesity, family income, and parental education. This study finding supports a similar study conducted by Gaylis, Jaclyn B. in 2020. There was a positive correlation between BMI and self-esteem of SNC, (-0.10815) Agriculture (-0.07724), SNIL (-0.0399), IBCS (0.04452) and there was zero correlation in SPS-(0) (Table No.2). There was a positive correlation between BMI and Self-esteem of five institutions as the value of ( $r = 0.040$ ) and also there was a strong correlation between BMI and BSQ of five institutions ( $r = 0.091$ ) (Table no.3)

## **DISCUSSION**

Overall the present study was aimed to assess the adolescent perception about their body image and practice to lose weight by taking 400 participants studied at five different institutions of S'O'A University, a complete set of data was included for analysis. There was a higher percentage of girls 64% as compared to boys 16% by Ribeiro-Silva 2018. There was a positive correlation between the perception of body image and practice to lose as the co-relation value ( $r=0.04$ ,  $p<0.001$ ). Adolescence was well organized and properly maintained their weight to look good. So there is a need to develop an attitude towards maintaining their good ideal weight. The present study finding supported a similar study which was conducted by Hadia Radwan in 2019, which highlighted there was a significant strong correlation between BMI and BDI (Body Image Dissatisfaction).<sup>11</sup> Another study was conducted by Amany A Salama in the year 2020 which was supported to and the result show there was a significant correlation between self-reported current weight and dissatisfaction about their body image<sup>12</sup>.

## CONCLUSION

Based on findings on the present study the researcher had concluded that most adolescents' perceptions about their body image and practice to lose weight, which may influence their wish to weight control. These results show that the role of nutrition is vital during the adolescence period for growth and development. Positive perception of weight may influence the maintenance of good weight control behavior for both male and female adolescents and lead to good ideal body weight and, look thin slim and attractive always throughout the life span.

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**Ethical Statement:** This study was approved by the institutional ethical committee and prior consent was taken from participants.

**Conflict Of Interest:** The authors announce that there is no conflict of interest.

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**Table 1.** Comparison of total and mean  $\pm$  SD on practice of weight loss between five institutions.  
N=400

Institutions	TOTAL SCORE	MEAN $\pm$ SD
SNC	4145	10.362 $\pm$ 1.413
AGRICULTURE	4217	10.542 $\pm$ 1.413
SNIL	3935	9.837 $\pm$ 1.396
IBCS	3998	9.995 $\pm$ 1.396
SPS	3948	9.87 $\pm$ 1.396

**Table 2.** Correlation between BMI and self-Esteem Scale of five institutions.

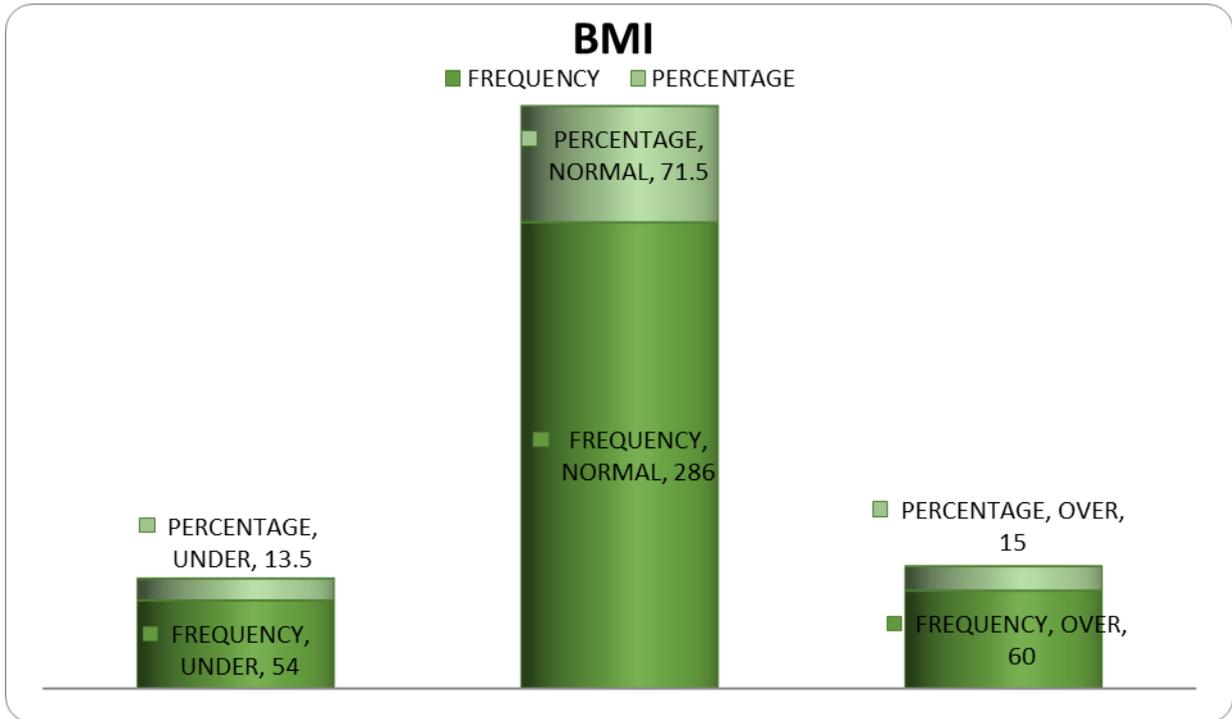
N=400

Institutions	Male	Female	Correlation between BMI and Self- esteem value
SNC	8	72	-0.108
AGRICULTURE	11	69	-0.077
SNIL	12	68	-0.039
IBCS	23	57	0.044
SPS	9	71	0

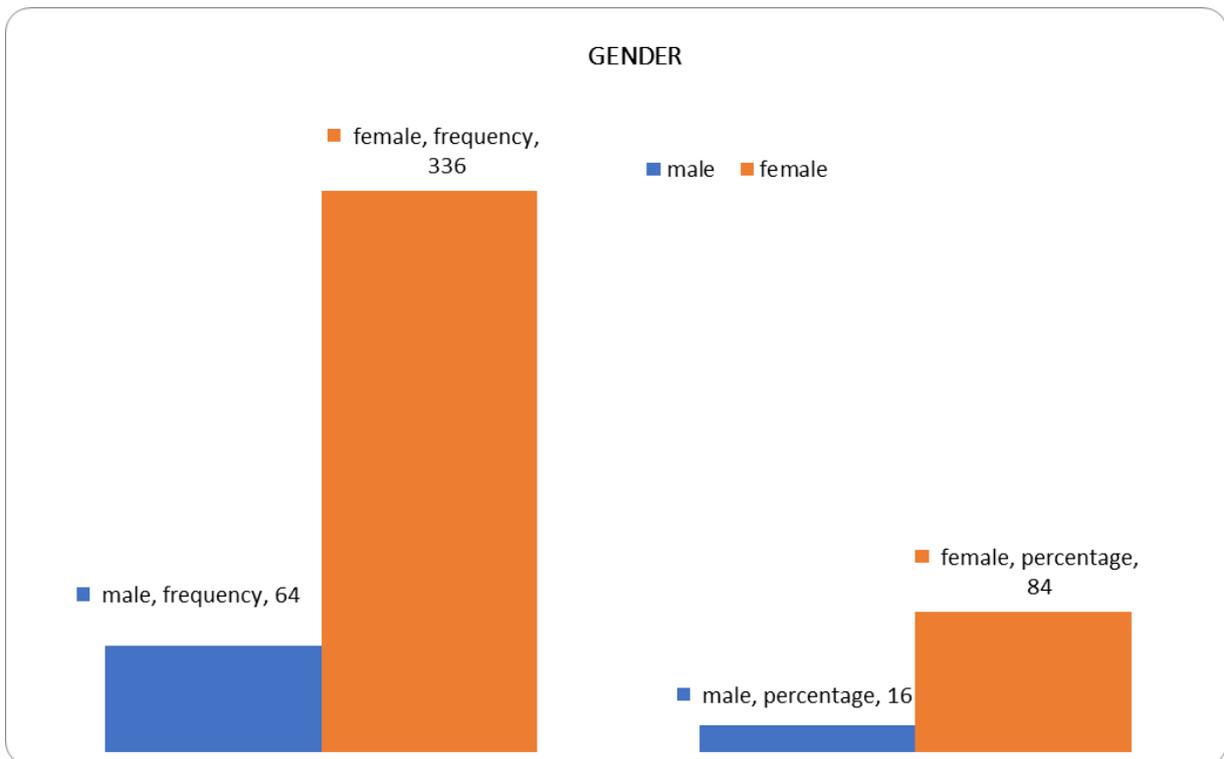
**Table 3.** Correlation between Different variable

N=400

Institutions	Correlation between BMI and Self Esteem Scale	Correlation between BMI and BSQ
SNC		
AGRICULTURE	0.040	0.091
SNIL		
IBCS		
SPS		



**Figure 1.** Diagram showing the percentage of BMI distribution adolescence according to the weight in Kg and height in Cm.



**Figure 2.** Bar diagram showing the percentage distribution of Gender (male and female) of adolescent.