

ANALYSIS OF OBESITY FOR DIFFERENT PROFESSIONAL OF VARANASI

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Abstract:

Purpose of present study was to know the status of obesity in different professional of Varanasi and to compare obesity among them. For purpose of present study three hundred subjects from six different professions were selected purposely. Obesity was determined by Waist Circumference score at narrowest point of belly. Data were collected from different professionals by door to door measurement at their provided time and destination by application of predetermined instruments. To know the status of subjects in relation to obesity descriptive statistics was used while to compare the subject's status ANOVA was used at 0.05 level of significance. Findings revealed that 19.3% subjects are at risk level of obesity while 80.7% are in safe zone. In ANOVA comparison significance difference is found among professional groups since calculated $F(25.095) > tabulated(2.26)$ at 0.05 level of significance.

KEY WORDS:

Obesity and Waist Circumference.

INTRODUCTION

Since last decades there have been several professional changes taken place in Indian society, like industrialization, economic development, technical development and many more. These changes lead to change in life style, eating habit, nature of work and many more. These professional changes also caused to incensement in level of competition in professional life and also in general life. Due to technical development and research, several new products are available in market in more affordable price, mostly electronics and motor products, which are in recent time, have been appeared mostly in each and every individual's life, rather he/she is house working women, school or college going student, business men, government or public employ. Along with these changes another important change which has appeared in our society and affected dominantly to our lifestyle is change in eating habit like preferring fast foods which cause several health related complications.

Obesity can occur at any age. It is one of the most deterrent health hazards in the world, affecting more than 30% of the global population. Obesity is perhaps the most prevalent form of malnutrition in modern world, both among adult and children. It is significantly correlated with various diseases, which are responsible for increased morbidity and mortality. Obesity is defined either by increased waist circumference (WC), waist-height ratio (WHR), conicity index (CI) waist-hip ratio (WHR) and/or body mass index (BMI). As individuals consume more quantities of high-energy food and have less physical activity, the number of overweight and obese individuals increase. Obesity has a detrimental effect on blood pressure and increases cardiovascular events.

METHODOLOGY:

Three hundred subjects (30-50 years) from different profession were selected as subjects for the present study. Subjects were selected by non-probability sampling method from the selected profession i. e. Farmers, Teachers, Lawyers, Doctors, Shopkeepers and Office Employees. Obesity was determined by Waist Circumference score at narrowest point of belly. Data were collected from different professionals by door to door measurement at their provided time and destination by application of predetermined instruments. Subjects were priorly instructed by investigator about their measurements for obesity will be taken before the breakfast. To know the status of subjects in relation to obesity descriptive statistics was used while to compare the subjects ANOVA was used at 0.05 level of significance.

Table – I
Descriptive Statistics of Subjects in Relation to Waist Circumference

Variable	N	Mean	Median	SD	Range	Min.	Max.	Skewnes
WC	300	86.88	86.45	4.63	39.30	69.70	109	.719

Table-I clearly revealed that data of obesity is normally distributed. While values of skewness is within the acceptable range along with Standard deviation value.

Table - II
Status Table of Selected Professionals in Relation to Waist Circumference

Scale	Status	Frequency	Percent	
85 – 89 cm	Good	16	5.3	
90 – 94 cm	Average	226	75.3	
.95 – 1 mts.	Risk	55	18.3	19.3
> 1 mts.	High risk	3	1.0	
	Total	300	100.0	

Table - III
Analysis of Variance of Waist Circumference among Selected Professional Groups of Varanasi

Source of Variance	SS	Df	MSS	F - ratio	Sig.
Between Group	1921.941	5	384.388	25.095	.000
Within Group	4503.373	294	15.318		

Significant at 0.05 levels
F 0.05 (5, 294) = 2.26

Table-III revealed that there is significant difference among different professional groups of Varanasi in relation to Waist Circumference as obtained F-ratio 25.095 is higher than the tabular value 2.26, required for F-ratio to be significant at 0.05 (5, 294).

Since the one way analysis of variance is found significant in relation to Waist Circumference, the least significant difference (LSD) test is applied to find out which of the differences of the means amongst the different professions were statistically significant.

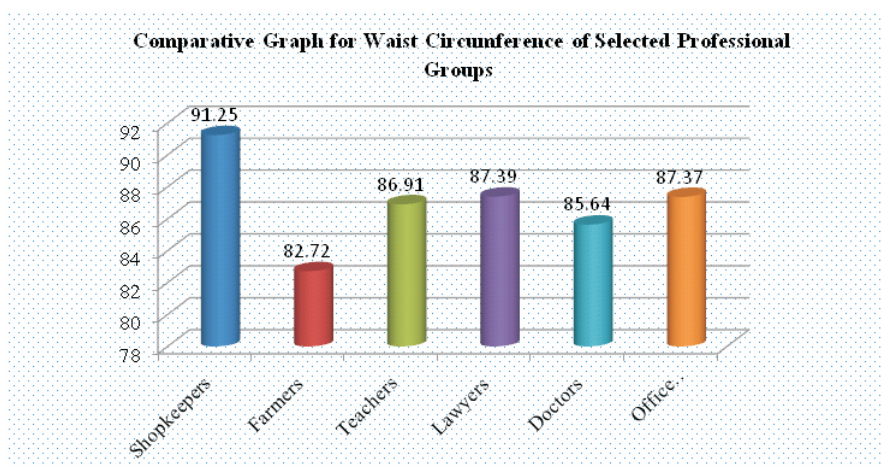
Table - IV
LSD for Mean Comparison between Selected Professional Groups of Varanasi in Relation to
Waist Circumference

Groups						M. D	C. D
Shopkeepers	Farmers	Teachers	Lawyers	Doctors	Office Employee		
91.25	82.72					8.53*	1.548
91.25		86.91				4.34*	
91.25			87.39			3.86*	
91.25				85.64		5.61*	
91.25					87.37	3.88*	
	82.72	86.91				4.18*	
	82.72		87.39			4.67*	
	82.72			85.64		2.92*	
	82.72				87.37	4.64*	
		86.91	87.39			.48	
		86.91		85.64		1.26	
		86.91			87.37	.46	
			87.39	85.64		1.75*	
			87.39		87.37	.022	
				85.64	87.37	1.72*	

Significant at 0.05 levels

It is evident from table – IV that mean differences of different professionals in relation to Waist Circumference is found significant between Shopkeepers and Farmers, Shopkeepers and Teachers, Shopkeepers and Lawyers, Shopkeepers and Doctors, Shopkeepers and Office Employee, Farmers and Lawyers, Farmers and Teachers, Farmers and Doctors, Farmers and Office Employee, Lawyers and Doctors, Doctors and Office Employee at .05 level of significance. Mean differences of different profession in relation to Waist Circumference is found insignificant between Teachers and Lawyers, Teachers and Doctors, Office Employee and Doctors, Shopkeepers and Office Employee, Teachers and Lawyers, Teachers and Doctors, Teachers and Office Employee, Lawyers and Doctors, Lawyers and Office Employee at .05 level of significance. Table also revealed that Shop Keepers has highest Waist Circumference subsequently Lawyers, Office Employee, Teachers and Doctors while Farmers has lowest WC among selected professionals.

Figure - I



DISCUSSION AND CONCLUSION:

Shop Keepers has highest Waist Circumference subsequently Lawyers, Office Employee, Teachers and Doctors while Farmers has lowest WC among selected professionals. It is well known to us that shop keeping is sedentary type activity in which less physical movement is involve with stress dealing with customers. Obesity is now turning as big health hazard not just because of less physical activity it may also occur due to uncontrolled life style, living habit, improper diet and also it may inherent. These factors may responsible in case of Lawyers, Office Employee and Teachers.

As scholar observed obesity is not just caused by some predetermined factor it is also caused by life style; diet (what, where, when, how, quantity and quality), their surroundings, hygienic condition, there habitant, education and awareness about the health related aspects and factors who are responsible for betterment and deterioration of health. Scholar observed that the education level was almost similar in case of farmers and shopkeepers, either shopkeeper were better in educational level in comparison to farmers but it was the surrounding in which both the groups were living and working was the factor that makes difference.

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