ISSN: 2230-9926

Available online at http://www.journalijdr.com

IJDR

International Journal of Development Research
Vol. 5, Issue, 04, pp. 4116-4119, April, 2015

International Journal of
DEVELOPMENT RESEARCH

Full Length Research Article

ASSESS THE PREVALENT FACTORS AND PARENTAL ROLE LEADING TO OBESITY AMONG CHILDREN IN SELECTED SCHOOLS, LUDHIANA, PUNJAB

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ARTICLE INFO

Article History:
Received 03rd January, 2015
Received in revised form
18th February, 2015
Accepted 02nd March, 2015
Published online 29th April, 2015

Key words:
Obesity,
Prevalent Factors,
Parental Role,
Children, School

ABSTRACT

Background: an exploratory study to assess the prevalent factors and parental role leading to obesity among children in selected schools Ludhiana, Punjab.
Purpose: Identify the deficit area among children to obesity and prepare guidelines for the parents regarding promotion of health of children.
Material and methods: Study conducted in school, non-experimental design, children age 9-17 yrs, population 200, purposive sampling technique, self structured questionnaire used, descriptive and inferential statics used for analysis and interpretation.
Result: prevalent factors had significant effect on the age along with dietary pattern, mothers occupation, family income, source of information same way parental role also has significant impact on child at $p<0.05$ level. Mean relationship between prevalent factors and parental role leading to obesity among children has weak relationship it indicates that as prevalent factors increased parental role also increased.
Implication and conclusion: The finding of the study have great implication in nursing services and nursing research in community services by imparting health education to parents and teachers regarding prevention of childhood obesity.

INTRODUCTION

Today's healthy children are the tomorrow's healthy citizens. The health of children is basically in the hands of their parents. Through their growth monitoring mother, family and community can be guided about the importance of nutrition in child growth and survival, unlimitedly resulting in better child rearing practices. Obesity is an over abundance of body fat, resulting in the body weight of 20% or more than the average weight for the person's age, height, sex and body frame. The learning whereby children learn what to eat and how to eat is modulated by family habits, by what they are offered and later in schools. Despite our knowledge increasing about the health hazards of obesity, the problem has risen to the status of a 'Global Epidemic'. Childhood obesity has reached epidemic proportions as the lack of physical activity due to time spent watching television or using computers was 21%. This lack, coupled with poor dietary habits, has led to significant increases in the number of children with Type II diabetes and predisposition to hypertension, coronary artery disease and others. The prevalence of obesity in children is difficult to ascertain.

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According to a survey, the prevalence of childhood obesity ranges from 10% to 30% whereas unofficial prevalence estimates ranges from 25% to 30%. The problem of children leading to obesity if given special attention and create awareness among their parents by educating families about healthy eating habits and physical activities, reducing the proportion of obese children from 50% to 60% by 2010. The prevalence of obesity in children who are overweight has been steadily increasing since 2000 to 50% by 2004. Nurse has a unique role for imparting the education because of there close contacts and ability to dispense advice to families.

Most parents have a basic understanding of 40% healthy eating habits at least with respect to the importance of avoiding excessive sugar (soft drinks) and fat (fast foods). Parents need to be involved in obesity prevention programs, for such programs to be successful however, a pediatrician and other healthcare professionals must facilitate parental awareness of obesity, recognize and acknowledge required behavioral modification involving diet and physical activity. Achieving these goals will depend on ongoing support and reinforcement from healthcare professionals and families as well as school and community that support healthier lifestyles. These measures will help parents to recognize obesity and help control this growing epidemic among our children.

Need of the Study

There is a need to study the prevalent factors and parental role leading to obesity among children because it not only leads to obesity but to number of health related problems including heart disease, diabetes, hypertension and other leading juvenile diseases resulting in a shortened life expectancy. Nurses are important health care personnel for prevention of obesity, policy creation and health promotion.

Purpose

To assess the Parental role and identify the deficit area among children leading to obesity and prepare the guidelines for the parents regarding promotion of health of their children.

Objectives

- To assess the prevalent factors and parental role among children leading to obesity.
- To assess the relationship between prevalent factors and parental role leading to obesity among children.
- To find out the comparison of prevalent factor and parental role leading to obesity among children with selected variables, age, gender, dietary pattern, parents education, parents occupation, source of information, family income.

Assumptions

The children who have limited physical activity and altered meal pattern are more prone to be obese with that parental role influence the risk of obesity.

Conceptual Framework

The framework for the present study is based on revised (2002) Health promotion model by N.J. Pender.

MATERIALS AND METHODS

Research Approach and Rationale

An exploratory research approach was used.

Research Design

Non-experimental research design was used.

Selection and Description of the field of the study

A total 200 parents were taken for the study from 6th standard students to 10+2 students.

Population

The study population consisted parents of the children aged 9-17 years studying in 6th to 10+2 of C.F.C. Public School, Ludhiana, Punjab

Sample and Sampling Method

By purposive sampling method

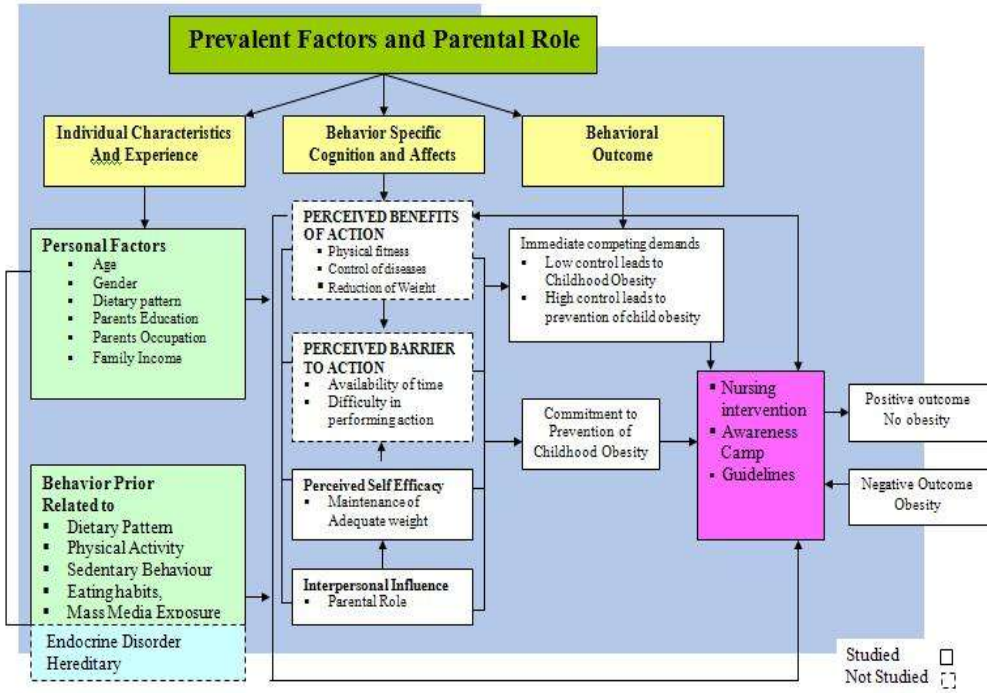
Tool:

Consists of 3 Parts.

Part I: Personal information
Part II: Questionnaire to assess the prevalent factors leading to obesity.
Part III: Checklist to assess the parental role leading to obesity.

Validity and Reliability of Tool

The tool was checked for the validity and reliability.



CONCEPTUAL FRAME WORK BASED ON MODIFIED HEALTH PROMOTION MODEL (REVISED BY N.J. PENDER 2002)

RESULTS AND DISCUSSION

Section 1: Prevalence of Obesity with prevalent factors and parental role

N= 200

Prevalent Factors	n	Max. Score	Prevalent Factors Mean Score	Percentage	Score Rank Order
Dietary Intake	60	0-8	4.22	7.03	4
Physical activity	20	0-6	1.81	9.05	3
Mass Media	20	0-5	3.39	16.95	1
Exposure	30	0-5	4.03	13.43	2
Sedentary Behaviour	70	0-6	3.42	4.88	5
Eating habits					

It indicated that mass media exposure was strong prevalent factor leading to obesity among children as compared to other prevalent factors.

Mean Percentage, Mean Score and Rank Order of Prevalent Factors Influencing Parental Role Leading To Obesity among Children

N=20

Prevalent Factors	n	Max. Score	Parental Role Mean Score	Percentage	Score Rank Order
Dietary Intake	65	0-8	5.80	8.92	4
Physical activity	30	0-6	3.67	12.23	3
Mass Media Exposure	20	0-5	3.41	17.05	1
Sedentary Behaviour	25	0-5	3.10	12.40	2
Eating habits	60	0-6	3.96	6.60	5

Table concludes that mass medial exposure was strong leading cause as compared to prevalent factors influencing parental role in obesity among children

SECTION -2: Relationship between Prevalent Factors and Parental Role

Mean Relationship between Prevalent Factors and Parental Role Leading To Obesity among Children

Relationship	Mean	SD	R
Prevalent factors	16.88	2.53	
Parental Role	19.95	4.84	0.20

Thus it can be indicated that as prevalent factors increase parental role also increases.

SECTION-3: Comparison of Prevalent Factor and Parental Role with demographic variables

Mean score of prevalent factors of childhood obesity among children according to Age

N= 200

Age of the child (in years)	n	Mean	Prevelant SD	Factor BG/WG df	Score 'F'
9 - 11	75	17.12	1.84		
12 - 14	125	16.14	2.86	1/200	1.07
15 – 17	0	0			

Significant at p <0.05

It depicts that prevalent factors score relationship with age had significant impact.

Mean score of prevalent factors of childhood obesity Among children according to Dietary Pattern

N= 200

Dietary Pattern	n	Mean	Prevalent SD	Factor BG/WG df	Score 'F'
Vegetarian	124	17.34	2.81		
Non Vegetarian	54	15.28	1.22		
Eggetarian	22	18.23	.86	2/199	18.79*

* Significant at p <0.05

It can be concluded that dietary pattern has significant impact in prevalent factors leading to obesity among children.

Mean score of prevalent factors of childhood obesity among children according to Parents Occupation

N= 200

Parents Occupation	n	Mean	Prevalent SD	Factor BG/WG df	Score 'F'
Mothers Occupation					
Housewife	146	16.66	2.67		
Government Service	21	16.60	1.97	3/196	6.42**
Private Service	11	20.0	.00		
Business	22	16.73	1.45		
Laborer	-	-	-		
Fathers Occupation					
Government Service	41	18.41	3.521		
Private Service	53	17.60	1.833		
Business	105	15.96	1.886	3/196	14.859*
Laborer	1	12.0	0.5		

* Significant at p <0.05

Thus it can be concluded that mother's occupation has more impact than father's occupation in prevalent factors of obesity among children.

Mean score of prevalent factors of childhood obesity among children according to Family Income (In Rupees/Monthly)

N= 200

Family Income (In Rupees/ Monthly)	n	Mean	Prevalent SD	Factor BG/WG df	Score 'F'
≤ 5,000	12	15.00	.00		
5,001 – 10,000	83	17.76	2.62		
10,000 and above	105	15.90	2.00	3/196	19.61*

* Significant at p <0.05

Thus it can be concluded that family income play an important role in prevalent factors of obesity among children.

Mean score of prevalent factors of childhood obesity among children according to Source of Information (Obesity)

N = 200

Source of Information (Obesity)	N	Mean	Prevalent SD	Factor BG/WG df	Score 'F'
Friends	53	15.65	3.98		
Mass media	82	15.89	1.44		
Self	62	18.29	1.15	3/196	13.14**

** Significant at p <0.01

Source of information has an important role in prevalent factors leading to obesity among children. It can be indicated that parental role affects age groups. Parental role has significant impact on dietary pattern which is leading to obesity among children.

Mean Score of Parental Role Leading to Obesity among children according to Age Of The Child

N = 200

			Parental	Role	Score
Age of the child (in years)	n	Mean	SD	BG/WG Df	'F'
9 - 11	75	19.55	5.27		
12 - 14	125	20.18	4.56	1/198	.81[NS]
15 - 17	-	-	-		

[NS] Non-Significant at p <0.05

Mean Score of Parental Role Leading To Obesity among Children according to Dietary Pattern

N = 200

			Parental	Role	Score
Dietary Pattern	n	Mean	SD	BG/WG df	'F'
Vegetarian	124	20.23	4.28		
Non Vegetarian	54	18.26	4.68	2/197	6.39*
Egg Vegetarian	22	22.50	6.65		

*Significant at p <0.05

Mean Score of Parental Role Leading To Obesity among Children according to Parents Occupation

N= 200

			Parental	Role	Score
Parents Occupation	n	Mean	SD	BG/WG df	'F'
Mother					
Housewife	146	19.36	4.71		
Government Service	21	19.81	4.09		
Private Service	11	22.0	.00	3/196	4.44*
Business	22	22.95	6.19		
Laborer	0	0	0		
Father					
Government Service	41	22.59	4.09		
Private Service	53	16.63	0.09		
Business	105	20.63	4.66	3/196	16.39*
Laborer	1	16.00	-		

Mother's occupation has more impact because children spend more time with mother as compared to father occupation on parental role leading to obesity among children.

Recommendations

Based on the result of the study following recommendations are made:

- The study can be replicated on large sample to validate and generalize its findings.
- An experimental study can be conducted to assess the knowledge of parents to a planned structured health education programme on child's obesity.

DISCUSSION

Childhood obesity among children has negative health consequences both physical and emotional, it can lead to other social and psychological prblems, e.g. low self esteem, bullying, learning problems, etc. Therefore it is very essential that school health nurses should conduct periodic awareness programmes in schools for parents and children as knowledge can be the corner stone to control this big prevailing epidemic. i.e childhood obesity.

Nurses can do a lot to help stem the threat of our nation's childhood obesity epidemic-by promoting wellness, early intervention for at risk children, healthy eating and physical activity in pediatrician's offices, clinics, hospitals, schools and communities across the country. Otherwise, our youngest generation may be the first in more than 200 years whose life expectancy will decrease, with far-reaching adverse consequences for our nation's future.

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