

## Impact of Obesity on Life Satisfaction of Adults

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### ABSTRACT

Obesity is a common problem. Maximum of the adults have excess weight because of extra fat in their bodies. The purpose of this study is to discover the effect of obesity on the life satisfaction. Forty mild obese adults (BMI- 30-34) and 40 intense overweight adults (BMI- 40 & above); consisting of same number of ladies and men in each groups, were selected by purposive sampling method from Kaimur district (Bihar). Their health status was screened by using GHQ-12. Afterwards each respondent were instructed to fill Personal Data Questionnaire and Life satisfaction scale. The present study reveals that 50% obese adults had average level of life satisfaction and 50% had low level of life satisfaction. It has been also found that severe obese and female obese adults had significantly decreased level of life satisfaction in comparison to their respective groups.

**Keywords:** *Obesity, Life Satisfaction*

Obesity is a very common problem. Lots of people are being suffering from this difficulty. A person having excess level of fat inside his/her body called obese. According to WHO obesity is calculated through Body Mass Index (BMI); i.e. Height (kg)/ weight <sup>2</sup> (meter) and BMI 30 or above is considered as obesity. Obese adults are not so much getting positive appraisal from others because they are not able to do all kinds of physical activities. They become easily tired.

### ***Obesity and life satisfaction-***

Obesity influences the psychological aspects of the person because of various reasons; Such as, obesity decreases the ability of the person. Life satisfaction is one of the important psychological aspects, which is influenced by obesity. Life satisfaction refers to the overall assessment of feelings and attitudes about one's life at a particular point in time, ranging from negative to positive evaluations. In simpler terms, it's how content or happy you are with your life as a whole. It's a subjective evaluation, meaning it's based on the personal perceptions and experiences. It is a broad term used to describe how content a person is with their life as a whole. It's a subjective evaluation of one's well-being, encompassing various aspects like:

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- **Emotional state:** How often a person experience positive emotions (joy, contentment) and negative emotions (sadness, anger).
- **Psychological well-being:** Sense of purpose, self-esteem, and the ability to cope with stress.
- **Social connections:** The quality of relationships with family, friends, and romantic partners.
- **Life circumstances:** Financial security, health, living conditions, and the available opportunities.

Many studies show that obese people are failure to achieve their life goals. Their activity level becomes slow. They spent lots of their times in eating and sleeping. Their social relations are also negatively influenced by obesity, because they are inactive in societal works. Obese adults are not able to fulfill their all responsibilities in proper time. Their physical and psychological health becomes also poorer. These conditions are associated with lower life satisfaction.

Kuroki (2016) found that obese adults have lower level of life satisfaction.

Ball, Crawford & Kenardy (2004) coded that obese young women have higher level of dissatisfaction towards their work, career and study. Obese women have not good family relationship and partner relationship. They do not participate in social activities.

Herman, Hopman and Rosenberg (2013) said that obese adults do not perceive their actual weight.

Duval, Marceau, et al. (2006) The impact of morbid obesity on QoL is not limited to the activity/mobility domain. Morbid obesity contributes to the impairment of all domains of what is usually referred to as "health-related quality of life".

Addis et al. (2006) conducted a study on 2,109 community-dwelling women aged 40 to 69 years. Using an invalidated single-item measure of sexual satisfaction and measured height and weight, they found that BMI and sexual satisfaction were inversely correlated. That is, as BMI increases, sexual satisfaction decreases.

Darya et al. (2009) coded that younger obese adults have poorer level of self-esteem and body image in comparison to older obese adults.

### *Objectives*

- To measure the level of life satisfaction among obese adults.
- To compare the life satisfaction of mild and severe obese adults.
- To know the impact of gender on life satisfaction of obese adults.

### **Hypotheses**

- The level of life satisfaction would be different among obese adults.
- Severe obese adults would have low level of life satisfaction than mild obese adults.
- Gender would significantly influence the level of life satisfaction of obese adults.

## METHODOLOGY

### Sample

80 obese adults having age group range from 25 to 35 were chosen using the purposive sample method, with equal numbers of men and women in the mild and severe categories. All samples were selected from Kaimur (Bihar). According to WHO standards, the classification of conditions as mild or severe was based on Body Mass Index (BMI). Respondents with a BMI of 30 to 34 were classified as mild obese, while those with a BMI of 40 or more were classified as severe obese.

- **Independent variable-** Obesity, Gender
- **Dependent variable-** life satisfaction

### Tools

- **Personal data questionnaire-** This questionnaire will be used to know about the essential information about the samples. Such as age, gender, place of residence, education, family income, marital status etc.
- **General Health Questionnaire -12 (GHQ-12)** – Hindi adaptation of GHQ-60 was done by Shiv Goutam in 1987. GHQ-12 is the short version of GHQ- 60. There are only 12 items (6 positive and 6 negative items). Each item has four alternatives. Individual has to select 1 alternative as a response. Score 0,0,1,1 is given for each item of four alternatives respectively. Those respondents who receive a total score of 2 or less are considered to be healthy adults. The test- retest reliability of this scale is 0.83 and split half reliability is 0.78.
- **Life-satisfaction scale-** Life Satisfaction Scale was developed by Promila Singh & Georage Joseph (2013). The scale consisted of 35 items, each item is rated on the five point scale Always, Often, Sometimes, Seldom and Never; which are scored as 5, 4, 3, 2, and 1 respectively. The items are related to the individual's all around activities and thus give a global picture of one's life satisfaction level. The higher score on this scale indicates higher level of life satisfaction.
- **Stadiometer-** This apparatus measures the accurate height and weight of the person. This apparatus is used to calculate BMI of the respondents. BMI was calculated by using this formula-  $BMI = \text{Weight (kg)} / \text{Height}^2 \text{ (meter)}$

### Procedure

Adults who were obese were initially questioned about their health-related concerns. If they are trouble-free, GHQ-12 was used to assess the severity of psychological problems. If they received a score of two or less, their height and weight were measured with a Stadiometer in order to determine their BMI. If they met the requirements outlined in this study, they were chosen as the study's sample, and the PDQ and Life satisfaction assessment were used to collect data.

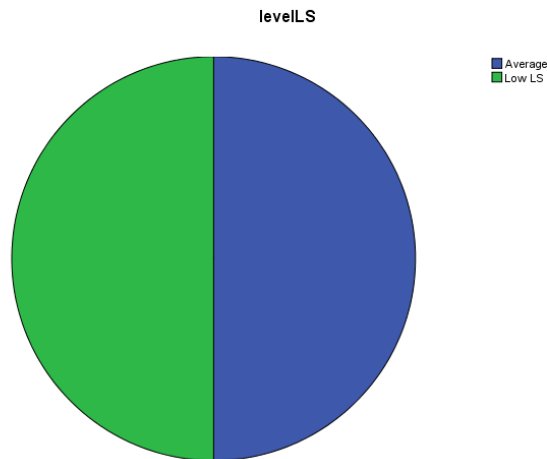
## RESULT AND DISCUSSION

*Table-1 Level of life satisfaction among obese adults*

Level	High	Average	Low
Number	0	40	40
Percentage	0	50%	50%

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**Graph:1 Showing Number and Percentage of obese adults in different levels**

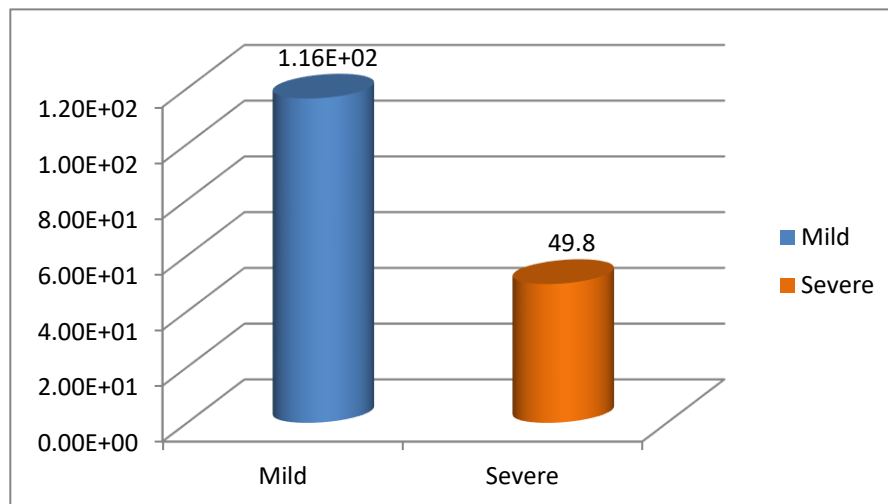


Above table and graph show that the level of life satisfaction is different among all samples. This is clear that no obese adults have high level of life satisfaction. It also represents that equal number of obese adults have average and low level of life satisfaction. Life satisfaction is influenced by various factors like personality traits play an important role in cognition that determines the level of life satisfaction. Darya et al. (2009) also supports the result.

**Table-2 Comparison of life satisfaction among mild and severe obese adults**

Group	N	Mean	SD	t-value	df	P
Mild	40	1.1635E2	8.76634	31.553	78	0.01
Severe	40	49.8000	10.05421			

**Graph:2 Showing Mean score of mild and severe obese adults**



According to the above table and graph this is clear that Mean score of mild obese adults is 1.1635E2 and Mean score of severe obese adults is 49.8000. High score indicates higher level of life satisfaction and low score show low life satisfaction level. t-value 31.553 is

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significant on 0.01 level. This is clear that severe obese adults have lower level of life satisfaction in comparison to mild obese adults.

Severe obese adults are unable to do all types of physical activities. They become easily tired while doing heavy works. People often devalue them. These situations decrease the level of their life satisfaction.

**Table-3 Impact of gender on life satisfaction of obese adults**

Group	N	Mean	SD	t-value	df	P
Male	40	91.8000	33.48723	2.305	78	0.05
Female	40	74.3500	34.22891			

**Graph:3 Showing Mean score of male and female obese adults**

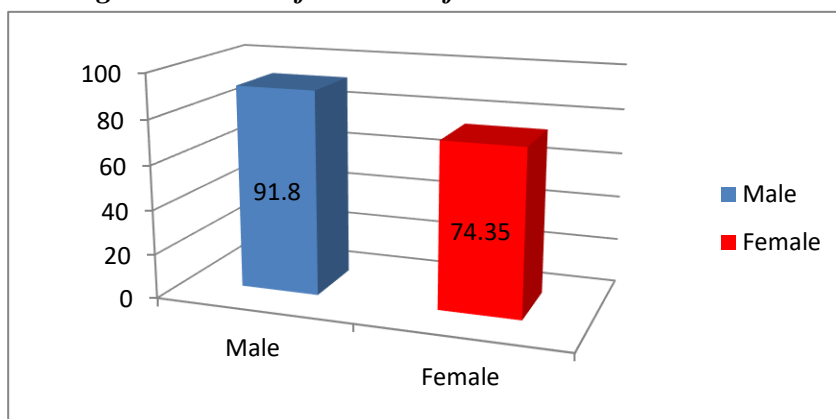


Table-3 and bar diagram show that mean score of male obese adults is 91.8000 and mean score of female obese adults is 74.3500. t-value 2.305 is significant at 0.05 level. This is clear that female obese adults have lower level of life satisfaction than male obese adults. Female are more aware towards their physical appearance. Thin females always evaluated as ideal figure. All females always try to enhance her beauty. Females having excess body fat in stomach often feel anxious. In other hand, males are not so much aware towards their physical appearance.

## CONCLUSION

The present study reveals that most of the obese adults have average and low level of life satisfaction. Severe obese adults have lower life satisfaction than mild obese adults. The present study also represents that gender significantly influences the level of life satisfaction. Female obese adults have lower level of life satisfaction than male obese adults.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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