

Knowledge And Attitudes Of Obesity Among Rural People: A Sociological Analysis

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Abstract

Health Is Essential For Organized Social Life. If Societies Are To Function Smoothly And Effectively, The Members Must Be So Healthy As To Engage In Productive Actives. It Is Only When Their Health Is Sound That They Can Engage In Productive Activities. Were They Ill Or Injured, They Will No Longer Be Able To Function Adequately. In Such Condition, The Capacity To Work And Earn May Go Down Which Will In Turn Cause Mental Agony To The Individual As Well As Economic Hardship To The Family. Today's Scenario The Problem Of Obesity Is Enhanced When There Is Adaptation Of Wrong Lifestyle In Day To Day Life. The Lifestyle Practices Are Pro-Active Approach Towards Optimum Health And Wellness Wrong Food Diet, Physical Inactivity, Sedentary Lifestyle, Lack Of Sleep, Mental Stress And Tension, Alcohol And Smoking Are The Major Culprits. The Wrong Lifestyle Leads To Obesity, High Blood Pressure, Heart Attack And Diabetes, Cancer Etc. So A Person's Life Style That Plays A Crucial Role In Their Health. In Order To Understand That To Analysis The Rural People's Knowledge And Attitudes Of Obesity, The Present Study Is Taken Up In Annagramam Village Of Cuddalore District.

Key Words: Attitudes And Effects Of Obesity, Knowledge, Lifestyle, Health Status,

Introduction

Health Is Essential For Our Organized Social Life. If The Societies Are To Function Smoothly And Effectively, The Member Must Be So Healthy As To Engage In Productive Activities. It Is Only When Their Health Is Sound That They Can Engage In Productive Actives. Were They Ill Or Injured, They Will No Longer Be Able To Function Adequately. When They Do Not Function Adequately, The Society Cannot Function Effectively. Realizing This, Every State Assumes Responsibility For Protecting And Promoting The Health Of Its Citizens. Health Has Been Declared A Fundamental Right. Hence, Every Individual Gets A Right To Demand The State To Provide Adequate Opportunities And Facilities To Develop In A Healthy Manner. The Frequently Quoted Phrase "Health Is Wealth" Has A Considerable Bearing On The All Round Development Of A Country.

Contemporary Developments In Social Sciences Revealed That Health Is Not Only A Biomedical Phenomenon, But One Which Is Influenced By Social, Psychological, Cultural, Economic And Political Factors Of The People Concerned. The Strength Of Social, Economical, Political And Environment Influences Of Health. Health Implies A Sound Mind In A Sound Body, In A Sound Family, In A Sound Environment. The Holistic Approach Implies That All Sectors Of Society Have An Effect On Health, In Particular, Agriculture, Animal Husbandry, Food, Industry, Education, Housing, Public Works, Communication And Other Sectors. The Emphasis Is On The Promotion And Protection Of Health.

The World Health Organization In The Preamble To Its Constitution, “Health Is A State Of Complete Physical, Mental And Social Well Being And Not Only Merely An Absence Of Disease Or Infirmary”. The Physical And Mental Traits Of Every Human Being Are To Some Extent Determined By The Nature Of His Genes At The Movement Of Conception. The Genetic Make-Up Is Unique That Is Cannot Be Altered After Conception. A Number Of Diseases Are Now Known To Be Of Genetic Origin, Example Chromosomal Anomalies Errors Of Metabolism, Mental Retardation, Obesity, Some Types Of Diabetes, Etc.

Lifestyles Are Learnt Through Social Interaction With Parents, Peer Groups, Friends And Siblings And Through School And Mass Media. Health Requires The Promotion Of Healthy Lifestyle. In The Last 20 Years, A Considerable Body Of Evidence Has Accumulated Which Indicates That There Is An Association Between Health And Lifestyle Of Individuals. Many Current-Day Health Problems Especially In The Developed Countries (E.G. Coronary Heart Disease, Obesity, Lung Cancer, Drug Addiction) Are Associated With Lifestyle Changes. In Developing Countries Such As India Where Traditional Lifestyles Still Persist, Risks Of Illness And Death Are Connected With Lack Of Sanitation, Poor Nutrition, Personal Hygiene, Elementary Human Habits, Customs And Cultural Patterns. Not All Lifestyle Factors Are Harmful. There Are Many That Can Be Actually Promoting Health. Examples Include Adequate Nutrition, Enough Sleep, And Sufficient Physical Activity. In Short, The Achievement Of Optimum Health Demands Adoption Of Healthy Lifestyles. Health Is Both A Consequence Of An Individual’s Lifestyles And A Factor In Determining It.

Obesity Is Associated With An Increased Incidence Of Hypertension, Diabetes, Coronary Artery Disease, Osteoarthritis And Overall Increase In Morbidity During Adult Life (Wormser Et Al,2011, Winter And Macinnis,2014) Obesity Is A Risk Factor For A Number Of Diseases Including Type-2 Diabetes, Cardiovascular Disease. Other Diseases Related To Obesity Are Hypertension, Gallstone, Sleep Apnea, Dyslipidemia, Insulin Resistance, Psychological Disorders And Certain Type Cancer (Kotronen, 2008; Wormeser Et Al., 2011).

Symptoms Of Obesity

Shortness Of Breath: People Who Are Obese Often Suffer From Shortness Of Breath. Obese People Have Difficulty Moving Around Effortlessly And Due To Fat Around Their Neck, They Tend To Face Dyspnea. The Extra Fats Also Make Air Flow Quite Complicated In And Out Their Lungs.

Aching Knees: Obesity Negatively Impacts Our Knees. Excess Weight Puts Extra Pressure On Our Knees And Ankles, Making Our Back Sore And Stiff. This Also Affects Our Posture And Because Of Knee Pain, Our Might Face Difficulty In Even Walking. This Condition Could Also Make Working Out Difficult. Hence, Start With Morning Or Evening Walk And Avoid Unhealthy Foods.

High Blood Pressure (Hypertension): Obesity Is One Of The Leading Causes Of High Blood Pressure. Obesity When Causes High Blood Pressure Could Also Increase The Risk Of Diabetes, Cardiovascular Disease And Chronic Kidney Diseases. Hence, To Avoid All These Diseases, Maintain Our Ideal Body Weight.

Backache: Obesity Not Only Hinders Our Active Lifestyle, But Could Also Cause Back Pain People Suffering From Obesity Need To Seek Orthopaedic Advice To Get Back Pain Cured. Obese People Have An Increased Risk Of Developing Spondylolysis, Spinal Stenosis And A Fracture In The Vertebrae.

Skin Problems: It May Be Surprise Our Obesity Could Also Develop Various Skin Problems. Hormonal Changes May Develop Darkened, Velvety Areas Around The Neck And Body Folds. Stretching Of The Skin May Give Our Ugly Stretch Marks. Because Of Retained Moisture In The Body Folds Due To Excess Weight, Could Also Encourage The Development Of Bacteria And Even Fungi. Obesity May Also Develop Corns And Calluses On The Feet.

Depression: Obesity Can Also Lead To Depression. This Doesn't Mean That Obese People Are Prone To Anxiety And Depression; It Is Due To The Reason That Some Obese People Might Feel Embarrassed And Are Afraid Of Body- Shaming. A Few Obese People Also Might Avoid Social Gatherings. These Conditions Could Make Them Depressed.

Heart Burn: Obesity Could Also Trigger Heartburn And Acid Reflux Symptoms Such As Burning Sensation, Pain And Pressure In Chest And Around Throat Area. This Is Due To The Reason That Excess Fat Pressurizes Digestive System And Food In The Stomach To Be Pushed Towards The Esophagus Causing Discomfort And Acid Reflux In Digestive System. Eating Light And Avoid Fried Foods Could Be Opted To Prevent Heartburn.

Snoring: Obese People Tend To Snore. As Excess Weight Increases The Risk Of Obstructive Sleep Apnea Due To Too Much Bulk Around The Neck, They Snore While Sleeping.

Irregular Periods: Obese Women May Face Irregular Periods. Being Overweight Could Also Increase The Risk Of Heavy Or Long Period Cycle. Extra Fat In The Body Upsets The Balance Of Hormones In Our Body Causing Various Diseases.

Impact Of Obesity On Health

Diabetes: Obesity Is A Major Cause Of Type 2 Diabetes. People Affected By Obesity Or Severe Obesity Are About 10 Times More Likely To Have Type 2 Diabetes. Type 2 Diabetes Is Nearly Double The Risk Of Death. Type 2 Diabetes Leads To- Amputations, Heart Disease, Stroke, Blindness, Kidney Diseases High Blood Pressure, Circulatory And Nerve Defects, Hard-To-Heal Infections, Impotence And More.

Hypertension: Obesity Is A Major Risk Factor For High Blood Pressure. About 3 Out Of 4 Hypertension Cases Are Related To Obesity. Hypertension Increases Risk Of Other Diseases. These Include Coronary Heart Disease, Coronary Artery Disease, Congestive Heart Failure, Stroke, And Kidney Disease.

Heart Disease: Heart Disease Kills About 6,00,000 People Every Year In The United States. The American Heart Association Considers Obesity A Major Risk Factor For Heart Disease. People With Severe Obesity Are At A Higher Risk For Coronary Artery Disease. This Means They Have A Higher Risk Of A Heart Attack. Obesity Increases Our Risk Of Heart Failure.

Respiratory Disorders: People With Obesity Have Reduced Lung Capacity. These People Are At Higher Risk For Respiratory Infections. They Are More Likely To Have Asthma And Other Respiratory Disorders. Asthma Has Been Shown To Be Three To Four Times More Common Among People With Obesity.

Cancer: Cancer Affects More Than Half Of A Million Lives Per Year In The United States Alone. Obesity Is Believed To Cause Up To 90,000 Cancer Deaths Per Year. As Body Mass Index Increases, So Does Our Risk Of Cancer And Death From Cancer.

Cerebrovascular Disease And Stroke: Obesity Puts A Strain On Our Whole Circulatory System. This Strain Increases Our Risk For Stroke. Obesity Can Lead To Other Stroke Risk Factors Like Heart Disease, Metabolic Syndrome, Hypertension, Type 2 Diabetes And Obstructive Sleep Apnea.

Bone/Joint Damage And Accidents: Severe Obesity Contributes To A Number Of Bone And Joint Issues. These Issues Can Increase The Risk For Accidents And Personal Injury. Bone And Joint Issues Can Include- Joint Diseases, Spinal Disorder, Back Pain A Condition Associated With Disorientation, Headache And Visual Impairment.

Statement Of The Problem

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Today's Scenario The Problem Of Obesity Is Prevalence, Because The People Have Adopted Wrong Lifestyle In Day To Day Life. Lifestyle Is The Way You Live Your Life, What You Eat And Drink, How And When You Eat How Much Exercise; You Cope With Stressful Situations. Today, In The World Nearest 80% Of The Deaths Is Not War, But We Affected Due To Newborn Diseases And Natural Calamities Or Accidents. Our Routine Lifestyle Practices Are Pro-Active Approach Towards Optimum Health And Wellness As Well As Our Wrong Diet In Terms Of Lack Of Physical Activity And Exercise, Obesity, Mental Stress And Tension Of Fast Paced Competitive Life, Alcohol And Smoking Are The Major Culprits, Which Manifest Themselves Innocently As High Blood Pressure, Obesity, Diabetes, Cancer And Heart Attack Etc. So, Our Life Style Practices Have Determined Our Health Status. In Order To Understand That The Knowledge And Attitudes Of Rural People About Causes And Symptoms Of Obesity, The Present Study Was Taken Up In Annagramam Village People Of Cuddalore District With Following Objectives:

Objectives:

To Study The Socio- Economic Conditions Of The Respondents In The Study Village.

To Evaluate The Respondents' Knowledge And Attitudes About Obesity Among The Rural People

To Find Out The Causes And Symptoms Of Obesity Among Rural People.

The Method

The Researcher Has Selected Annagramam Village Of District For The Present Study. The Village Has Consists Of 501 Households. The Researcher Has Selected 25 Per Cent Of The Households From The Total Households Of The Village By Using Simple Random Sampling Method. Thus, Total Of 125 Households Were Selected For The Present Research Study. Using A Well Structured Interview Schedule The Information And Necessary Data Obtain From The Household Respondents And Were Arranged And Classified For Analysis.

Results And Discussion

Table -1: Socio-Economic Characteristics Of Respondents (N=125)

Characteristics	No. Of Respondents	Percentage
Age Group		
Below – 40	54	43.20
40-50	38	30.40
Above -50	33	26.40
Sex	81	64.80
Male	44	35.20
Female		
Caste Group		
Scheduled Caste	69	55.20
Backward Caste	23	18.40
Most Backward Caste	33	26.40
Educational Level		
Illiterate	36	28.80
Primary Level	32	25.60
Secondary Level	22	17.60
College Level	19	15.20

Technical / Vocational Education	16	12.80
Occupation Status		
Agricultural Laborers	50	40.00
Cultivators	34	27.20
Government Employees	18	14.40
Business	23	18.40
Income (In. Rs. Monthly)		
Upto-10000	60	48.00
10000-20000	29	23.20
Above-20000	36	28.80
Total	125	100.00

Table 1 Presents The Distribution Of The Respondents On The Basis Of Age, Sex, Caste, Education Level, Occupation And Income Status.

From The Table, It Is Observed That Out Of The Total 125 Respondents, 43.20 Per Cent Of The Respondents Are Belong To The Age Group Of Below 40 Years And 30.40 Per Cent Of Them Come Under The Age Group Of 40-50 Years. Moreover, 26.40 Percent Of The Respondents Are The Age Group Of 50 Years And Above. The Table Reveals That Data On Sex Wise Distribution Of The Respondents Out Of The Total Respondents, 64.80 Per Cent Of The Respondents Are Males And 35.20 Per Cent Of Them Are Females. Further, The Table Shows That Data On Caste Wise Distribution Of The Respondents, 55.20 Per Cent Of The Respondents Are Scheduled Caste And 26.40 Per Cent Of Them Most Backward Caste. Only 18.40 Per Cent Of The Respondents Are Backward Caste. It Could Be Noted That The Scheduled Caste And Most Backward Caste People Living In The Study Village And All The Respondents Are Belong To Hindu Religion.

The Table Shows That Data On Educational Wise Distribution Of The Respondents. Out Of The Total Respondents, 28.80 Per Cent Of Them Illiterates And 25.60 Per Cent Of The Respondents Are Educated Up To Primary Level. 17.60 Per Cent Of The Respondents Are Secondary Level Educated And 15.20 Per Cent Of The Respondents Are Educated Up To College Level. Moreover, 12.80 Per Cent Of The Respondents Are Educated Up To Technical/Vocational Level. Further, The Table Indicates That Out Of The Total 125 Respondents, 40.00 Per Cent Of The Respondents Are Agricultural Laborers And 27.20 Per Cent Of Them Cultivators. 14.40 Per Cent Of The Respondents Are Government Employees And 18.40 Per Cent Of Them Are Engage In Business Activities. The Table Presents That Data On Income Wise Distribution Of The Respondents. Out Of The Total 125 Respondents, 48.00 Per Cent Of The Respondents Are Earning Income Up To Rs.10000 Per Month And 23.20 Per Cent Of Them Earn Income In The Range Of Rs.10000-20000 Per Month. 28.80 Per Cent Of The Respondents Are Earn Their Monthly Income Rs.20000 And Above In The Study Village.

Table -2: Distribution Of The Respondents By Their Age And Their Knowledge On Symptoms Of Obesity

Age Group	Respondents' Knowledge And Symptoms Of Obesity			Total
	Breathlessness & Snoring	Excessive Sweating & Back And Joint Pain	Extreme Tiredness	
Below 40	16 (29.63)	28 (51.85)	10 (18.52)	54
40-50	15	6	17	38

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	(39.47)	(15.79)	(44.74)	
Above 50	19 (57.58)	7 (21.21)	7 (21.21)	33
Total	50 (40.00)	41 (32.80)	34 (27.20)	125

X² Calculated Value:21.05, Degrees Of Freedom:4, X² Table Value (5%):9.49.

Table 2 Shows That Data On Distribution Of The Respondents By Their Age And Their Knowledge On Symptoms Of Obesity. It Could Be Noted That Out Of The Total 125 Respondents, 40 Per Cent Of The Respondents Have Felt That Breathlessness And Snoring Is The Onset Symptoms For Obesity. The Majority Of (57.58) Respondents In The Age Group Of 50 Years And Above Respondents Have Reported That Frequently Facing Breathlessness And Snoring Problems Due To The Symptoms Of Obesity. Out Of The Total, 32.80 Per Cent Of The Respondents Have Felt That Excessive Sweating And Back Pain. Particularly In The Age Group Of Below 40 Years (51.85) Respondents Have Reported That Excessive Sweating And Back And Joint Pain Is Beginning Symptoms Of Obesity. Further, 44.74 Per Cent Of The Middle Age Group (40-50 Years) Respondents Have Felt That Extreme Tiredness Is The Onset Symptoms Of Obesity. It Is Clearly Expressed That Almost All The Age Group Respondents Have Well Knowing About The Symptoms Of Obesity In The Study Village.

The Chi-Square Test Is Applied For Further Analysis. The Computed Chi- Square Value Is 21.05 Which Are Greater Than Its Tabulated Value At 5 Per Cent Level Of Significance. Hence, There Is An Association Between Age Wise Distribution Of The Respondents And Their Knowledge On Symptoms Of Obesity.

Table -3: Distribution Of The Respondents By Their Caste And Their Knowledge On Symptoms Of Obesity

Caste Group	Respondents' Knowledge On Symptoms Of Obesity			
	Breathlessness & Snoring	Excessive Sweating & Back And Joint Pain	Extreme Tiredness	Total
Scheduled Caste	21 (30.43)	31 (44.93)	17 (24.64)	69
Backward Caste	7 (30.43)	5 (21.74)	11 (47.83)	23
Most Backward Caste	22 (66.67)	5 (15.15)	6 (18.18)	33
Total	50 (40.00)	41 (32.80)	34 (27.70)	125

X² Calculated Value:19.99, Degrees Of Freedom:4, X² Table Value (5%):9.49.

Table 3 Indicates That Data On Distribution Of The Respondent By Their Caste And Their Knowledge On Symptoms Of Obesity. It Could Be Noted That Out Of The Total Respondents, The Majority Of (66.67%) Most Backward Caste Respondents Have Stated That Frequently Facing The Problem Of Breathlessness And Snoring The Primary Symptoms Of Obesity. Out Of The Total, The Majority Of (44.93%) Scheduled Caste Respondents Have Stated That Excessive Sweating And Back And Joint Pain Is The Onset Symptoms Of Obesity. Further, 47.83 Per Cent Of The Backward Caste Respondents Have Stated That Extreme Tiredness Also Beginning Symptoms Of Obesity.

The Chi-Square Test Is Applied For Further Analysis. The Computed Chi-Square Value Is 19.99 Which Is Greater Than Its Tabulated Value At 5 Per Cent Level Of Significance. Hence, There Is An Association Between Caste Wise Distribution Of The Respondents And Their Knowledge On Symptoms Of Obesity.

Table-4: Distribution Of The Respondents By Their Education And Their Knowledge On Symptoms Of Obesity

Educational Level	Respondents' Knowledge On Symptoms Of Obesity			
	Breathlessness & Snoring	Excessive Sweating & Back And Joint Pain	Extreme Tiredness	Total
Illiterate	23 (63.89)	9 (25.00)	4 (11.11)	36
Primary Level	8 (25.00)	8 (25.00)	16 (50.00)	32
Secondary Level	5 (22.73)	13 (59.09)	4 (18.18)	22
College Level	5 (26.32)	7 (36.84)	7 (36.84)	19
Technical/ Vocational Education	9 (56.25)	4 (25.00)	3 (18.75)	16
Total	50 (40.00)	41 (32.80)	34 (27.20)	125

X² Calculated Value:28.07, Degrees Of Freedom:8, X² Table Value (5%):15.5

Table 4 Reveals That Data On Distribution Of The Respondents By Their Education And Their Knowledge On Symptoms Of Obesity. It Could Be Noted That More Than Half Of (63.89%) Illiterates And (56.25%) Technical/Vocational Educational Respondents Have Reported That Breathlessness And Snoring Is The Onset Symptoms Of Obesity. The Majority Of (59.09%) Secondary Level Educated Respondents Have Stated That Excessive Sweating And Back And Joint Pain Also The Primary Symptoms Of Obesity. Further, A Considerable Number Of (50%) Primary Level Educated Respondents Have Pointed Out That Extreme Tiredness Is One Of The Symptoms Of Obesity. It Is Clear From The Above Discussion That Almost All The Respondents Have Well Know About The Symptoms Of Obesity In The Study Village.

The Chi-Square Test Is Applied For Further Analysis. The Computed Chi-Square Value Is 28.07 Which Is Greater Than Its Tabulated Value At 5 Per Cent Level Of Significance. Hence, There Is An Association Between Educational Wise Distribution Of The Respondents And Their Knowledge On Symptoms Of Obesity.

Table -5: Distribution Of The Respondents By Their Occupation And Their Knowledge On Symptoms Of Obesity

	Respondents' Knowledge On Symptoms Of Obesity
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Occupational Level	Breathlessness & Snoring	Excessive Sweating & Back And Joint Pain	Extreme Tiredness	Total
Agricultural Labourer	28 (56.00)	12 (24.00)	10 (20.00)	50
Cultivators	12 (35.29)	16 (47.06)	6 (17.65)	34
Government Employees	5 (27.78)	6 (33.33)	7 (38.89)	18
Business	5 (21.74)	7 (30.43)	11 (47.83)	23
Total	50 (40.00)	41 (32.80)	34 (27.20)	125

X^2 Calculated Value:15.72, Degrees Of Freedom:6, X^2 Table Value (5%):12.6.

Table 5 Shows That Data On Distribution Of The Respondents By Their Occupation And Their Knowledge On Symptoms Of Obesity. It Could Be Noted That The Majority Of (56%) Wage Laborers Have Stated That Frequently Facing The Problems Of Breathlessness And Snoring Due To The Beginning Symptoms Of Obesity. Out Of The Total, 47.06 Per Cent Of The Agriculturists Have Reported That Excessive Sweating And Back And Joint Pain Is The Onset Symptoms Of Obesity And Considerable Number Of (38.89%) Government Employees Have Pointed Out That The Extreme Tiredness Also The Beginning Symptoms Of Obesity.

The Chi-Square Test Is Applied For Further Analysis. The Computed Chi-Square Value Is 15.72 which Is Greater Than Its Tabulated Value At 5 Per Cent Level Of Significance. Hence, There Is An Association Between Occupation Wise Distribution Of The Respondents And Their Knowledge On Symptoms Of Obesity.

Table-6: Distribution Of The Respondents By Income And Their Knowledge On Symptoms Of Obesity

Income (In Monthly) Rs.	Respondents' Knowledge On Symptoms Of Obesity			
	Breathlessness & Snoring	Excessive Sweating & Back And Joint Pain	Extreme Tiredness	Total
Up To-10000	29 (48.33)	15 (25.00)	16 (26.67)	60
10000-20000	13 (44.83)	5 (17.24)	11 (37.93)	29
Above-20000	8 (22.22)	21 (58.33)	7 (19.44)	36
Total	50 (40.00)	41 (32.80)	34 (27.20)	125

X^2 Calculated Value:16.44, Degrees Of Freedom:4, X^2 Table Value (5%):9.49.

Table 6 Presents That Data On Distribution Of The Respondents By Their Income And Their Knowledge On Symptoms Of Obesity. It Could Be Noted That The Majority Of (48.33%) Income Group Up To Rs. 10,000 And

(44.83%) Middle Income Group (Rs. 10,000-20,000) Respondents Have Pointed Out That The Breathlessness And Snoring Is The Beginning Symptoms Of Obesity. Further, The Majority Of (58.33%) The Income Group (Rs. 20,000) Respondents Have Stated That Excessive Sweating And Back And Joint Pain Also Primary Symptoms Of Obesity. It Is Clearly, From The Above Discussion That Almost All The Income Group Respondents Have Well Known About The Symptoms Of Obesity In The Study Village.

The Chi-Square Test Is Applied For Further Analysis. The Competed Chi-Square Value Is 16.44 Which Is Greater Than Its Tabulated Value At 5 Per Cent Level Of Significance. Hence, There Is An Association Between Income Wise Distribution Of The Respondents And Their Knowledge On Symptoms Of Obesity.

Findings And Conclusion

From The Empirical Investigation Is Indicate That The Majority Of (73.60%) The Respondents Are Below 50 Years Age Group And More Than Half Of (64.80%) Respondents Are Males And Remaining Female Respondents. Further, The Majority Of The Respondents Are Scheduled Caste And Most Backward Caste. Almost All The Respondents Have Hindu Religion In The Study Village. Most Of The Respondents (71.20%) Are Educated In Different Levels And Others Are Illiterates. The Majority Of The Respondents Are Engage In Agricultural Laborers And Cultivators While The Majority Of The Respondents Are Earning Income Below Rs.20000 Per Month In The Study Village.

The Findings Of The Age Wise Respondent's Knowledge On Symptoms Of Obesity Indicate The Following Facts. Almost All The House Hold Respondents Have Stated That In Orderly In Terms Of Breathlessness, Snoring, Excessive Sweating, Back And Joint Pain And Extreme Tiredness These Are The Primary Symptoms Of Obesity. The Majority (57.85%) Of The Age Group Of 50 Years And Above Respondents Have Reported That The Problems Of Breathlessness And Snoring Due To The Obesity And The Age Group Of Below 40 Years Respondents (51.85%) Have Stated That Excessive Sweating And Back And Joint Pain Is The Onset Symptoms Of Obesity. Further, The Caste Wise Analysis Reveals That The Majority Of (66.67%) Most Backward Caste Respondents Have Reported That Breathlessness And Snoring As Well As 44.93 Per Cent Of The Scheduled Caste Respondents Have Stated That Excessive Sweating And Back And Joint Pain Is The Onset Symptoms Of Obesity. Moreover, The Educational Wise Analysis Shows That More Than Half Of (63.89%) Illiterates And Technical/Vocational Educational (56.25%) Respondents Have Pointed Out That Breathlessness And Snoring Is The Beginning Symptoms Of Obesity As Well As More Than 50 Per Cent Of The Secondary Level Educated Respondents Have Reported That Excessive Sweating And Back And Joint Pain Is The Primary Symptoms Of Obesity And (50%) Primary Level Educated Respondents Have Stated That Extreme Tiredness Also The Beginning Symptoms Of Obesity.

Further, The Study Results Highlights That Occupational Wise Analysis Shows That The Majority Of (56%) Wage Laborers Have Reported That Breathlessness And Snoring Is The Primary Symptoms Of Obesity As Well As (47.06%) Agriculturists Have Pointed Out That Excessive Sweating And Back And Joint Pain Also The Beginning Symptoms Of Obesity. Moreover, Income Wise Analysis Explained That The Majority (58.33%) Of The Income Group (Rs. 20000 And Above) Respondents Have Pointed Out That Excessive Sweating And Back And Joint Pain Is Primary Symptoms Of Obesity As Well As 48.33 Per Cent Of Income Group (Rs. Up To 10000) Responded Have Reported That Breathlessness And Snoring Also One Of The Beginning Symptoms Of Obesity.

The Study Results Highlights That Almost All The Household Respondents Have Expressed That Their Knowledge And Attitudes About The Symptoms Of Obesity. The Study Results Highlight That Irrespective Of Age, Sex, Caste, And Education And Occupation And The Level Of Income. Nowadays, The Village People Also Have Well Known About The Primary Symptoms And Preventions Of Obesity Through Their Food And Lifestyle Practices Of The Study Village.

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