



WEIGHT MANAGEMENT PRACTICES AMONG ADOLESCENT GIRLS

Home Science

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ABSTRACT

The present study aimed to get information regarding the girls' body mass index and discover the adoption, awareness, and effect of weight management practices. Nowadays, adolescents, overweight, and obesity are the primary concerns in developing countries and are becoming more frequent in developed countries. Therefore, dieting and weight-controlling practices are becoming more common among all adolescents, particularly girls. Girls participate in weight-control activities and follow beneficial weight loss practices such as exercising, eating fruits and vegetables, fasting, skipping meals, and using diet pills. This study used 100 adolescent girls aged between 16 and 19 as the sample size. Among them, 70% were normal, 14% were underweight, and 12% were overweight, whereas 4% were obese. The girls followed diet and exercise mainly through intermittent fasting, walking, and running. However, some girls think skipping meals for the length would help them lose weight faster. Due to this, many girls develop different eating disorders the most common disorders among those girls were Anorexia Nervosa and Bulimia Nervosa. The method that assists most in losing weight is exercise and dieting, but pills, laxatives, or surgery were less common and were not founded in the data collected.

KEYWORDS

Adolescent, weight management, BMI.

INTRODUCTION

Adolescence is a period of rapid physical growth like significant height, weight, and muscle gain by girls and boys. [1] Excessive concern regarding weight and weight management practices is shared among adolescents [2]. Weight management refers to the tactics and physiological processes that help people to achieve and maintain a healthy weight. Most weight-loss treatments include long-term lifestyle recommendations encouraging healthy eating and regular physical activity.[3] Furthermore, weight management entails creating valuable tools for tracking weight over time and determining appropriate body weights for various people.

Obesity is becoming a big problem all over the world. Obesity (a person's body weight is 20% or more above their optimal body weight)[3] is a risk factor for many chronic diseases, including Type 2 diabetes, hypertension, and cardiovascular disease, thus, understanding the underlying science of weight management and lifestyle modifications which aimed at reducing the energy intake and increasing the physical activity are some of the tactics that helps in achieving and maintaining a healthy weight is critical to a person's general health.[4] Adolescent males and girls change fat and muscle tissue distribution when puberty begins. As a result, both boys and girls become more conscious about their weight and physical attractiveness. Due to this, many girls develop different eating disorders the most common disorders among those girls were Anorexia Nervosa (which occurs when a person is so fixated on losing weight that they go to extreme lengths to achieve it [5]) and Bulimia Nervosa (excessive eating followed by purging (self-induced vomiting or laxatives) [5]). The environment established by this concern for body weight and body image motivates adolescents to participate in various weight-change activities.[2]

METHODOLOGY

The study was conducted in Aligarh, a city in Uttar Pradesh, on 100 adolescent girls, of which 50 were in class 11th and 50 were in class 12th. A purposive Random Sampling technique was followed to select the respondents. Primary data for this study was collected through the survey method. Secondary data was obtained through textbooks, journals, articles, and websites; a self-designed questionnaire was used to collect data from the respondents.

OBJECTIVES-

General Objective-

To explore the weight management practices among adolescent girls.

Specific Objective-

- To assess the Body Mass Index among adolescent girls.
- To determine the adoption, awareness, and effect of weight management practices among adolescent girls.

Different Weight Reduction Methods

Changes in the distribution of fat and muscular tissue in teenage males and girls occur as puberty begins. As a result, both boys and girls feel more self-conscious about their weight and attractiveness. On the other hand, adolescent girls are more likely than males to consider themselves overweight. Therefore, according to research, they make more efforts to shed weight (Gonsalves, Hawk, and Goodenow, 2014; Grunbaum et al., 2002; Neumark-Sztainer & Hannan, 2000; Rosen, Gross, and Vara, 1987).[6]

Some Weight Reduction Methods are:

- Dieting
- Exercise
- Skipping Meals
- Pills and Laxatives
- Surgery

Dieting

Dieting has become one of the most important and prevalent, mainly used nowadays by teenage girls to be slim and healthy. The girls start dieting and use different dieting methods: - Low- a fat diet, Low-carbohydrate diet, fasting, and a Detox diet. Different diet methods are different from each diet like low-fat diet is a type of diet that reduces the percentage of fat from the diet Low- a carbohydrate diet is a diet that is high in protein and fat, but that diet restricts the number of carbohydrates; fasting is a type of diet that takes a long-time-interval between meals.[7] On the other hand, diets are not always successful for many people and have both positive and negative impacts on the body. It usually depends on a person's diet, like healthy and unhealthy dieting.

Exercise

Nowadays, as people are becoming more weight-conscious, they are trying different forms of exercise to lose weight. One of the most crucial things one can do for his/her health is to engage in regular physical activity. Physical activity can strengthen the bones and muscles, helps in controlling weight, lower the risk of disease, increase the capacity to carry out daily tasks and benefit cognitive health. It is imperative to exercise regularly for at least half an hour to one hour to maintain a healthy weight. Exercising is crucial to eating a proper diet; otherwise, it will lead to severe other diseases.[8] However, to lose weight, many girls follow different forms of exercise without consulting a doctor or trainer; this causes severe injury, joint pain, and exertion or injury.

Skipping Meals

Nowadays, as everyone wants a perfect figure and weight but does not have time to do any physical exercise, people are skipping their meals to think that this will help them lose weight. Skipping meals is not an

effective way of reducing weight because it does not give proper nutrition to the body as required, so it will make the person weak and may cause infections in the body. Adolescent girls are very much weight and body-conscious, and sometimes they find this method easier to reduce weight without knowing the harmful effects on the body.[9]

Pills And Laxatives

Laxatives also have become a popular weight-loss strategy. Nowadays, many assume that taking laxatives will help them have frequent bowel movements and lose weight quickly, easily, and effortlessly. Nowadays, girls are so concerned about their weight that they attempt every weight-loss strategy, including pills and laxatives. Doctors usually do not recommend tablets or laxatives for weight loss [10]. This method helps lose weight but also has side effects and causes diarrhea, dehydration, etc.

Surgery

Bariatric surgery, which includes gastric bypass and other weight-loss treatments, involves making adjustments to the digestive system to help us lose weight. When diet and exercise have not worked, or one has significant health problems regarding weight, one can need bariatric surgery. Surgery is also a method for weight loss but is not for everyone. It is for the one who is extremely obese, has any other health issue, or cannot lose weight with other methods like dieting and exercise [11]. Surgery is only done for persons who are highly obese and cannot try any other weight loss method; after the surgery, the person has to take care of themselves properly and has to eat according to the prescription prescribed by the doctor.

RESULTS & DISCUSSION –

Respondent	Under weight	Normal	Over weight	Obese
100	14%	70%	12%	4%
S.NO.	QUESTIONS	YES%	NO%	
1.	Respondent losing weight to look slim	52	48	
2.	Skip meals to lose weight	42	58	
3.	Ever used diet pills or laxatives to lose weight	10	90	
4.	Ever made sick like vomiting to control weight	15	85	
5.	Ever consulted a doctor or dietician before starting any weight loss plan	25	75	
6.	Ever tried any weight loss methods in the past	37	63	
7.	Does any adverse effect shown by the body in the weight reduction approach tried	30	70	
8.	Does the weight reduction approach was helpful	71	29	
9.	The respondent wants their physique to look like	Normal 62%	Slim 38%	

- As 50 girls in class 11th and 50 girls of class 12th were selected for the study in which 27.55% of girls were 16-17 years, and 22.45% of girls were of 17-18 years, but 50% of the girls ranged between the age of 18-19 years.
- In this study, 50% of girls from class 11th and 50% from class 12th were selected as the girls of this age are significant weight and body-conscious.
- As we can see, the total number of respondents was 100 girls aged 16-17 years, 15% of girls were underweight, 70% of girls were normal, 15% of girls were 15%, and no girls were obese. Moreover, in the age group of 17-18, 4% of girls were underweight, 70% were normal, 17% were overweight, and 9% were obese. Furthermore, again, in the age group of 18-19 years, the 18% of girls were underweight, 66% were normal, 8% of the girls were overweight, and 4% were again found obese.
- 69% of the girls were aware of the nutritional requirement required by their bodies, but on the other hand, 31% of the girls were not about the nutritional requirement according to their age.
- 62% of girls wanted their physique to look normal, but 38% of the girls wanted their physique to look slim.

- There were many different reasons for losing weight as 9% of girls wanted to lose weight because of medical reasons, but 2% of girl's reason for losing weight was peer influence, whereas 8% of girls wanted to lose weight because of social pressure, but 21% wants to lose weight they were figure-conscious similarly 20% wants to slim down, and 40% girls reason were different.
- As every girl used a different method to lose weight as dieting was chosen by 19% of the girls, 2% of the girls used pills to lose weight, and 21% of the girls skipped meals to lose weight, but the majority of the girls that is 58% used to do a different form of exercise for weight loss.
- Anorexia Nervosa eating disorder was chosen by 18% of the girl none of the girls had Bulimia Nervosa eating disorder 4% of the girls had binge eating disorders, but 18% of the girls had avoidant food intake disorders, but 60% of the girls were not having of the eating disorder.
- As many girls were doing exercise for weight loss so, different forms of exercise were used by girls as walking and running were used by 71% of the girls and yoga by 10% of the girls for weight loss similarly the 10% of girls voted for aerobics and 9% of the girls do skipping for weight loss.
- The motivator behind every girl's weight loss was different as 44% of friends were the motivator, 16% were under family pressure to lose weight, Instagram was the motivation for 16% of the girls, but 24% was the motivation coming from youtube for the girls.
- As 37% of them have tried different weight loss methods in the past, 63% of the girls have never tried any weight loss method.
- Every girl followed a weight reduction method for different days as 39% of girls followed any weight loss method only for 7-14 days, but 17% of the girls followed any weight loss method only for 14-21 days, and 30 days weight loss plan was following by the 28% of the girls and 60 days weight loss plan was only following by the 16%.
- Every body type is different, so every girl noticed different physical changes at the starting of their dieting practice as 40% of the girls noticed weakness in them and 9% of the girls noticed headaches at the starting of dieting practice followed by them and 7% of the feel irritation in the starting but 44% of the girls were normal they did not notice any physical changes in the starting of dieting practiced by them.
- 2% of the girls observed increased weight after trying the weight loss approach, and 41% of the girls noticed a decrease in their weight after trying the weight loss approach, whereas 30% of the girls observed very little change after trying different weight loss approaches, but 27% noticed no changes in them even after trying different weight loss approaches.
- An as different method for weight loss for girls was helpful as we can see exercise was helpful for 58% of the girls and dieting was helpful for 19% of the girl pills, laxatives helped 25 of the girls separately, and skipping meals was helpful for 19% of the girls in helping them in losing weight.

CONCLUSION

As time goes forward, the lifestyle of every individual is changing. Every individual is in a hurry that has no time for themselves as they are busy with their work and studies that they got no for themselves, as every individual has many tasks to do every day that is a shortage of time people are nowadays not giving importance to their health that is why we can see people of all are getting affected by the diseases. Due to a shortage of time, people are not eating healthy and mostly prefer junk foods, and eating foods outside the home that is not providing any nutrition to the body is becoming daily and eating outside. People are gaining weight from junk food without exercise and physical activity, leading to overweight and obesity. It is causing many problems in individuals and is affecting many chronic diseases.

Each weight loss practice has positive and negative consequences. Hence, some girls notice positive changes in them like decreased weight and loss of body mass, but the negative impact like hair loss, sleeping problems, infection with several diseases, and deficiency of nutrients and vitamins in the body. It was also observed that many girls were not having the proper knowledge of their nutritional requirements, which is why it is required for girls to have proper knowledge regarding their body weight and height and which weight loss practice is more suitable for them.

Suggestions

- Parents should actively advise their daughters that weight should

be reduced slowly, as fast reduction methods will harm health.

- The media should play an active part in spreading knowledge about the methods used for weight reduction.
- The person should know their ideal body height and weight.
- Awareness about eating disorders should be spread among young girls, their parents, and teachers so they can be treated wisely.
- No weight reduction practice should be followed without consultation of a doctor or dietician.

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