Research Paper Physical Education.

Obesity and its Management of College and University Teachers

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ABSTRACT

Obesity is a state in which there is generalized accumulation of excess fat in the body leading to a body weight of more than 30% of the required (normal) weight for a person's age, sex and body type. 60 persons (Male-30 and Female-30) were selected for the study. Age ranges from 27 to 47years. Age (in years), standing body height (in mts.) and body weight (in kg.) were taken as the measuring criteria. Using excel calculation spread sheet the data were calculated. The study revealed the facts that most of the teachers were found in normal (Healthy weight) range of BMI (body mass index).

KEYWORDS Obesity, causes of obesity, management of obesity.

Introduction: From the ancient period of time human being has tried to make his environment comfortable. As the science and technology has developed the habit of the being has also taken a change with its changing environment. Gradually consciously or unconsciously sedentary life has been adopted by some part of the people of the society. It is the fact that teaching profession is thought to be a novel job in all societies. Teachers play a vital role for developing the future talent of any country. They use there brain rather than hand. So health of the teachers is very important for the society also. The obesity is now a days a large problem. In case of health related fitness obesity hindrances those all actively. As a result maintaining general health is tuff to be maintained by the obese person. The good service to the society requires quality of life which depends greatly on fitness. Obesity also causes several diseases like hypertension, respiratory problem, osteoarthritis, coronary heart disease gallbladder disease and even several cancers.

So it was an attempt to observe the college and university teachers' BMI and to compare them with the range of obesity. Obesity was determined by calculating Body Mass Index (BMI).

Objectives: Objects of the study was to compare the obesity level of the teachers with the obesity range and to find out which of these two groups was more obese based on the measurement of BMI.

Methodology: For the purpose of the study 30 male and 30 female college-university teachers were selected randomly from two Orientation Courses and Special Winter School organized by Human Resource Development Centre, Mizoram University during the month of July-August and November – December,2015.

Age: Chronological age was in years was considered as personal data. Body Mass Index: Body Mass index was calculated by each individual's body weight in kg divided by height (in mts.) squared.

Variables	Male				Female			
Age	Mean (Yrs)	38.63	Sd	5.02	Mean (Yrs)	30.54	Sd	2.29
Height	Mean (Mts)	1.69	Sd	0.07	Mean (Mts)	1.58	Sd	0.05
Weight	Mean (Kg.)	70.72	Sd	8.21	Mean (Kg.)	56.63	Sd	5.90

Table 1: Personal data (Age, Height and Weight) male and female teachers.

It was found from the table that in case of age, height and weight there was a difference between male and female teachers. The mean age of the male teachers was 38.63yrs and sd was 5.02. The mean and sd of the height of the male teachers was 1.69mts and 0.07. The table also showed that the mean and sd of weight of the male teachers was 70.72 kg and 8.21. On the other hand table showed that the mean and sd of age height and weight of female teachers were 30.54yrs and 2.29, 1.58mts and 0.05 and 56.63 kg and 5.90 respectively. As the objective of the study was not to observe the differences of the personal data between male and female so further statistical calculation was not done.

Table 2: Comparative Range of BMI.

Under weight	16.0 to 18.5
Normal(healthy weight)	18.5 to 25
Over weight	25 to 30
Obese class I (Moderate)	30 to 35
Obese class II (Severely)	35 to 40
Obese class III(Very Severely)	Over 40

Body mass index-Wikipedia.

Table 2 clearly indicates that the range of BMI.

Table 3: Male and female teachers in the BMI range.

Comparative Range of BMI.	Male	Female
Under weight (16.0 to 18.5)	Nil	Nil
Normal(healthy weight)(18.5 to 25)	10	27
Over weight (25 to 30)	15	02
Obese class I (Moderate)(30 to 35)	05	01
Obese class II (Severely)(35 to 40)	Nil	Nil
Obese class III(Very Severely)(Over 40)	Nil	Nil

Table 3 showed the numbers of male and female teachers were found in the BMI range. Out of 30 male teachers 10 persons were in normal (healthy weight) range of BMI, 15 persons were in over weight and 5 persons found in obese class I (moderate) range of BMI. On the other hand out of 30 female teachers 27 were in normal (healthy weight) range of BMI and only 2 were in over weight and 1 was in obese class I (moderate) range of BMI. No person was found in underweight, Obese class II (Severely) and Obese class III(Very Severely) range of BMI.

Table 4: Total number (60) of teachers in BMI range.

Comparative Range of BMI.	Male & Female Both
Under weight (16.0 to 18.5)	Nil
Normal(healthy weight)(18.5 to 25)	37
Over weight (25 to 30)	17
Obese class I (Moderate)(30 to 35)	6
Obese class II (Severely)(35 to 40)	Nil
Obese class III(Very Severely)(Over 40)	Nil

Table 4 showed that out of 60 teachers 37 persons were found in normal range of BMI, 17 persons were found in over weight range and 6 persons were in obese class I (moderate) range of BMI.

Discussion on findings: The study revealed that 33% of male teachers were found in normal range of BMI where as 90% of female teachers were found in the normal range of BMI. So it might be said from the findings that the female were less trend to be obese. But in case of overweight 50% male were found in this range (over weight). In case of female teachers 6.6% were in overweight. When the total numbers of teachers were compared with the BMI range 61.66% were found in the normal range of BMI whereas 28% were found in overweight and 6% were found in obese class I (moderate) range.

The study of body composition and body type revealed the fact that the percentage of the body fat is more in case of female in comparison to male. But in this study the participant teachers were mostly from the Northeastern part of India. Among them 73% female participants were from hilly area. The hilly people have a good habit of physical activity rather than the plan area people which may help to maintain the BMI.

Management of obesity: Teachers were guided by the author for management of obesity as checking over eating, reducing fatty food like oily and sugary preparation, using dieting principle carefully and putting stress on physical exercise of at least for 30 minutes regularly.

Conclusion: The study was confined only in sixty subjects. In one day discussion the teachers were highly motivated regarding the health and obesity management. Most of them were interested to know their BMI and its adverse effect on health. So same type of study may be conducted in a large number of subjects among the college and university teachers as their good health and wellbeing is very important. It may be concluded at last that the most of the college and university teachers of the North East of India is in normal (healthy weight) range of BMI.

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