



Research Paper

Nursing

**A pre experimental study to assess the effectiveness of individual counseling on obesity induced depression among working women in selected areas at Anand, Gujarat**

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**ABSTRACT**

Objectives:1] To assess the level of depression due to obesity among working women in selected areas.2] To determine the effectiveness of individual counseling on obesity induced depression among working women in selected areas. 3] To find out association between selected demographic variables and obesity induced depression. Material and method: Pre experimental one group pre-test – post-test research design and non probability convenient sampling technique was adopted to achieve the goal of the study. The tool consists of two parts. First part consist demographic data of the sample and second part consist of self modified depression rating scale. The sample was 30 working women residing in Anand, Gujarat. Results: The collected data was tabulated and analyzed using descriptive and inferential statistics. After the individual counseling sessions the level of obesity induced depression has significantly decreased. The ‘t’ calculated value 4.08 is more than tabulated value 2.05 at  $p < 0.05$  level of significance. Conclusion: The ‘t’ test was computed between pre-test and post-test score indicate that there was a decrease in the level of depression among obese working women after individual counseling.

**KEYWORDS**

Effectiveness, individual counseling, working women, and obesity induced depression.

**INTRODUCTION**

**Obesity** is a medical condition in which excess body fat accumulates to the extent that it may have a negative effect on health, leading to increased health problems. Obesity is most commonly due to over eating, lack of physical activity, and genetic susceptibility, endocrine disorders, medications, or psychiatric illness. Studies have shown that obese people are about 25 percent more likely to experience a mood disorder like depression compared with those who are not obese. Obesity can cause poor self-image, low esteem, and social isolation, all known contributors to depression. Those who are obese can also find themselves ostracized, stereotyped, and discriminated against. The extra weight carried around by obese people can result in chronic joint pain as well as serious diseases like diabetes and hypertension, all of which have been linked to depression.

**NEED FOR THE STUDY**

The world population is becoming rounder, and each year the situation is worsening. The World Health Organization (WHO) believes that we are in the grip of a global epidemic, and it is estimated by the year 2020 obesity will be the single biggest killer on the planet. Currently at least 300 million adults worldwide are obese — a body mass index (BMI) of over 30 and over one billion are overweight (BMI of more than 27.3 percent for women and 27.8 percent or more for men). The problem affects virtually all ages and socioeconomic groups. A survey of 83,000 Indian women found that although 33 percent were malnourished, 12 percent were overweight or obese. Psychological disorders which obesity may trigger include depression, eating disorders, distorted body image, and low self-esteem. Obese people have been found several times to have higher rates of depression. For example, David A. Kats, MD and colleagues at the University of Wisconsin-Madison assessed quality of life in 2,931 patients with chronic health conditions including obesity. They found that clinical depression was highest in very obese participants (BMI over 35)

**STATEMENT OF PROBLEM**

“A pre experimental study to assess the effectiveness of indi-

vidual counseling on obesity induced depression among working women in selected areas at Anand, Gujarat.”

**OBJECTIVES OF THE STUDY**

To assess the level of depression due to obesity among working women in selected areas.

To determine the effectiveness of individual counseling on obesity induced depression among working women in selected areas.

To find out association between selected demographic variables and obesity induced depression.

**OPERATIONAL DEFINITION:**

**Assess:** In this study assess means the measurement of the effectiveness of counseling on obesity induced depression in women.

**Effectiveness:** In this study effectiveness means decreased risk of obesity induced depression in women as evidenced by increased post test scores.

**Counseling:** In this study counseling refers to providing guidance to obese women regarding the necessity to modify life style in order to prevent the risk of clinically significant depression.

**Obesity:** In this study obesity refers to women with BMI more than 30.

**Depression:** Depression in this study is a mental health problem affecting day-to-day life, interfering with the ability to work, study, eat, sleep, and have fun. The feelings of helplessness, hopelessness, and worthlessness are intense in obese women.

**RESEARCH HYPOTHESIS:**

**H1:** there will be significant difference in the level of depression among the obese women before and after individual counseling.

**H2:** there will be significant association between obesity induced depression level with the selected demographic variables.

**ASSUMPTIONS**

Working women in urban areas are at risk for depression due to obesity.

Counseling can help obese women to modify their lifestyle.

Post counseling the level of obesity induced depression will be decreased.

**METHODOLOGY**

Research Methodology is one of the vital sections of a research, since the success of any research is mostly depends upon the methodological issues that are followed in the execution of the research work. The role of methodology consists of procedures and techniques for concluding the study.

This chapter deals with the methodological approach adopted for the study. It includes description of Research approach, Research design, setting of the study, Population, Sample, Criteria for sample selection, Sampling technique, Development of tool, Scoring procedure, Pilot study, Data collection procedure and Plan for data analysis.

**Research Approach:** A quantitative approach was considered appropriate to determine the effectiveness individual counseling on obesity induced depression among working women.

**Research Design:** pre experimental research design (one group Pre-test post test design)

The diagrammatic representation of research design is given below

Group	Pre test	Intervention	Post test
One group	O <sup>1</sup>	X	O <sup>2</sup>

**KEY :-**

O1 = It is the First Observation means assessment of pre-test level of obesity induced depression among working women.

X = Treatment to the group is the administration of individual counseling.

O2 = It is the second observation means assessment of post-test level of obesity induced depression among working women.

**Descriptions of variables:**

- a) Independent Variable: individual counseling.
- b) Dependent Variable: depression due to obesity.
- c) Extraneous Variable: selected demographic variables such as age, weight, religion, education, work style, marital status, no. of children, healthy habits, social support system and presence of any medical illness.

**Setting of the Study:** The study was conducted within selected areas of Anand, Gujarat. The places covered are residential areas of Padarya, Vidhyanagar, Karamsad and Gamdi-Vad

**Population:** includes working women.

**Sample and Sample size:** The level of obesity induced depression was assessed using a self modified tool for the target population. In that those who have severe, moderate and mild level of obesity induced depression were selected as a sample.

The sample size was 30 obese working women with obesity induced depression.

**Criteria for sample selection**

Inclusion Criteria:

- Women with BMI more than 30.
- Women with minimal score on the depression scale.
- Women who are willing to attend counseling sessions.

**Exclusion Criteria**

- Women who are psychologically comfortable with their increased weight.
- Women who are not willing to attend counseling session.
- Women who are not attending any other counseling sessions during the present study.

**Sampling technique:**

In this study, non-probability convenient sampling technique was used. The total numbers of samples were 30.

**Tools for data collection**

The tool is based on the information gathered from relevant literature review, and BDI-II scale and Hamilton's Depression Rating Scale is used.

**This consists of two parts:**

**Part 1:** Consist of demographical variables such as age, weight, religion, education, work style, marital status, number of children, healthy habits, social support system and presence of any medical illness.

**Part 2:** the investigator prepared self administered tool based on the objective of study to assess the level of obesity induced depression among working women.

This scale consist of 20 statements to measure the level of obesity induced depression

**Score interpretation:**

After the patient has completed the questionnaire, add up the score for each of the twenty questions. The highest possible total for the whole test would be sixty. This would mean the patient circled number three on all twenty questions. Since the lowest possible score for each question is zero, the lowest possible score for the test would be zero. This would mean the patient circled zero on each question. You can evaluate your depression according to the Table below.

- 0 \_\_\_Happy with self
- 1-10 \_\_\_These ups and downs are considered normal
- 11-20\_\_\_ Mild depression
- 21-30\_\_\_Moderate depression
- Over 31\_\_\_Severe depression

**MAJOR FINDINGS OF THE STUDY:**

Result of demographic variable

The study of 30 samples reveals that 16 (53%) women were within the age group of 21 to 30years, 6 (20%) women were 31 to 40years of age and 8(27%) women were above 41 years.

90% of the women were above 70kg weight. 57% of the selected women were married,

37% were unmarried while remaining 6% were found to be either divorced or widowed.

Only 2 women had a sedentary work style while 28 women had a routine moderate work style.

33% of the women had a family history of obesity.

Out of the 30 obese working women only 9(30%) followed an irregular schedule of healthy weight reduction practices such as yoga, exercise and aerobics at home.

70% of the women selected belonged to nuclear families while 30% were from joint families. Including the married women selected 63% of them were obese due to various reasons other than pregnancy.

30% of the women were exposed to stressors since the last 6 months.

25 women did not complain of any present history of medical problems while the remaining 5 individuals had complaints such as arthralgia, lower back pain and hypothyroidism.

**EFFECTIVENESS OF COUNSELING:** After the individual counseling sessions the level of obesity induced depression has significantly decreased. The 't' calculated value 4.08 is more than tabulated value 2.05 at 0.05 level of significance.

**ASSOCIATION BETWEEN THE LEVEL OF DEPRESSION AND SELECTED VARIABLES:** There is significant association between level of depression and social support system of working women suffering with obesity induced depression at p value 0.05 level. (Calculated value is 15.2 which is greater than the tabulated value 5.99).

#### CONCLUSION

The main objective of the study has been obtained and the hypothesis is accepted that mild and moderate level of obesity induced depression has significantly reduced after counseling. The difference between the pre test & post test values was 5.06. It is also seen that there is a significant association between screened level of depression and social support system as well as following healthy habits and screened level of depression.

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