

Sports: A solution to obesity

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Abstract

Over the years obesity has become more and more common. The most common causes of obesity are to do with diet and lifestyle. The number of children that are either overweight or obese has been steadily increasing. Obesity can lead to many health related problems later in life and for these reasons it is important to have a healthy and active lifestyle. Based on 2008 data, about 33% of youth and children obese. Obese youth are more likely to be inactive, and inactivity in childhood leads to about a 90% likelihood of inactivity throughout the lifespan. Inactivity leads to increased likelihood of chronic and acute health conditions. Therefore it is critical to quality of life, health and well-being that children be physically active, are encouraged to do so, and like it. In an era where childhood and youth obesity is a public health issue, daily required Physical Education in our schools is a rarity, yet data indicates physical activity increases cognitive function and therefore academic achievement, making it possible for children to actively transport themselves to school seems like a great solution to many issues.

Keywords: Obesity, overweight, health, inactivity, physical activity, Physical Education

Introduction

Overweight is defined as having excess body weight for a particular height from fat, muscle, bone, water, or a combination of these factors. *Obesity* is defined as having excess body fat. Obesity is a vexing problem in the developed economies. For developing countries like India, obesity has become a public health priority. Probably, India is, in our own eyes, still a country of poverty, hunger and malnutrition. Yet, statistics suggest otherwise. India is one of the capitals of diabetes and cardiovascular diseases. India's economy is, better poised, making it less poor and more "wealthy." Yet, it is this very wealth which brings with it an unwanted epidemic of obesity, diabetes and cardiovascular disease. Development brings with itself urbanization and reduction in physical activity. It also leads to inflation, which reduces access to increasingly expensive fruits and vegetables. The rural continue to enjoy the benefits of physical activities, while the urban are at a relative disadvantage

Indian studies, however, indicate that the living conditions in rural areas have improved considerably. Transport facilities, medical care and food habits, educational status, and family income have dramatically improved, which along with easy access to city and television watching, result in unwanted changes in lifestyle. These have eventually led to significant increase in body mass index (BMI) as well as abdominal obesity in both sexes. The prevalence of overweight rose from 2 to 17.1%. The changing lifestyle of the rural dwellers was found to be a contributory factor for the rising rates of obesity and associated metabolic diseases such as diabetes.

Aim of the study

The present study aims to bring into notice the increasing problem of obesity, among children in the country and find a solution to it with sports.

Objectives of the study

To know how to diagnose obesity, to spread awareness among parents & children regarding obesity, prevent childhood

obesity through sports, expand the role of sports in preventing obesity among children, evaluate obesity prevention initiatives Create social awareness.

Hypothesis

Lack of exercise is a cause of obesity. If schools had more time for sports activities childhood obesity would decrease. To tackle the menace of obesity through sports.

Sample

250 students were analyzed to find their stress levels.

Method

Bisht Battery of Stress Scale (BBSS) was constructed and standardized by Dr. Abha Rani Bisht (Almora). The battery has been designed to find out the stress. The battery contained the different thirteen scales of the stress.

Obesity- A menace

Obesity causes a metabolic storm inside you. It shortens your life, causes very high levels of diabetes and other hormonal changes. "About 40 to 60 percent of India's urban population is obese. It is a problem bigger than malaria and tuberculosis," said Anoop Misra, chairman of the National Diabetes, Obesity and Cholesterol Foundation, and author of several recent studies on the problem. "America had this rising curve of obesity in the '70s. That is where we are today in India."

The number of neighborhood gyms and yoga studios has grown in India in the past two decades, but the country has few commercial diet programmes or nutritionists. Bariatric surgery has become the latest quick fix for those who can afford it. There has been a new wave of unhealthy eating, including processed food and snacks as well as fast-food. Several American burger chains, such as Johnny Rockets, Burger King and Carl's Jr. — have opened in India in the past year — joining KFC and McDonald's — to capitalize on what is being called India's "burger revolution." India's obesity problem is an anomaly in a country where almost 270 million

people live in poverty, and one in two urban poor children is underweight. Experts say India suffers from the double burden of rising obesity and diabetes. The country has about 65 million diabetes patients, and about 80 percent of those cases are caused by obesity.

DIET

All aspects of traditional India are not healthy. For instance, many traditional Indian foods are oil rich, carbohydrate overloaded, and just unhealthy. Some traditional Indian customs like tobacco chewing and smoking are also unhealthy. It is high time that we spread a national obesity prevention program in our country, in order to prevent the threat of increasing obesity and its complications like diabetes, hypertension, dyslipidemia, cardiovascular disease, cancer, sleep apnea, and osteoarthritis.

Food is an extremely important aspect of everyone’s life. It can be broken up into five main categories. It is important that we eat a variety of foods to ensure we can stay alert, concentrate and have plenty of energy throughout the day! Cereals, Vegetables, Fruit, Dairy, Meat, fish and Poultry should be included in the diet.

Role of sports to curb obesity

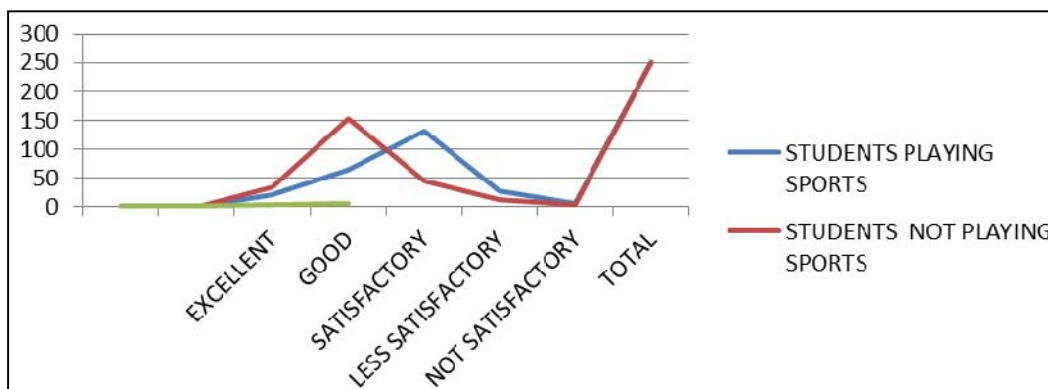
Participation in sport has many social benefits, not only is it enjoyable and help keeps you fit, but also increases community cohesion, community networks, reduction in sense of isolation and loneliness. As well as improved communication skills, friendships and competitiveness. The social aspect of sport often leads to sport growth and improved health amongst whole communities and networks of people. By inviting friends to come play sport you are increasing the awareness which can lead to growth in the sport and mitigates the chance of obesity among children. There are also mental health benefits which include, improved self-esteem and confidence, reduces stress, improved mood and sense of wellbeing, improved concentration, enhanced memory and learning. Between TV viewing, Internet use, video games and cell phones, children spend roughly seven hours per day tethered to an electronic device. Youth sports offer an alternative to fight the ill-effects -- such as obesity -- of too much screen time. Whether the child plays basketball or joins little league or swimming with the local club, athletic endeavors can take him away from the video games and cell phone apps and help him to get physically fit.

Data Analysis

Table 1: Table showing comparison in social adjustment between children playing sports and children not indulged in sports

Level of Social Adjustment	Students Playing Sports		Students not Playing Sports		Z	P
	No. of Students	%	No. of Students	%		
Excellent	22	8.8	35	14	-1.8293	Ns
Good	64	25.6	153	61.2	-8.0307	< 0.05
Satisfactory	132	52.8	46	18.4	8.0324	< 0.05
Less Satisfactory	27	10.8	12	4.8	2.5015	< 5.05
Not Satisfactory	5	2	4	1.6	0.3364	Ns
Total	250	100	250	100		

Graphical Representation



From the above table it was observed that the educational and emotional adjustment in children playing sports (< 0.05) was better than the students who did not indulge into sports.

Discussion

From the above findings it is observed that the level of social adjustment in children playing sports is higher than children not playing sports. It was also observed that the playing children were healthier, focused and had a positive attitude. They were cheerful and active throughout the day. It is clear that children involved in sports have a quiet mind and level of

stress was very less. It was observed that they are physically and mentally strong. They were physically fit and were in perfect shape. Their BMI was in normal limits.

Conclusion & Recommendations

From the above findings it can be concluded that sports play an important role in the overall development of the children. It relieves them from various stresses and tensions. It keeps them physically fit. It provides them the necessary relaxation and provides them with an opportunity to lead a stress free life. It is recommended that sports should be made an integral part of

the curriculum. There must be a sports period. Every child must participate in sports activities. Parents and teachers should encourage children to play. If every child indulges in some type of sport it will definitely help to curb obesity. Parents, teachers and government should take a note of it and encourage more participation in sports.

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