

International Multidisciplinary  
Research Journal

Golden Research  
Thoughts

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RNI MAHMUL/2011/38595

ISSN No.2231-5063

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## DEFICIENCY OF BALANCED NUTRITIONAL DIET AND OBESITY: A SERIOUS PROBLEM AMONG THE UNIVERSITY STUDENTS



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### Short Profile

K. Sundar is Physical Education Director at Anna University Regional Centre, Coimbatore. He has completed B.A., M.A., M.P.E.S., M.P.H.I.L. and Ph.D. He has Professional Experience 10 years.

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### ABSTRACT:

Obesity and deficiency of balanced nutritional diet has become a serious body mass profile problem today (WHO, 2004). Obesity means having too much body fats and adipocytes. Overweight falls into two categories - the athletic overweight, applied to trained athletes and very physically active persons doing strength developing or body building physical activities. Such are overweight due to training which enlarges muscles,

promotes muscle and bone growth and allows fewer fats which are termed ? essential fats?. BMI is simply a numeric measure of a person's body ? thinness or ? thickness. Many colleges and universities have a health services and campus fitness and sports centers which are a prime setting for nutrition education to occur. Many factors are affecting dietary and physical activity habits of college students. Fitness and Nutritional programs should be developed with the goals of college students in mind. Currently, there is limited available research on the nutrition and physical activity goals of college students. Therefore, the purpose of this study is to examine the body mass index (BMI) and nutritional goals of the 2015-16. The regular physical fitness and sports activity of University students. The study examined the BMI profile of the students. Some students felt university dining services as a supporting aid to eating healthy, while others felt that this helped promote healthy eating. They reported fitness and nutritional programmes are playing vital role to maintain fitness.

### KEYWORDS

*BMI, physical education, sports and Nutrition.*

## INTRODUCTION

Obesity has become a serious body mass profile problem today (WHO, 2004). Obesity means having too much body fats and adipocytes. Such are overweight due to enlarges muscle, bone growth and allows to indicates the essential fat as well as storage fats. 1. Essential fat - this is the amount of fat we need to survive.2. Storage fat - this consists of fat accumulation in adipose tissue, some of which protects our internal organs in the chest and abdomen.3. Total body fat: is essential fat plus storage fat is called Total body fat percentage. A person's bodyweight is at least 20% higher than it should be; he or she is considered obese. . An obese person has accumulated so much body fat that it might have a negative effect on their health. The body fat percentage is the weight of fat divided by body total weight. The sedentary overweight arises from both accumulations of essential and unessential body fats. Overweight means weighing too much, and has either positive or negative health implications. Nelson et al. suggest that the college years have traditionally been considered a time of ? optimal health and wellbeing? , however dietary and physical activity habits, which may be developed during the college years, can affect the development of chronic disease. Many college students also do not have variety in their diets and report eating similar types of foods every day. There are many factors influencing dietary habits, including food and beverage marketing which often targets college students and promotes late night eating. College students are not participating in sports and physical activities. Many colleges and universities have health services, sports and physical activity centres which are a prime setting for nutrition education to occur. Many factors are affecting dietary and physical activity habits of college and university students.

## PURPOSE OF THE STUDY:

Well planned fitness and Nutritional programs should be developed with the goals of college students in mind. Currently, there is limited available research on the nutrition and physical activity goals of college students. Therefore, the purpose of this study is to examine the body mass index (BMI) and balanced nutritional diet goals of the 2015-16 important of physical education and sports activity of the students of Anna University.

## METHODOLOGY:

Subjects were selected from a purposive sample of 75 male students from Anna university regional centre Coimbatore, age group was 19 to 23 years. All the I & II year PG male students can opt sports and physical activity. Students were explained about the importance of BMI, Nutrition and fitness. The weighing machine was used for the measurement of the body weight of each subject, while Stadiometer was also used to measure the height of each subject.

BMI is calculated by using the following equation (WHO):  $\text{BMI} = \frac{\text{Weight(kg)}}{\text{Height (m)}^2}$  Nutritional goals information used includes self-reported age and questionnaire of the subjects. The data collected were arranged in line with WHO (2004) body mass classification chart. To interpret BMI, WHO (2004) body mass classification chart have used.

BODY MASS INDEX (BMI)	BODY WEIGHT STATUS
less than 18.50	Underweight
between 18.50 and 25	Healthy weight
I between 25 and 30	Overweight
between 30 and 40	Obese
over 40	Very obese, morbidly obese

### Data analysis:

The analysis of the data showed that 13 students were underweight, 42 has normal weight, 14 overweight, 4 pre obese and 2 obese.

Table 1. Tabulation of Body Mass Index

Number of Students BMI	Under Weight	Normal	Over Weight	Pre-Obese	Obese
75	(16- 18.49)	(18.5- 24)	(24.1- 24.99)	(25- 29.99)	(30 and 30above)

### Analysis on Nutritional Goals:

Some participants were more specific than others in their goals. A different participant had a more specific goal of ? I would like to exercise at least 30 min., 5 days a week, and another said ? Exercise 45+ minutes, 4 times/week. Many participants mentioned aerobic exercise and weight lifting as types of physical activity they were interested in doing. Improving one's fitness level was also seen commonly. There were many reasons stated as to why a participant's goal was to improve fitness. M Not feeling tired while exercising or increasing endurance were reasons stated often. One stated ? I want to be in better shape so I don't get tired as fast.? Others were less specific, such as this participant who stated ? To become more physically fit.? Yet another's goal was to ? Be fit and healthy which will make me feel better/good.?

#### (i) Weight Goals:

Goals relating to a participant's weight were seen across all subjects. These weight goals included losing weight, gaining weight, and maintaining weight. Some participants had set a goal weight they would like to reach.

#### (ii) Balanced Diet:

Eating a balanced diet was seen as a goal in all subjects.

#### (iii) Snacking:

Goals related to snacking emerged across all subjects. Many stated their goal was to stop or reduce the amount of snacks eaten. Others wanted to find healthier snack to consume.

#### (iv) Mental or Emotional Related Goals:

Goals related to mental and emotional aspects emerged in all subjects as well as normal weight, overweight, and obese I BMI classifications. These goals included reducing eating for reasons other than hunger, worrying about gaining weight, and having a positive attitude about eating healthy and one's body image.

#### (v) Physical fitness goal:

Goals related to physical fitness emerged across all subjects. Students are participating in weekly two hours sports classes. They expressed their interest in participating daily games practice after and before college hours. They have the goal to attain normal level of BMI.

#### DISCUSSION ON FINDINGS

1. Overall, physical activity levels tend to decrease between high school, college and university while sedentary activities such as studying, using the computer, and watching television habit are increased in university students.
2. Those who gained weight during the first six months of college reported having decreased levels of physical activity during the first 3 months of college compared to when in high school and UG degree.
3. Students reported an average of thirty hours a week of sedentary behaviors. Older students tended to spend more time using the computer while younger students reported participating in more days of physical activity.
4. As per the student report, watching television was seen to compete with physical activity as students who watched more television were less likely to have spent time doing physical activity. Some students felt university dining services as a supporting aid to eating healthy, while others felt that this helped promote healthy eating.
5. This suggests the need for and importance of physical education and nutrition knowledge in all educational institutions and empower students to make healthy life style.
6. Nutrition and fitness classes may be an effective way to deliver the nutrition and physical education.

#### CONCLUSION AND RECOMMENDATIONS:

1. While many barriers exist for college students, they are not impossible to overcome. Students with increased nutrition knowledge have been seen to have more healthful eating habits.
2. In addition, there were a wide variety of nutrition and physical activity related goals that were reported by college students.
3. This study suggests that the need of physical education in curriculum based education to develop the healthy society and adequate knowledge of overall fitness.

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