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A STUDY OF PERSONALITY DISORDERS IN OBESE TEENAGE BOYS



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ABSTRACT:

The objective of the present study is to compare personality disorders between obese and normal weight teenage boys. For present study, 100 obese teenage boys (Ave. age 17.22 yrs) and 100 normal weight teenage boys (Ave. age 17.89 yrs) from various govt. and private schools/junior colleges operational in and around Nagpur city were selected to serve as sample. WHO (1995) classification for Body Mass Index was used to identify obese and normal weight teenage boys. Jodhpur Multiphasic Personality Inventory prepared by Joshi and

Malik (1981) was used to assess personality disorders among selected subjects. Results reveal that obese teenaged boys had significantly higher mean scores on dimensions of JMPI namely anxiety, obsessive-compulsive reaction, hysteria-dissociate, depression and neurasthenia as compared to normal weight teenage boys. No significant difference was observed in other dimensions of JMPI i.e. conversion reaction, phobia, social introversion, L-scale, K-scale, F-scale and An-scale between obese and normal weight teenage boys. It was concluded obesity to a greater extent may trigger the development of personality disorders in teenage boys but the role of some other factors such as traumatic experience, genetics, social settings etc. can not be ruled out.

KEYWORDS

Psycho-neurotic disorder, adolescence, girls.

INTRODUCTION :

A young person whose age is between 13 to 19 years is considered as teenager. Since the age number ends with teen, they are referred to as teenagers. Apart from biological changes of puberty, teenagers also experience cognitive changes which increases their ability to think abstractly. In teenage years, a boy or girl needs more independence. In teenaged period emotional highs and lows are common. It is also natural that teenagers also want to look good and impress other with their overall appearance. It also also been noted in the past by researchers that obese teenagers are often teased and these could lead to psychological mal-development.

It has also been scientifically shown that obesity has been major cause which affect personality, mental health and cognitive well-being [Ternouth et al. (2009), Kristy et al. (2011), Taylor et al. (2012), Shaker et al. (2014), Jia-In Lee, Cheng-Fang Yen (2014)].

As western culture takes its roots in India, the problem of obesity is alarming rising in teenaged population in India. Surprisingly no study has been conducted in Indian socio-cultural context in which effect of obesity has been observed upon development of personality disorders in teenage boys. Hence, to fill this void the present study was planned.

HYPOTHESIS

It was hypothesized that obese teenage boys will exhibited more magnitude of personality disorders as compared to normal weight teenage boys.

METHODOLOGY :-

The following methodological steps were taken while conducting the present research work.

Sample :-

For present study, 100 obese teenage boys (Ave. age 17.22 yrs) and 100 normal weight teenage boys (Ave. age 17.89 yrs) from various govt. and private schools/junior colleges operational in and around Nagpur city were selected to serve as sample.

Tools:

Following tools were used to fulfil the objectives of the study -

(a) Jodhpur Multiphasic Personality Inventory :

To assess personality disorders in selected subjects, Jodhpur Multiphasic Personality Inventory prepared by Joshi and Malik (1981) was used. This inventory consist of 283 items and its psychoneurotic scale consist of 12 items i.e. anxiety, phobia, obsessive-compulsive reaction, conversion reaction, hysteria dissociate, neurotic depression, neurosthenia, social introversion and awareness scale. This inventory is highly reliable and valid.

(b) Body Mass Index:

WHO (1995) classification for weight status was adopted in the present study. According to the WHO, a BMI <18.5 kg/m² is defined as underweight, 18.5-24.9 kg/m² as normal weight, 25.0-29.9 kg/m² as overweight, and >30.0 kg/m² as obesity.

Procedure:

Through convenience sampling method a large pool of teenage boys were selected. Height and weight of these selected subjects were measured. Body mass index was calculated by using the formula given by WHO (1995). Afterwards subjects were classified into two categories i.e. normal weight and obese. This process was continued till desired number of samples in each group were not met.

The selected subjects were then subjected to Jodhpur Multiphasic Personality Inventory prepared by Joshi and Malik (1981) in a laboratory like condition. Scoring of the responses was done with the help of author's manual. Afterwards, the obtained data was tabulated according to their respective groups and 't' test was used to compare the data between two study groups. The results are presented in table 1.

RESULTS

Table No. 1
Comparison of Personality Disorders between Normal Weight And Obese Teenage Boys

Personality Disorders	Normal Weight Teenage Boys (N=100)		Obese Teenage Boys (N=100)		t	Level Of Significance
	M	S.D.	M	S.D.		
Anxiety	26.24	13.66	36.87	10.55	6.15	.01
Obsessive-compulsive reaction	31.70	13.01	37.96	11.64	3.58	.01
Conversion-Reaction	21.42	12.48	23.86	11.19	1.45	NS
Hysteria-Dissociate	5.46	3.47	6.71	3.70	2.45	.05
Phobia	8.37	5.58	9.20	5.13	1.09	NS
Depression	31.41	12.01	36.14	9.28	3.11	.01
Neurasthenia	9.68	4.58	10.95	3.92	2.10	.05
Social Introversion	44.48	9.52	45.84	8.59	1.06	NS
L-scale	38.83	6.11	39.19	4.79	0.46	NS
K-scale	52.56	9.83	53.68	7.36	0.91	NS
F-scale	25.88	8.92	25.38	6.79	0.44	NS
Awareness Scale	5.06	3.85	6.10	4.09	1.85	NS

Not Significant (p>.05)

A perusal of table 1 statistically suggest that teenage obese boys were more anxious (t=6.15,

$p < .01$), showed more magnitude of depression ($t = 3.11$, $p < .01$), and exhibited higher degree of obsessive-compulsive reaction ($t = 3.58$, $p < .01$) as well as neurasthenia ($t = 2.10$, $p < .05$) as compared to teenage boys from normal weight category. In contrary to these findings, no statistically significant difference was observed between obese and normal weight teenage boys on dimensions of JMPI namely conversion reaction, phobia, social introversion, L-scale, K-scale, F-scale and An-scale respectively.

DISCUSSION

The analysis of data reveal that there exists significant difference in some dimensions of personality disorders i.e. anxiety, obsessive compulsive reaction, hysteria dissociate, depression and neurasthenia between normal and obese adolescent boys. All these personality disorders were distinctly higher in obese teenage boys as compared to normal weight teenage boys. On the other hand no significant difference was observed in dimensions of personality disorders i.e. conversion reaction, phobia, social introversion, L-scale, K-scale, F-scale and An-scale between normal and obese teenage boys. While observing personality disorders on the basic of obesity it was observed that personality disorders was found to be more in magnitude in obese teenage boys as compared to normal weight teenage boys although not all the dimensions were statistically significant. It has been noted by various researchers that social settings, genetic factors, traumatic experience, and biological vulnerability are also important factors as far as development of personality disorders are concerned. Hence although personality disorders are found to be on higher side in obese adolescent as compared to normal weight adolescents, it may not be the only factor which triggers personality disorders. Some other factors such as family environment, social factors, genes etc. are also combined with obesity to pin pointedly assess personality disorders.

CONCLUSION

It was concluded that development of personality disorders in teenage boys are somewhat associated with obesity with some other factors also contributing in it.

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