

## **PSYCHOLOGICAL AND PHYSICAL ISSUES : FACTORS FOR OBESITY**

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### **ABSTRACT**

*There is a significant amount of interest in it in India. There are a number of variables that have contributed to the current epidemic of obesity in urban areas of both developed and developing countries. These causes include improved access to healthcare, more discretionary money, and an increase in the number of food alternatives available. All of these factors have played a role in individuals being less active. During the contemporary period, the issue of obesity in adolescents has become a serious concern for public health all over the world. The promotion of physical exercise, the encouragement of good food habits, and the creation of supportive settings in both the family and the school should be the primary focuses of public health programs. For the purpose of resolving inequalities in the prevalence of obesity, it is vital to implement targeted treatments that are suited to various socioeconomic circumstances. Furthermore, comprehensive interventions should include changes in legislation, participation with the community, and educational campaigns in order to bring about long-term improvements in the behaviors and environmental variables that contribute to the obesity of adolescents.*

**Keywords:** *Overweight, Psychological , Physical , Issues*

### **INTRODUCTION**

Researchers and academicians from a variety of fields have provided a variety of definitions of obesity. These individuals have provided a number of different interpretations of this term. "Obesity is that situation in which the accumulation of reserve fat gets so excessive that it interferes with the activities of the body," according to Albrink and Meig (2015). "Obesity is that situation." According to Berry (2018), obesity is characterized by an excessive amount of body fat, which commonly results in the condition's bulkiness. It is referred to be obesity when there is an excessive amount of fat in relation to the total body mass mass. As a result of the buildup of excess fat in the body, obesity is the underlying reason. The condition known as obesity is a medical condition that is defined by an unusually high amount of body fat.

The state of a person's health is not something that occurs to them at birth; rather, it is something that is formed by their genes, their biology, and the environment that they reside in as they get older. As the incidence of obesity continues to rise, it is becoming a big worry for the health of people all over the world. There is a significant amount of interest in it in India. There are a number of variables that have contributed to the current epidemic of obesity in urban areas of both developed and developing countries. These causes include improved access to healthcare, more discretionary money, and an increase in the number of food alternatives available. All of these factors have played a role in individuals being less active. During the contemporary period, the issue of obesity in adolescents has become a serious concern for public health all over the world.

It is One of the most significant challenges facing public health on a worldwide scale is the pandemic of obesity, which is accompanied by a number of illnesses and early deaths. The percentage of people who are obese is rising at a startling rate in the developed world, and it has



reached epidemic proportions. According to the prevailing information from individual country studies published by the International Fat Taskforce (2015), the percentage of fat in the body of males varies from 10% to 20%, while the percentage of fat in the body of females ranges from 10% to 25%. In affluent countries, obesity is no longer a serious health problem; nevertheless, in a number of developing nations, it is becoming more of a crisis than it was in the past.

### **Currently dealing with an increase in obesity and the health concerns**

Around the world, regions that are economically developed have a higher prevalence of obesity compared to those that are still developing. When it comes to adopting a Western way of life, however, developing countries are rapidly catching up to the developed world in terms of their adoption strategies. It is ironic that impoverished countries, who have been struggling for decades with communicable illnesses and undernourishment, are also currently dealing with an increase in obesity and the health concerns that it generates. Research conducted by Afridi and Khan (2024) indicates that traditional cultures that are undergoing economic modernization are exhibiting a fast increase in the prevalence of obesity. According to El Rhazi et al. (2021), deficiency disease has developed into a two-pronged threat in economically disadvantaged and middle-income countries.

The coexistence of undernutrition and obesity is more likely to be seen in urban areas as compared to other regions. Around the turn of the century, it is possible that more people may pass away as a result of complications connected to overnutrition than they would die as a direct result of hunger.

As a result of obesity in adolescents, two primary issues arise: First and foremost, obesity is linked to a number of significant health issues, including but not limited to high blood pressure, poor conjugated protein profiles, diabetes, cardiovascular disease (CVD), cancer of any sort, and death from any of these causes. The possibility that obesity may persist until adulthood is the second cause for worry since it raises the risk of a wide variety of chronic diseases. According to the Harvard Growth Study, those who were overweight when they were children had a more than twofold increased likelihood of being overweight as adults. Obesity in children and adolescents is linked to a wide range of psychological and social problems, one of which is a lack of self-esteem. The fast urbanization and lifestyle changes that are occurring in emerging countries like India are contributing to an increase in the prevalence of obesity among adolescents. Teenagers who are overweight are more likely to be socially isolated and to be on the margins of their social networks.

In order to avoid obesity and the difficulties that are associated with it in adults, it is essential to recognize risk factors and take action with overweight children and adolescents via intervention.

Obesity, which is defined by an abnormal excess of body fat, is one of the primary causes of chronic disease and impairment on a worldwide scale. These conditions are caused by obesity. According to the findings of Andreyeva et al. (2024), being overweight has a negative impact on quality of life, leading to a rise in medical expenses, putting a pressure on the health care system, and resulting in lost productivity owing to health issues, incapacity, and premature death and death. According to Kokiwar (2021), being overweight is associated with a number of dangers that are intrinsic to the condition, as well as an increased threat of acquiring other major health issues. The findings of a population-based sample of American children and adolescents aged 5–17 showed that seventy percent of obese children and thirty-seven percent of fatty teenagers had at least one upset risk factor. At the same time, there is a growing body of research that suggests that being overweight is associated with an increased risk of developing cancer. According to the



findings of study conducted by the American Institute for Cancer study (2008), elevated levels of body fat are associated with more than 100,000 cases of cancer that occur annually in the United States. Obesity, a frequent but complicated disorder that arises from the interaction of a number of genes and surroundings, may be characterized by an energy imbalance in the future.

### **General Information Regarding Adolescents**

"Adol" comes from the Latin word "adolescere," which means "to grow to maturity." The English term "adol" is derived from this Latin word. The young people of a country constitute a significant part of the human resource base of that country. Because it symbolizes the beginning of a new period in a person's life, which may be challenging at times, adolescence is an important time from a person's perspective. This will be noticed by adolescents, who will then look to the future. The narcissism that is prevalent among teenagers makes it difficult for them to engage in constructive self-criticism. The majority of descriptions of adolescence center on the length of time that it typically lasts. Alternately, adolescence may be defined as the period of time between childhood and maturity during which a person experiences physical, psychological, and social growth. This phase of transition between childhood and adulthood is characterized by fast changes in many aspects of development, including sexual development, the discovery of one's actual personality, the formation of temperamental values, the decision of a professional path, and participation in public life. It is also an opportunity for you, as an adult, to test your limitations and measure how far you are capable of pushing yourself.

When it comes to a wide range of specific health and social problems, adolescents are at a higher risk than adults. There are some that are associated with inherited factors, while others are associated with physiological changes that are brought on by substances such as alcohol, drugs, physiological problems, and genital ailments. Currently, we are home to the largest generation of teens in the history of the world, with 1.2 billion individuals in this age bracket, which is equivalent to one out of every five people on the planet. Roughly 85 percent of all countries are considered to be developing nations, and in particular areas, they account for approximately one third of the total population. The proportion of these young people who come from wealthy or middle-class families is significant and continues to increase year after year. When compared to other age groups, the population of teenagers is expanding at a pace that is much quicker than that of other age groups. More than twenty-two percent of the people living in the state of Rajasthan in India are under the age of eighteen.

There is a concerning high prevalence of malnutrition among adolescents. Overweight or obesity, iron deficiency anemia, and uptake disorders such bulimia and eating disorder nervosa are the most prevalent results of deficiency sickness in teenagers. Other typical effects include nutritional deficiencies. In contrast to being undernourished, which results in stunted growth and a low body weight, being overnourished leads to the accumulation of extra fat and, ultimately, illness. On the other hand, the consumption of healthful foods like milk, fruits, and vegetables is relatively low, while the consumption of sugary meals is rather high. For this reason, poor eating habits are the root cause of a significant number of nutritional deficiencies, as well as overweight and obesity, among adolescents. Among adolescents, iron deficiency is one of the most prevalent nutritional deficiencies that they experience.

There are a variety of unique physiological changes that occur throughout the adolescent years on average. When a person reaches this age range, both the distinctions between people of the same gender and the similarities that exist between people of the same gender become much more obvious. A girl has a growth spurt that continues until she is twelve years old. This growth spurt is caused by her hormones when she reaches the age of ten or eleven. A growth spurt



begins in boys when they are twelve or thirteen years old and continues until they are fourteen years old. This growth spurt lasts until age fourteen. It is common for girls to grow six inches at this time, while boys generally grow eight inches. The relationship between growth rates and sexual maturity is inversely proportional. In the second stage of puberty, creative expression begins to develop.

- **Early Adolescence:** The early years of puberty are quite similar to the years that children are in. During that period, individuals are concerned by the idea of being taught new skills. Even adolescents possess the same characteristics. Quite a few of them have a negative attitude, which is communicated openly to their parents. Adolescents have the desire to go to places that bring them joy, to listen to music at a higher maximum level, and to wear the clothes and hairstyles that are now fashionable.
- **Late Adolescence:** Teenagers are almost completely through with their bodily transformations. It is common for the clan structure to modify in order to provide youth with the independence and autonomy they want. The children get a clear sense of their own identity. It is really in the middle of decreased levels of family conflict and increasing levels of self-respect among the family members.

There are numerous reasons to overindulge in food that serves no purpose in today's fast-paced culture, such as spending long hours at work hooked to a computer or TV. One of these causes is spending too much time in front of a screen. People have a tendency to eat at fast food restaurants, go out to restaurants, and have picnics when they are living under a great deal of strain. The current way of life is taking adolescents farther and more away from their families, and this trend is expected to continue. As a result of this, their thinking are becoming disordered. "It is possible for a person's physical body, cognition, social circle, and emotional condition to undergo transformations throughout the course of their adolescence.

Teenagers in the United States are expected to develop their own sense of autonomy, uniqueness, and independence because of the prevalent individualistic culture in the country. There is a conflict between the Western principles of liberty, individuality, exploration, and self-expression and the priority that these cultures put on tradition, conformity, obedience, and social integration. Therefore, the term "adolescence" is not particularly effective as a description for a single distinct and all-encompassing period of time since there is a lack of consistency among and between civilizations that are quite different from one another. As a result, the term "adolescence" has been defined in a variety of various ways during the course of the last century. Last but not least, it is evident that persons of the same age grasp the concept of adolescence. The onset of puberty may occur as early as nine years old for some females, while it can occur as late as thirteen years old for others. On account of this, the social and physical experiences of those individuals could be rather different from one another. The result of this is that women are treated differently depending on when they begin puberty in comparison to others who develop puberty later for the same reason.

Simply because they seem to be more mature, other people have a tendency to treat them as if they are older, and as a result, they act accordingly. An absence of legitimacy and an incapacity to cope with cultural variations, historical influences, and individual expressions are the defining characteristics of this age of transition between childhood and adulthood. The task of shaping adolescence is a challenging one due to the fact that adolescents are influenced by a number of factors that demarcate the border between childhood and adulthood.



## **Regarding Obesity and Overweight**

If a person is overweight or obese, it is essential for their health and longevity that they work toward achieving a healthy weight of their own choosing. There is a correlation between being overweight or obese and having a higher risk of developing serious cardiovascular diseases. In a similar vein, those who are very thin may be more likely to have issues that impair the viscose, contractile, and generative systems. Therefore, it is essential to have a healthy weight in order to prevent health problems and to ensure a long life. People who have dangerously high or dangerously low percentages of body fat nearly invariably suffer from serious health issues that lower their quality of life. These conditions may be described as "dangerous." In this day and age, one of the most serious challenges for public health on a worldwide scale is the pandemic of obesity around the world.

Overweight and obesity are now issues that are prevalent in both developed and developing countries at the present moment. Evidence that is only beginning to emerge shows that there is a connection between the prevalence of overweight persons and the effect on developing countries. The condition that is referred to as obesity is often characterized by the accumulation of fat in an unnatural or excessive manner to the point that it poses a threat to one's health. The crux of the matter is that the positive energy balance and the increase in weight are results that are not desired.

There is a correlation between the distribution of fat that happens as a result of weight gain and the sorts of illnesses that are connected with obesity, as well as the risks that are associated with such diseases. Obesity is a medical condition that is defined by an excessive buildup of body fat. Obesity has negative effects on health and may lead to a shorter life expectancy as well as serious health issues. The body mass index (BMI) is one of the indicators that are included; additional measurements of fat distribution, such as the ratio of the waist to the hips and overall vascular risk factors, are also included. There is a connection between obesity and a number of different health issues, including polygenic disorder, chronic heart disease (particularly vascular disease), degenerative joint disease, some forms of cancer, obstructive sleep apnea, and other associated conditions. As a result, it has been discovered that obesity reduces longevity.

## **Issues and high expenses connected with healthcare**

A person is considered obese when their calorie intake is more than their calorie burning. "A positive energy balance" is the term that is used to describe this situation. If this is the case, then the accumulation of fat will be a result of an excessive consumption of calories. By the turn of the century, it is plausible to expect that issues associated to over-nutrition will be responsible for the deaths of more people than famine itself was responsible for. A significant number of individuals, including medical professionals, those who specialize in health policy, parents, and grandparents, have lately taken note of the worrying increase in the prevalence of obesity among children. A great number of individuals are concerned that the present pandemic of childhood obesity will continue into adulthood, bringing with it all of the health issues and high expenses connected with healthcare that are linked with children being obese.

There is a concerning increase in the number of people who are obese, and it is well understood that obesity is a significant health issue in many regions of the globe. Obesity may be defined as an excessive amount of fat storage in comparison to the amount of lean body mass. According to the Centre for Disease Management and Prevention, the definition of being overweight is defined as having a body mass index (BMI) of 95 or above for a certain age. On the other hand, being at risk for being overweight is defined as having a BMI that falls between 85 and 95 for the same



age. Researchers from Europe determined that a body mass index (BMI) of 85 or higher corresponded to the category of overweight, while a BMI of 90 or higher was considered to be the category of overweight.

## **OBJECTIVES**

1. To study on Psychological and Physical Issues Factors For Obesity
2. To study on Diseases related with obesity among children and adolescents

## **Diseases related with obesity among children and adolescents**

The prevalence of overweight and obesity has reached epidemic proportions in industrialized countries, and it is fast increasing in a number of other nations with high or medium incomes as well as those with lower levels of development. It is also rapidly increasing in a number of other nations. Obesity is growing increasingly prevalent in both industrialized countries and developing ones, meaning that it is a major public health problem and a tough challenge in the contemporary world. As a consequence of this, organizations have started to place more of an emphasis on non-communicable diseases (NCDs) rather than communicable diseases. Due to the fact that they are linked to a wide range of diseases and conditions, obesity and overweight are considered to be substantial health hazards. In both industrialized and developing countries, children and adolescents are not immune to the pandemic of overweight and obesity that affects adults. This epidemic is affecting both adults and children. When it comes to the life cycle of persons, adolescence has become an extremely important stage due to the fact that it is a period of significant human growth that is characterized by fast maturation.

There is a correlation between being overweight and a decline in health, and this progression may occur in individuals of either gender and at any age. A gradual and laborious process, becoming overweight is tough to reverse once it has begun. If you do not consume a enough amount of calories, you may be at risk for developing a significant health condition that is associated with being overweight. Whenever the amount of energy (calories) that the body requires for growth and activity is more than what the body utilizes for energy (thermogenesis), the surplus energy is stored as fat, and children gain weight as a result. Having an unusually high amount of fat in the connective tissues of the body is the defining characteristic of obesity, which is sometimes referred to as over nutrition. Obesity is more frequent in children and adolescents than it is in elderly people. Those in higher socioeconomic strata are more likely to experience it because of their preferences about eating. It is very uncommon for children who are relatively obese throughout puberty to not need medication since this condition is believed to be normal. This is because it often contains a significant amount of fat and carbohydrates. Due to the dietary patterns that they developed as children, some children who were overweight may continue to be overweight as adults. An urban population's opinion of their own quality of life has undergone a paradigm shift, which has directly led to a substantial increase in the prevalence of obesity among both adolescents and adults. Childhood is the starting point for thirty percent of the obesity pandemic, and between fifty and eighty percent of the children who are overweight as children will go on to become overweight adults.

The frequency of overweight and obesity among youngsters has increased by a factor of four in both industrialized and developing countries, including India, during the course of the last twenty years that have passed. Twenty-two) becoming overweight as a kid increases the likelihood of becoming overweight as an adult, in addition to increasing the likelihood of developing other chronic health conditions such as type II polygenic disorder, hypertension, and depression. The



prevalence of obesity and overweight as a medical issue among children and adolescents all over the world is becoming more prevalent. Obesity in adolescents is linked to a wide range of health issues, such as hypertension, respiratory diseases, diabetes mellitus, greater concentrations of humour lipoid, and a great deal of other conditions. According to the findings of a study conducted at Harvard, those who were overweight when they were children had a fifty percent to one hundred percent increased risk of developing cardiovascular disease, diabetes, avoirdupois-related cancers, and inflammatory disorders as adults.

Given the prevalence of overweight and obesity among adults, as well as the many adverse effects that juvenile obesity may have over the course of a lifetime, the prevention of childhood obesity has been recognized as a priority in the field of public health administration. The epidemic of being overweight or obese is spreading over the whole world. It is estimated that over 2.8 million people pass away every year as a direct consequence of being overweight or obese, making it the fifth leading cause of death throughout the globe. According to a worldwide estimate provided by the World Health Organization (WHO), over 1.6 billion individuals (those aged fifteen and above) were overweight in the year 2005. At least 400 million adults were included in this group. According to the World Health Organization, by the year 2015, there will be the presence of almost 2.3 billion persons who are overweight, with over 700 million individuals being obese.

It is common for the rate of growth in teenagers to be constantly shifting in humans. This is due to the fact that it is reliant on elements related to genetics, hormones, and biological processes. Within the population of teenagers, the proportion of those who are overweight or obese is constantly increasing. Obesity and overweight are closely related to the consumption of food. In recent years, dietary trends have led to the replacement of nutrient-dense food with fashionable junk food that is not only convenient to travel but also tastes delicious. Although the dish has a considerable amount of calories and fat, it contains very few nutrients. There are a number of factors that contribute to the formation of eating habits among teenagers, including families, friends, schools, social networks, commercials, religious views, and statistics. A normal junk food diet is associated with a number of harmful effects, the most significant of which are a lack of energy, difficulties concentrating, and obesity, which may lead to complex, depression, heart disease, high cholesterol, stunted growth, early aging, and cavities. According to the findings of a study, adolescents are gaining weight as a consequence of their consumption of processed foods and diets that are high in fat concentration.

### **Psychological and Physical Issues Factors For Obesity**

There are one billion people who are overweight, and 300 million of them are regarded to be clinically obese; the prevalence of obesity has reached worrisome proportions. All individuals, regardless of their socioeconomic status, are experiencing the negative effects of obesity all around the world. According to a paper that was published by the World Health Organization Consultation on Fatness, being overweight or obese might have adverse effects on the metabolism of blood pressure, steroid alcohol, triglycerides, and hypoglycemic treatment resistance. In addition to the psychological and physical issues that are now occurring and will occur in the future, there are also substantial economic ramifications linked with childhood and teenage obesity.

- **Junk food:** The youngster does not eat meals because At each and every nook and cranny of the market, you may get wafers, chocolates, crunches, namkeen in a variety of flavors, kurkure, burgers, pizzas, and noodles. As a result of the fact that the majority of



these foods are high in calories but fail to include other essential components such as iron, minerals, vitamins, and so on, it is possible that they are empty calories. The consumption of an additional one hundred calories on a daily basis is theorized to be capable of achieving a weight gain of five kilos over the course of one year. In addition, consumption has increased as a result of the fact that these meals that are heavy in fat and sugar allow individuals to feel full more quickly, have a pleasant mouth feel, and make them want to consume more food and drink.

- **Social factors:** With an increase in the average income of the population, there has been a corresponding increase in the number of social functions. The young people today consider it a badge of pride to engage in the practice of sharing foods that are high in calories and fat with their friends and family.
- **Family Lifestyle:** Several aspects of the house and the environment in which parents raise their children may have an impact on the eating habits of children, which in turn can have an effect on their weight status. The environment that is provided by parents and families has also been the subject of a significant amount of attention from researchers. Research has been conducted on the factors that are associated with the development of obesity. This is due to the fact that the majority of early encounters with food and life events take place in the family. There is a correlation between their participation in family meals and the development of healthier eating habits in children and adolescents. However, in recent years, there has been a rise in the number of people who are using it outside of the house, and children and teens are increasingly making choices on the preparation of family meals and the selection of food. Meals served at hotels often have a higher percentage of fat and calories. There has been a very little amount of study conducted on the association between the overall parenting style and characteristics like as weight, physical activity, and child uptake. With that being said, there is evidence to suggest that a parenting style that places an emphasis on clear boundary setting, support, communication, and responsiveness may result in children eating healthier meals and participating in more physical activity. In addition, there are some conditions that are related with major disorganization, abuse, and neglect, which are also associated with severe obesity and aberrant intake.
- **Television/computer:** The majority of parents do not exercise any control over their children's involvement in watching a variety of television programs. Children have access to both video games and computers, and the proliferation of cyber joints has made both resources available to them. Because of this, the child is more likely to become a "couch potato" rather than participating in activities that take place outside. Because of this, children are putting on a significant amount of weight that they should not be. Parents have a tendency to take advantage of the availability of video games and television in order to fulfill their own obligations which include attending parties and getting together with their children, leaving the children at the mercy of the small screen instead.



- **Media:** the potential to have a significant amount of effect on the consumption patterns of adolescents. On a daily basis, adolescents see around three and a half hours of television. It is common for adolescents to eat enormous amounts of food while watching television and ads, which tend to get them munching. Those adverts have a tendency to cause overweight teens to consume more food than they would otherwise. The use of these items is both excused and encouraged by these signals. Characters on television consume food, drink, and discuss food at a rate that is around nine times per hour. The lethargy that is associated with weight is a common problem among adolescents.

## CONCLUSION

The outcomes of this research highlight the urgent need for treatments that include several facets in order to combat the rising burden of obesity among teenagers who are enrolled in regular school education. The promotion of physical exercise, the encouragement of good food habits, and the creation of supportive settings in both the family and the school should be the primary focuses of public health programs. For the purpose of resolving inequalities in the prevalence of obesity, it is vital to implement targeted treatments that are suited to various socioeconomic circumstances. Furthermore, comprehensive interventions should include changes in legislation, participation with the community, and educational campaigns in order to bring about long-term improvements in the behaviors and environmental variables that contribute to the obesity of adolescents. When stakeholders adopt a comprehensive approach to tackling these concerns, they have the ability to work toward lowering the incidence of obesity among adolescents who are enrolled in school and improving the health outcomes over the long run.

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