

Obesity and psychology

Psychology



**ASSIGN
BUSTER**

Obesity and Psychology Introduction Obesity refers to the abnormal accumulation of fat in the body. The body mass index, which is expressed as weight in kilograms divided by height in meters squared (kg/m^2), is used to determine whether an individual is obese or not.

Obesity is a major cause of concern as the condition can lead to many diseases and medical complications. In addition to this, obese individuals are looked down upon by the society. Such individuals suffer from numerous social and psychological problems like depression, anxiety, poor body image and self esteem.

Obesity and Teen Vs Adult Psychology

The condition of being overweight is not good for teens as it may have adverse long term repercussions (Frieden et al; 2010). Obese teenagers are more likely to have high blood pressure and high cholesterol levels in later life. However, as teenagers, they do not realize that obesity is a silent killer. This ignorance about the ill effects of obesity stems, in part, from the fact that these people have not yet experienced any major diseases or illnesses. They feel upset only when their friends and other people close to them tease them. Teenagers want to be associated with the opposite sex and have an inherent need to be admired and praised. Obesity acts as a stumbling block and may not enable an individual to interact and socialize with his or her peers (Merten et al; 2008). Teenagers thus tend to get rid of extra flab primarily because they do not look smart if they are overweight. Their only concern is the so-called 'cosmetic damage' that obesity has caused to them.

On the other hand, the adults actually feel and experience the damage that obesity has caused. As adults they have to shoulder many other

responsibilities. They understand the need to be physically and mentally fit to enable them discharge their duties. The adults are thus more interested in shedding weight because of medical reasons.

Works Cited

Frieden, Thomas R., William Dietz, and Janet Collins. "Reducing Childhood Obesity through Policy Change: Acting Now to Prevent Obesity." *Health affairs* 29. 3 (2010): 357-63. ABI/INFORM Complete. Web. 25 Feb. 2013.

Merten, Michael J., K. A. S. Wickrama, and Amanda L. Williams. "Adolescent Obesity and Young Adult Psychosocial Outcomes: Gender and Racial Differences." *Journal of Youth and Adolescence* 37. 9 (2008): 1111-22. ABI/INFORM Complete. Web. 25 Feb. 2013.