

# Statement of the problem essay examples

[Technology](#), [Development](#)



## **Introduction**

The research study has been conducted in order to determine the causes of obesity in children and subsequent measures in preventing the disorder.

Obesity in children has been on the rise over the recent years due to various factors. According to medical practitioners and researchers on the problem, children obesity has increased significantly as compared to adult obesity.

Several causes have been laid down for the increased observed child obesity across the world. For instance, genetic disorder, consumption habits and sedentary life habits among many have been identified as the major factors causing child obesity.

Obesity in children has become one of the major diseases associated with children in the recent years. According to statistics, obesity problem among children has increased from the past due to a various reasons. Therefore, intervention in obesity among children is of crucial importance in order to avoid serious complications in the future. A reduction in sedentary lifestyle among children of five years and below should be considered. Physical activities, a good combination of diet and behavioral therapy can significantly help reduce the problem of overweight among children.

## **Background Information**

Over the years, medical practitioners and researchers have observed an increase in obesity among children. Accordingly, obesity disease was commonly associated with the adults. However, the percentage of children suffering from overweight has increased more than the adults. In the United States, one out of every five children is overweight, and the number has

continued to increase. The effects of obesity have been adverse especially to children below the age of ten years.

According to studies, the problem of obesity among children has lead to a high rate of mortality. Psychological problems such as bullying, torture and discrimination is highly associated with overweight. Therefore, interventions have been made in order to reduce the problem not only in children, but also among adults. It is thus advisable that children with high chances of becoming obese take the necessary measures in order to avoid contracting the disease. Some of the measures preferred include cognitive and behavioral therapy, physical activities and reduction of sedentary life.

As a result of increase in the number of children with obesity disease, medical practitioners have intervened in order to prevent further spread of obesity. According to several research studies, obesity among children has become a major problem in the recent years as a result of improved lifestyles. In this case, individuals living sedentary lifestyles have become more prone to disease compared to people with low living standards. As a result, parents are encouraged to take preventive measures upon their children in order to prevent the disease from escalating. According to this paper, obesity among children in developing countries and in developed countries will be compared and analyzed.

## **Research Questions**

1. What is the major cause of obesity among children in the developed world?

2. What measures have been taken to prevent obesity in children?
3. How is the pattern of obesity among children over the years?

## **Objectives of the Study**

1. To find out the major cause of obesity among children in developed world
2. To figure out measures put in place to prevent obesity in children
3. To analyze obesity trends in children over the years

## **Significance of the Study**

The paper is aimed at finding the causes of obesity among children and various methods of overcoming the disorder. Additionally, various effects of obesity have been reviewed and discussed in the paper.

## **Limitations of the Study**

1. The constraint to acquire unique detailed information
2. Scarcity of finance to acquire relevant sources of secondary data.

## **Literature Review**

Obesity among children can be brought about by consumption of junk food.

It is common among children that they mostly take fast foods like pizza, noodles and burgers since they are easily available at the school canteens.

On the other hand, a sedentary life among the children has contributed to the problem of obesity. In the recent years, the use of computers and phones has increased among children. It is evident that children spent most of their time watching television or behind the computer screen playing computer games. Improved technology can be attributed to children being glued to computers and electronic accessories for leisure.

Obesity in children can be due to genetic factors. In this case, obesity problem runs in the family and thus common to the family members. Children with their parents, sisters or brothers obese will have a high chance of becoming obese. However, not all children from families with obesity history tend to be overweight. According to research, only a few cases of overweight among children are caused by hormonal problem. Obesity in children can have various effects on their life. For instance, obese children are usually the victims of bullying and tend to be discriminated thus cause an adverse psychological problem. According to several studies, obesity among boys has resulted in high mortality rates. On the other hand, overweight girls tend to have low self esteem, low education and unemployment. In addition, they remain to be unmarried even after they have reached 18 years of age.

## **Research Methodology**

The research methodology will entail all the procedures and research design to be followed in achieving the research objectives of the study.

## **Research Design**

Research design refers to how the research paper is to be conducted and planned throughout the study. It clearly defines the procedures and techniques to be carried out in addressing the research problem. The relationship between obesity disorders in developing countries will be compared with obesity in developed countries.

## **Study Area**

In this research study, the study area will be in the developed countries comparing with the obesity disorder in developing countries. Therefore, the research paper will objectively find out the difference between the two and their respective causes.

## **Target Population**

The research paper will mainly target children of ages 10 years and below in developed and developing countries.

### **Sampling Techniques and Sample Size**

The techniques applied in selecting the data to compute was that of cluster sampling and purposive sampling in which data from different years was selected and assumed to be a true representation of the whole data.

## **Data Type and Source**

In this paper, secondary data will be used for the purpose of establishing the main objective of the study. For this purpose, data from Centre for Disease Control and Prevention and Data Resource Centre for Child and Adolescent Health will be used in coming up with the conclusion of the study objective.

## **Works Cited**

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