A Study on Obesity Index and Weight Control Attitude of High School Students in Jeonju City

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Abstract

The purpose of this study is to compare the weight control attitude according to the gender and weight control attempt among high school students in Jeon–ju city. The subjects were divided into three groups, one with experience in attempting to lose their weight, one with no experience in attempting to gain their weight and one with no experience in attempting to control their weight. The mean height, weight and Percent of Ideal Body Weight (PIBW) of male were 174.1 cm, 66.3 kg, 104.1% respectively. The mean height, weight and PIBW of female were 161.7 cm, 52.5 kg, 97.7%, respectively. PIBW value of the weight loss attempt groups were significantly higher than PIBW value of the other groups (p<0.001). In the trial for weight control, direction to reduce is 44.4% and to gain is 6.8%, to no-trial is 48.8%, and female have more experiences to lose the weight compared to male (p<0.001). The interest degree toward control of female is higher than of male (p<0.001). According to weight control attempt, in the order of the weight loss attempt group, the weight gain attempt group and the no attempt group, the interest degree was significantly higher (p<0.001).

Sixteen out of 18 on a beliefs regarding weight control were significantly different between the two group by gender. Total score of 18 beliefs of male groups were significantly higher than those of female (p<0.01). According to weight control attempt, in the order of the weight gain attempt group, the weight loss attempt group and the no attempt group, Total score of 18 beliefs was significantly higher (p<0.001).

KEY WORDS : Obesity Index, Weight Control, High School Students.