

Analysis of psychological variables among obese and non-obese college men

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Abstract

The purpose of the study was to analyze the psychological variables among obese and non-obese college men. For the study the students of Jat college, Rohtak was selected for the study. The study was further delimited to the men students studying in bachelor degree classes only. The age of the subjects ranged from 18 to 25 years. Each study group consisted of fifty subjects, which was assumed to be large enough the purpose of this investigation. The study was delimited to the following variables i.e. psychological variables personality (Self-concept). To compare the lean, average and obese subjects for their psychological variables, the analysis of variance (ANOVA) was employed. The level of significant was set at .05 levels.

Keywords: psychological, lean, average, obese

1. Introduction

The prevalence of overweight in the world is one of the most pressing health problems. One has only to observe the people in some public places to have a graphic demonstration of how large a proportion of population is overweight. Most people enjoy eating and there is plenty of good food. Obesity threatens to become the 21st century's leading health problem. As more Nations become industrialized and urbanized, the prevalence of obesity would inevitably rise. The rapidly increasing prevalence of obesity has led to obesity being characterized as an epidemic. According to the World Health Organization, obesity and its complications are the leading health threat globally problem.

2. Objective of the study

To find out differences between obese and non-obese college men on personality traits.

4. Result and Interpretation

3. Method and Procedure

Number of Student: A total 150 men 50 from lean 50 from average and 50 from obese student from Jat College, Rohtak were selected for the study.

Variables: Psychological variables (personality traits)

Tool used to measured

The personality traits of lean, average and obese college men were measured by using the Eysenck personality Questionnaire – Revised (Eysenck 1980).

Statistical Procedure

To compare the lean, Average and obese subjects for their psychological variables, the Analysis of variance (ANOVA) was employed. The level of significant was set at .05 level of significant.

Table 1: Analysis of variance for the means of lean, average and obese groups in psychological variables

Variables	Source of variance	Df	SUM OF SQUARES	MEAN	F - ratio
Psychoticism	Between	12	38.304	3.630	
	Within	16	51.330	2.739	1.014
	Total	26	228.162	8.518	
Neuroticism	Between	12	222.01	22.00	
	Within	16	356.73	26.22	.731
	Total	26	368.00	19.30	
Extraversion	Between	12	142.01	10.70	
	Within	16	133.72	12.72	.322
	Total	26	140.26	2.94	
Lie Score	Between	12	184.59	15.40	
	Within	16	136.40	11.50	.992
	Total	26	215.14	2.43	

Significant at .05 Level, $F_{.05}(2,147) = 3.06$

Table 1 showed that there were no significant differences among lean, average and obese groups on Psychoticism, Neuroticism, Extraversion and Lie Score and Self-

concept as their respective F-ratios of 1.014, .731, .322 and .992 were less than the F- value of 3.06.

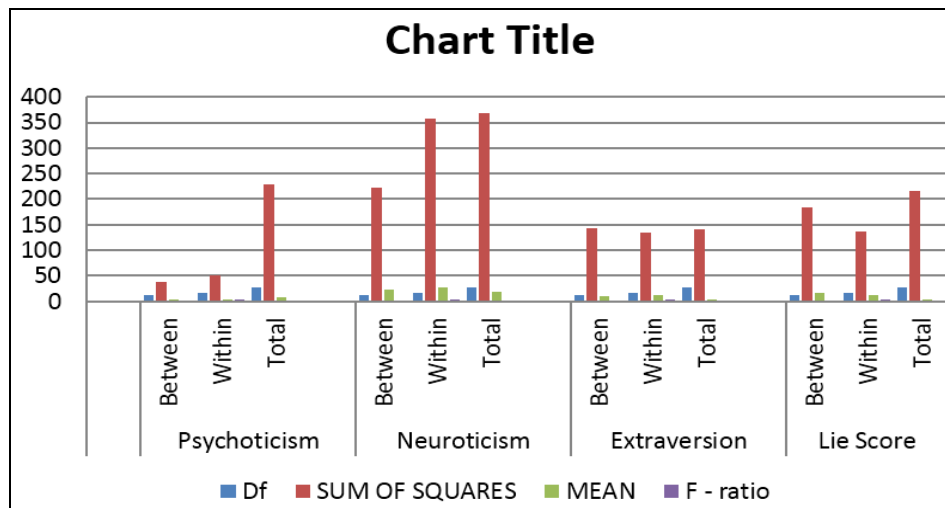


Fig 1: Graphical representation for the means of lean, average and obese groups in psychological variables

5. Findings with Regard to Psychological Variables

The result of the study indicated that lean, average and obese groups did not differ significantly on the dimension of Psychoticism, Neuroticism, Extroversiona and Social Desirability or Lie Score of Eysenck’s Personality Inventory. These four groups also did not differ on personality traits.

6. Conclusion

1. The non-obese and obese college women did not indicate any significant differences in the dimensions of Psychoticism, Neuroticism, Extroversiona and Social – desirability or lie score of Eysenck’s Personality Inventory.
2. Average college male were found to be more extrovert than lean and obese college men.

7. References

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