

An Overview of the Objectives and their Characteristics in Groups of 16-19 Years in the Middle Schools of Tirana

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Abstract: ***Introduction:** Obesity has become one of the biggest problems with public health, being considered the 21st century disease. Healthy nutrition and obesity prevention is one of the top priorities in many countries around the world, especially developed ones. This study aims to explore the causes and consequences associated with obesity. The results of such a study enable recognition with the recognition of the causes of obesity and its characteristics in our country, which would also help in taking concrete measures to prevent its addition. **The purpose of the study:** The purpose of the thesis consists in gathering information about teenage knowledge about obesity, their way of feeding, and receiving information about nutrition. At the same time, as a supplement to the picture, in this research aims at studying the causes that contribute to the development of obesity as well as the main consequences in the life of an obese individual, lifestyle, psychosocial consequences, throughout life's functioning. This is so that by studying and understanding these consequences in depth, it may be helpful to treat and prevent them. **Material and Method:** This study is descriptive-analytical and aims to study the causes of obesity and gender-based distribution in adolescents of 16-19 years of age. To achieve the purpose of this study, a standardized and validated WHO questionnaire was considered. The study included a total of 73 students in 3 gymnasiums in Tirana, namely Sami Frashëri, Elez Isuf Ndreu and Ibrahim Rugova Kamëz, a school in urban area and two in peripheral areas of Tirana. Information on demographic data such as age, gender, as well as data related to nutrition physical activity, data were also obtained about the information that the pupils had about feeding and where they received nutrition information. Data retrieval was initially created by creating a database in Excel and then analyzing and extracting certain results. Data tables and graphics were used to visualize the data. **Outcomes:** Of the 73 individuals included in the study, 33 or 45% were males and 40 or 55% were females. From their interview, it was concluded that the reasons that negatively affect the achievement of a good body shape were stress and lack of energy. Regarding the question of physical activity exercised by high school students, each day, it was concluded that most of them exercised physical activity 60 minutes a day, which is a good defense factor against obesity development. Regarding the knowledge they had about the health problems caused by obesity came to the conclusion that according to them the most common health problems related to obesity are depression and diabetes. Regarding the question of how much time you spend on the night at the computer being that Long standing in front of the computer and TV is one of the main reasons for obesity development, it was concluded that most of them were in front of the computer for 1 to 2 hours a night. **Conclusions:** The ever-increasing school should play an important role in obesity through implementing specific policies and promoting healthy eating habits and physical activity, conscious choices for healthy behaviors among young people. School is the ideal place to promote health and healthy growth of children, not only through nutrition and physical activity programs but also through initiatives to promote a healthy lifestyle for the families of these students.*

Keywords: obesity, lifestyle, nutrition, physical activity, age group

1. General Information

Obesity has turned into one of the biggest problems in terms of public health, being considered the 21st century illness. Healthy nutrition and obesity prevention is one of the top priorities in many countries around the world, especially developed ones. This study aims to measure the prevalence of obesity among 16-19 year-old school children. At the same time it aims to explore the causes and consequences associated with obesity. The results of such a study enable the recognition of the prevalence of obesity and its characteristics in our country, which would also help in taking concrete measures to prevent its increase.

Obesity is described as a public health problem that is gradually taking epidemic proportions. Prevalence of obesity and obesity is growing alarmingly from one region to another. In children, there is also an increase in the number of obesity figures. Obese and obese children are likely to remain in adulthood and are likely to have physical and psychological problems for this reason.

Nowadays, obesity is becoming more and more a thorny problem with regard to its impact on society. Such an issue

is an example of a problem that can only be solved by a co-operation of different actors such as the family, community, school, etc. The researchers have determined a number of factors contributing to this. Thus, many studies have concluded that obesity may be related to inheritance. On the other hand, numerous studies have linked obesity to the environment, considering it too obese. An element that is related to the environment is in some ways a life style as well. Thus, a life style that does not take care of choosing healthy foods and the person is not involved in physical activity or is sedentary, is far more likely to lead to obesity. Equally important is the exploration of obesity-related consequences. Researchers have identified a number of obesity-related health implications, such as type II diabetes, cardiovascular heart disease, respiratory problems, and so on. Likewise, studies have also identified psychological consequences associated with obesity such as body image problems, self-esteem, depressive symptoms. Obesity thus has an evident impact on the quality of life. The challenge to this problem is especially for obese persons, but not just them. Everyone can contribute somewhat.

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2. Material and Method

In order to realize the purpose of this topic, a standardized and validated WHO questionnaire was considered. The issue of this questionnaire was based on the importance of informing teenagers about nutrition, physical activity and prevention as a the basic step in obesity. The study included a total of 73 students in 3 gymnasiums in Tirana, namely Sami Frashëri, Elez Isuf Ndreu and Ibrahim Rugova Kamëz, a school in urban area and two in peripheral areas of Tirana. Information on demographic data such as age, gender , as well as data related to nutrition physical activity, data were also collected and information related to the pupils about the manner of nutrition and where the nutrition information was taken.

Each participant in the study initially clarified the purpose of the content study how the data would be collected how they would be used and how they would be stored.

Data entry was done at the beginning by creating a database in Excel and then analyzing and extracting certain results.

For numeric variables, the magnitude of the central inclination (median arithmetic, median and mode) and dispersion dimensions (standard deviation) were reported. For categorical variables, the numbers and percentages were reported. Data tables and graphs are used for visualization of data.

3. Results

Table 1: Distribution of the population in the study based on gender

Gender	No.	%	Total
Male	33	45	33
Female	40	55	40
Total	73	100	73

Gender	Frequency	Cumulative frequency	% Cumulative frequency
Male	33	33	45.20
Female	40	73	100

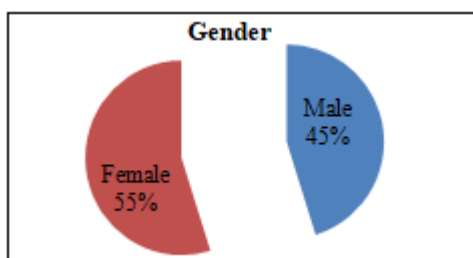


Figure1: Distribution of population in study based on Gender

As far as gender information is concerned, it was noted that the most affected were female with 40 individuals or 55% of cases compared to men with 33 individuals or 45%. *Gymnasium "Sami Frashëri"*

Table 2: Distribution of interviewees at Sami Frashëri school by gender

Gymnasium	Gender	Men	Female	Total
Sami Frashëri		18(50%)	18(50 %)	36(100 %)

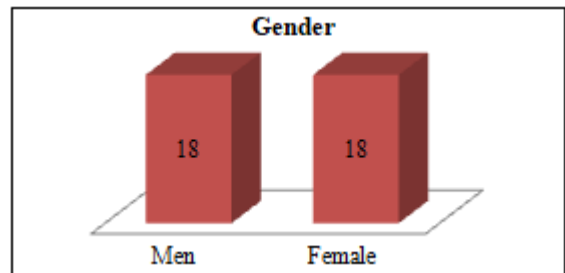


Figure 2: Distribution of interviewees at Sami Frashëri school by gender

Of the 36 individuals interviewed at the Sami Frashëri Gymnasium, 18 individuals or 59% were male and 18 were individuals or 50% were females.

The first question:

If you want to be in good physical shape, what do you think negatively affects?

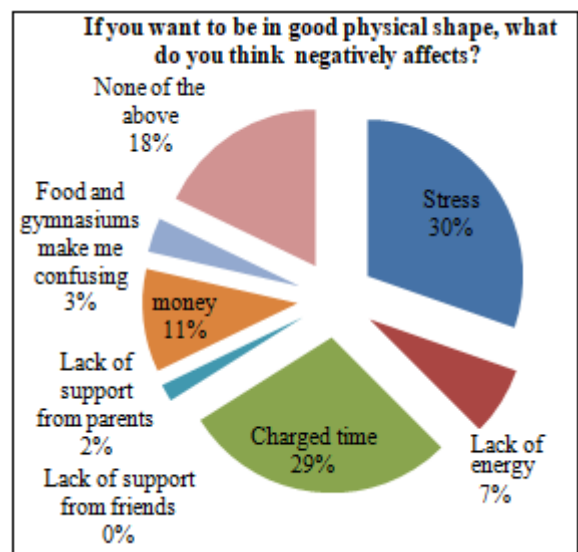


Table 3: If you want to be in good physical shape, what do you think negatively affects?

Stress	Lack of energy	Charged time	Lack of support from friends	Lack of support from parents	money	Food and gymnasiums make me confusing	None of the above
17	4	16	0	1	6	2	10

Figure.3. If you want to be in good physical shape, what do you think negatively affects?

From their interview, it was concluded that the reasons that negatively affect the achievement of a good body shape at Sami Frashëri school were stress and lack of energy.

The second question:

How often do you eat in fastfood?

Table 4: How often do you eat in fastfood?

Every day or almost every day	Several times a week	About once a week	Several times a month	Rarely or never
4	11	4	7	10

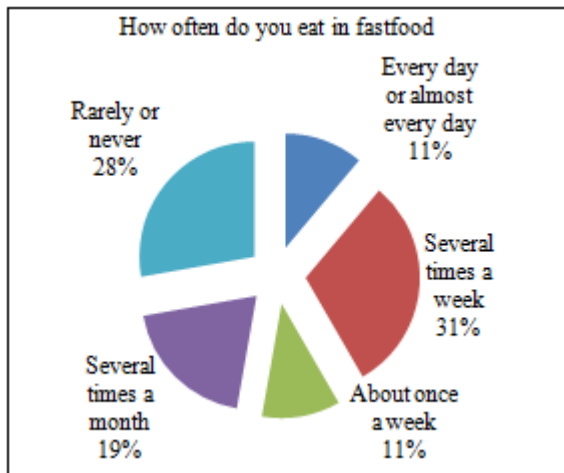


Figure 4: How often do you eat in fastfood?

Regarding the question of how often high school students in fastfoods attend this school, it was concluded that in most cases, they frequent several times a week, which is a great predisposing factor for developing obesity.

The third question: Which of the following health problems are related to being overweight or obese?

Table 5: Which of the following health problems are related to being overweight or obese?

arthritis	depression	Sleeping problems	asthma	Heart diseases	High Blood Pressure	migraine	diabetes
0	12	4	0	7	3	1	30

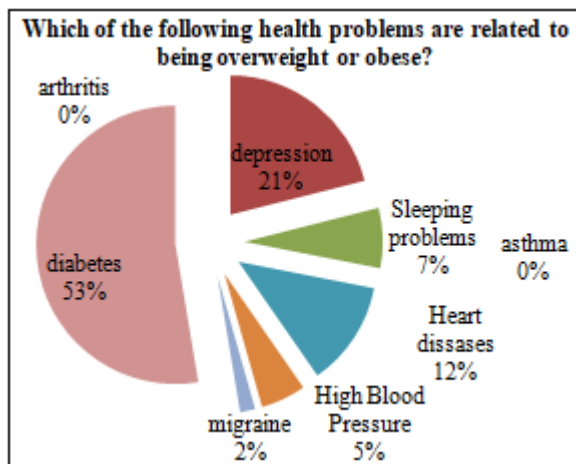


Figure 5: Which of the following health problems are related to being overweight or obese?

Regarding the knowledge they had about the health problems caused by obesity came to the conclusion that according to them, the most common health problems related to obesity are depression and diabetes.

Gymnasium "Ibrahim Rugova"

Table 6: Distribution of interviewees at Gymnasium "Ibrahim Rugova school by gender"

Gymnasium "Ibrahim Rugova"	Gender	Men	Female	Total
		6(35%)	11(64%)	17(100%)

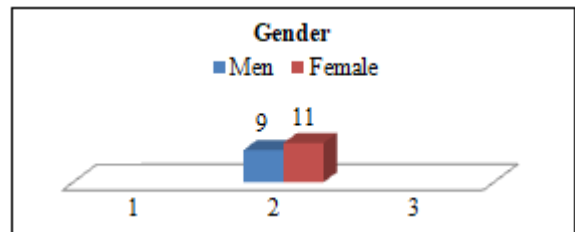


Figure 6: Distribution of interviewees at Gymnasium "Ibrahim Rugova school by gender"

Of the 17 individuals interviewed at gymnasium Ibrahim Rugova it turned out that 6 individuals or 35% were males and 11 individuals or 64% were females.

The first question:

If you want to be in good physical shape, what do you think negatively affects?

Table 7: If you want to be in good physical shape, what do you think negatively affects?

Stress	Lack of energy	Charged time	Lack of support from friends	Lack of support from parents	money	Food and gymnasiums make me confusing	None of the above
9	9	3	3	0	0	1	4

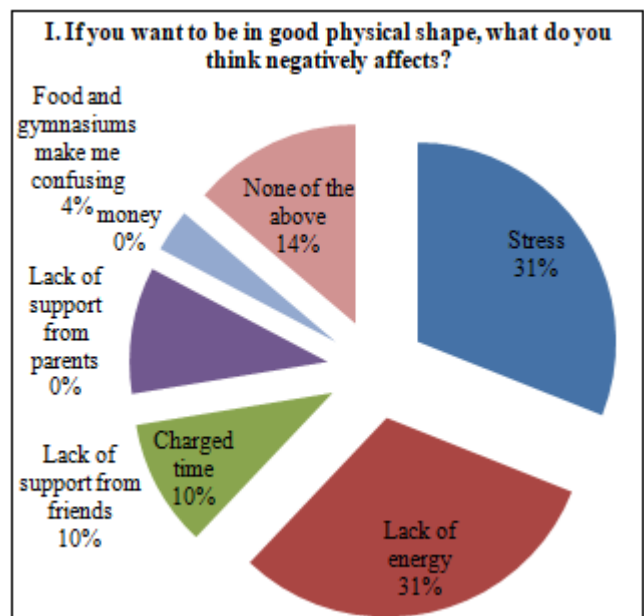


Figure 7: If you want to be in good physical shape, what do you think negatively affects?

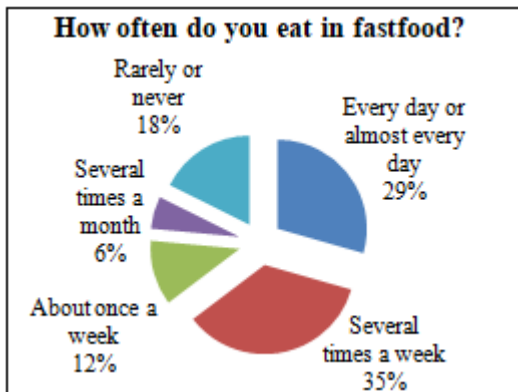
From their interview, it was concluded that the reasons that most negatively affect the achievement of a good body shape were stress and lack of energy.

The second question:

How often do you eat in fastfood?

Table 8: How often do you eat in fastfood?

Every day or almost every day	Several times a week	About once a week	Several times a month	Rarely or never
5	6	2	1	3



Regarding the question of how often high school students in fastfoods attend this school, it was concluded that in most cases they frequent several times or almost every day of the week, which is a major factor in the development of obesity.

The third question:

Which of the following health problems are related to being overweight or obese?

Table 9: Which of the following health problems are related to being overweight or obese?

Stress	Lack of energy	Charged time	Lack of support from friends	Lack of support from parents	money	Food and gymnasiums make me confusing	None of the above
0	6	2	1	0	0	0	8

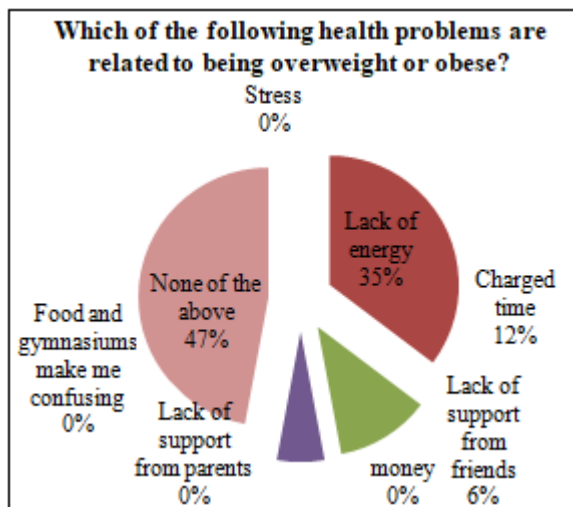


Figure 9: Which of the following health problems are related to being overweight or obese?

Regarding the knowledge they had about the health problems caused by obesity came to the conclusion that according to them, the most common health problems related to obesity are depression and diabetes.

Gymnasium "Elez Isuf Ndreu"

Table 10: Distribution of interviewees at Gymnasium "Elez Isuf Ndreu" by gender

Gymnasium "Elez Isuf Ndreu"	Gender	Men	Female	Total
		9(45%)	11(55%)	20(100%)

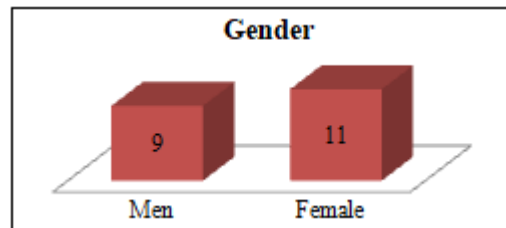


Figure 10: Distribution of interviewees at Gymnasium "Elez Isuf Ndreu" by gender

Of the 20 individuals interviewed at gymnasium Elez Isuf Ndreu resulted that 9 individuals or 45% were males and 11 individuals or 55% were women.

The first question:

If you want to be in good physical shape, what do you think negatively affects?

Table 11: If you want to be in good physical shape, what do you think negatively affects?

Stress	Lack of energy	Charged time	Lack of support from friends	Lack of support from parents	money	Food and gymnasiums make me confusing	None of the above
16	3	0	3	1	2	0	1

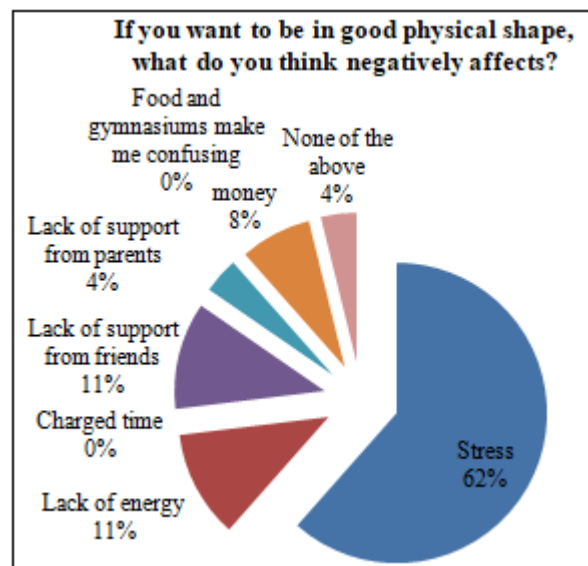


Figure 11: If you want to be in good physical shape, what do you think negatively affects?

From their interview it was concluded that the reasons that most negatively affect the achievement of a good body shape were stress and timetable.

The second question:

How often do you eat in fastfood?

Table 12: How often do you eat in fastfood?

Every day or almost every day	Several times a week	About once a week	Several times a month	Rarely or never
2	8	3	4	3

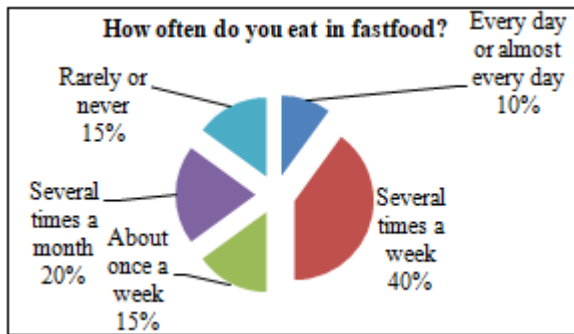


Figure 12: How often do you eat in fastfood?

Regarding the question of how often high school students in fast foods attend this school, it was concluded that in most cases they frequent several times or almost every day of the week, which is a major factor in the development of obesity.

The third question:

Which of the following health problems are related to being overweight or obese?

Table 13: Which of the following health problems are related to being overweight or obese?

Stress	Lack of energy	Charged time	Lack of support from friends	Lack of support from parents	money	Food and gymnasiums make me confusing	None of the above
2	7	5	1	4	3	0	5

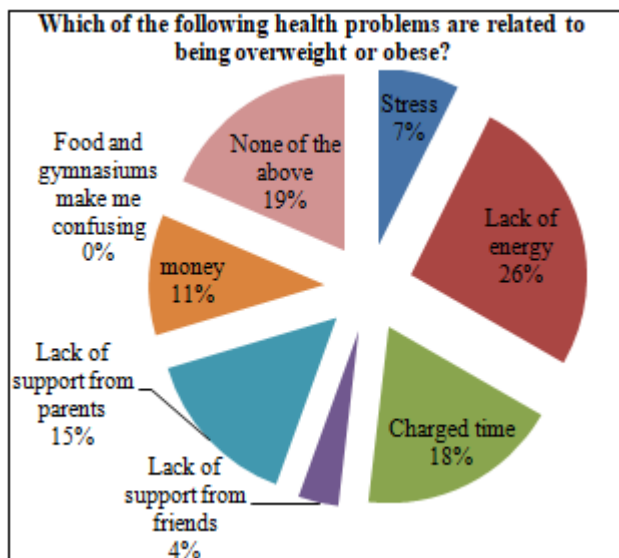


Figure13: Which of the following health problems are related to being overweight or obese?

As far as their knowledge about the health problems caused by obesity came to the conclusion that according to them the most common health problems related to obesity are depression and diabetes.

4. Conclusions

- As far as gender information is concerned, it was noted that the most affected were female with 40 individuals or 55% of cases compared to men with 33 individuals or 45%.

- Of the 36 individuals interviewed at the Sami Frashëri Gymnasium, 18 individuals or 59% were male and 18 were individuals or 50% were females.
- From their interview, it was concluded that the reasons that negatively affect the achievement of a good body shape at Sami Frasher school were stress and lack of energy.
- Regarding the question of how often high school students in fastfoods attend this school, it was concluded that in most cases, they frequent several times a week, which is a great predisposing factor for developing obesity.
- Regarding the knowledge they had about the health problems caused by obesity came to the conclusion that according to them, the most common health problems related to obesity are depression and diabetes.
- Of the 17 individuals interviewed at gymnasium Ibrahim Rugova it turned out that 6 individuals or 35% were males and 11 individuals or 64% were females.
- Regarding the question of how often high school students in fastfoods attend this school, it was concluded that in most cases they frequent several times or almost every day of the week, which is a major factor in the development of obesity.
- Regarding the knowledge they had about the health problems caused by obesity came to the conclusion that according to them, the most common health problems related to obesity are depression and diabetes.
- Of the 20 individuals interviewed at gymnasium Elez Isuf Ndreu resulted that 9 individuals or 45% were males and 11 individuals or 55% were women.
- From their interview it was concluded that the reasons that most negatively affect the achievement of a good body shape were stress and timetable.
- Regarding the question of how often high school students in fastfoods attend this school, it was concluded that in most cases they frequent several times or almost every day of the week, which is a major factor in the development of obesity.
- As far as their knowledge about the health problems caused by obesity came to the conclusion that according to them the most common health problems related to obesity are depression and diabetes.

5. Recommendations

Measures for a Healthy Life:

- Increase the amount of fruit and vegetable consumption.
- Eat fruits and almonds in their natural form as intermediate meals
- Be physically active. Try to walk, bicycle or swim for about 30-60 minutes for most of the week.
- Reduce food consumption such as cheese, chips, bacon, table sauces, salted almonds and canned foods.
- Be aware of the value of mixing indicators on the consumable food labels - learn what you are eating.
- Prepare at least one vegetarian meal per week.
- Do not give up on meals. Eat three convenient meals a day.
- Reduce the portion of food and avoid unnecessary carbohydrates is an easy way to lower weight without feeling deprived of food.

- If you drink, do not consume more than 2 alcoholic beverages per day.
- Quit smoking.

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