Impact of childhood obesity on scholastic achievements

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ABSTRACT

Children overweight linked to behaviour problem in obese children such as anxiety loneliness, low self-esteem. The complexity of the relationship of health to academic achievement overweight in boys may be a risk factor for lower academic performance. Overweight children have significantly lower math scores, however, these differences could be explained by other factors such as parental education. Although overweight and non-overweight children gained similarly on math and reading test scores.

Key words : Obesity, Scholastic

During school years, breakfast is very important as it facilitate and enhance scholastic performance and contributes to the development of voluntary attention and the concentration required as part of learning process. It also helps to achieve the number of required nutritional events during the day and helps individuals to avoid consuming foods, high in simple sugars during mid morning.

METHODOLOGY

The study was conducted in Kanpur district. Two Hindi and two English medium schools were selected in this study. 300 sample size were used 1:1 ratio girls and boys selected. Dependent and independent variables used such as cast, obesity and scholastic achievement. The statistical tools paired 'P' test and Fisher 't' test.

RESULTS AND DISCUSSION

Table 1 gives the family profile of the children respondents. Regarding the education of parents, it was revealed that most of the parents of both sexes *i.e.* 26.7 per cent and 20.0 per cent were graduates followed by post graduates 9.3 per cent and 21.3 per cent and metric passed 6.7 per cent and 14.7 per cent. Only 18.7 per cent and 18.7 per cent were intermediate in both sexes of upper class family, while in the both sexes of middle class family, most of the parents *i.e.* 12.0 per cent and 6.7 per cent were graduates. 16.0 per cent and 10.0 per cent were post graduate. Rest of parents 8.0 per cent

Family variables	Boys		Girls	
	High	Middle	High	Middle
Education of parents				
High School	10 (6.7)	4 (2.7)	22 (14.7)	5 (3.3)
Intermediate	28 (18.7)	12 (8.0)	28 (18.7)	8 (5.3)
Graduate	40 (26.7)	18 (12.0)	30 (20.0)	10 (6.7)
PG and above	14 (9.3)	24 (16.0)	32 (21.3)	15 (10.0)
Occupation				
Business	42 (28.0)	15 (10.0)	54 (36.0)	5 (3.3)
Service	30 (20.0)	28 (18.7)	34 (22.7)	22 (14.7)
Agriculture	15 (10.0)	10 (6.7)	11 (7.3)	4 (2.7)
Any other	5 (3.3)	5 (3.3)	13 (8.7)	7 (4.7)
Family type				
Up to 5 members	74 (49.3)	46 (30.7)	70 (46.7)	28 (18.7)
More than 5 members	18 (12.0)	12 (8.0)	42 (28.0)	10 (6.7)
Family income				
Up to Rs. 10,000	-	16 (10.7)	-	12 (8.0)
Rs. 10,000 to Rs. 20,000	-	34 (22.7)	-	21 (14.0)
Rs. 20,000 to Rs. 30,000	22 (14.7)	8 (5.3)	26 (17.3)	5 (3.3)
Rs. 30,000 and above	70 (46.7)	-	86 (57.3)	-

Table 1 : Distribution of respondents according to their family variables