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PSYCHOLOGICAL AND BEHAVIORAL PROBLEMS OF OBESE MALE
FEMALE IN SELECTED BAKANGAYS OF INDANG, CAVITE

Thesis

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**PSYCHOLOGICAL AND BEHAVIORAL PROBLEMS OF OBESE MALE AND
FEMALE IN SELECTED BARANGAYS OF INDANG CAVITE**

Undergraduate Thesis
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ABSTRACT

BADIANG, LOURVY ANN A. Psychological and Behavioral Problems of Obese Male and Female in Selected Barangays of Indang Cavite. Undergraduate Thesis. Bachelor of Science in Psychology. Cavite State University, Indang, Cavite. October 2009. Thesis Adviser: Ms. Teresa Q. Amarille.

This study was conducted to determine the psychological and behavioral problems of obese male and female in selected barangays of Indang Cavite. It aimed to (1) determine the profile of the respondents in terms of age, gender, civil status, educational attainment, family monthly income, height, weight and body mass index, (2) determine the level of psychological problems among the male and female respondents in terms of ; anxiety, depressions, stress, and discrimination (3) determine the level of behavioral problems among obese male and female respondents in terms of eating habits, and motor activity (4) determine if profile can influence the respondents psychological and behavioral problems (5) determine the significant relationship of psychological and behavioral problems among male and female respondents; and (6) determine the significant differences in psychological and behavioral problems with regards to gender.

The researcher used two sets of questionnaire namely (1) Psychological Problem Scale (2) and the Behavioral Problem Scale. Both of the instruments were administered to the respondents. The sampling procedure was purposive sampling method to determine the target respondents necessary to complete the data collection. The criteria in the selection of respondents were obese male and female aging from 16-40 years old; in

selected barangays of Indang Cavite.

The result showed that majority of the respondents are belong to age range of 26-35 (1.8%). Most of them are female (62.7%) and married (52.7%) and attained college education (63.6%) with family monthly income ranging from 15,000 to 20,000 Php.

Findings revealed that the profile respondent from selected area of Indang, Cavite is related to the psychological and behavioral problems of obese male and female respondents in terms of educational attainment. There is significant relationship in psychological and behavioral problems of obese male and female, and there is no significant differences in psychological and behavioral problems of obese male and female in regards of gender respondents in Indang, Cavite.

Recommendations were made that a friendly approached is deemed necessary for obese male and female to improve their education. Further, they should maintain proper exercise habits and that barangay official's prude additional.

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PSYCHOLOGICAL AND BEHAVIORAL PROBLEMS OF OBESE MALE AND FEMALE IN SELECTED BARANGAYS OF INDANG CAVITE ^{1/}

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INTRODUCTION

The number of obesity cases in the Philippines is alarming; Health Secretary Dayrit revealed 70% of the populations die due to non-communicable disease caused by unhealthy behavior patterns, including activity, poor diet and smoking. The condition was caused by Filipinos adaptation of fast-paced lifestyle of “instants” such as meals, instant meals and less physical activity. It is no longer a mystery that the Philippine is rapidly becoming a nation of couch potatoes. The common perception may be only rich countries have the problems associated with obesity, but people are increasingly sedentary throughout the world. According to World Health Organization (WHO) up to 85% of adults in the developing countries are sedentary, while surprisingly it is lower in developed countries at 65%. Health officials report that Asia and the developing World are in the midst of an epidemic, the WHO considers pollution, lack of public parks and facilities and crowding, traffic and crime due to inactivity in poorer countries, caused