

**AWARENESS ABOUT OBESITY IN POSTGRADUATE STUDENTS OF  
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Pakistan.[mrirranqadir@hotmail.com](mailto:mrirranqadir@hotmail.com),[ramsharavish123@gmail.com](mailto:ramsharavish123@gmail.com)**ABSTRACT**

All animals and humans have some amount of fats and adipose tissue in their body at some required amount as it exceeds the person become obese. Obesity occurs due to consuming excess amount of food, lack of sleeping. Increase demand of new technologies, endocrine hormone disruption, smoking which suppresses appetite, use of medicine, faulty gene of obese. Many diseases occur due to obesity such as cardiovascular diseases, diabetes type 2, Cancer, depression. In this study, a questioner was given to the 38 postgraduate students of Institute of Molecular Biology and Biotechnology for the awareness about obesity. Views are obtained from M.phil students about its awareness. According to this study analysis, 76% students said obesity is a genetic disease, 87% student views that it is metabolic disorder and 61% said it easily curable. Objective of this study is to aware postgraduate students of Bahauddin Zakariya University Multan about obesity.

**KEYWORDS:** Obesity, disorders, suppresses, appetite, disruption.**INTRODUCTION**

The massive concentration of adipose tissue within the body is known as obesity. Obesity is increasing day by day. If person has more than 20% bodyweight than it should have then it is consider in obesity. Body mass index (BMI) is statistical measurement that obtains from person's weight and height. Obesity occurs due to consuming excess amount of food, lack of sleeping. Increase demand of new technologies, endocrine hormone disruption, smoking which suppresses appetite, use of medicine, faulty gene of obese. It is increasing World wild in adults and children while it is more common in females than men. Childhood obesity is also increasing day by day. Which becomes serious issue and leads to the adult? Many diseases occur due to obesity such as cardiovascular diseases, diabetes type 2, Cancer, depression etc (McGrath, 2017). Developing countries are facing this emerging problem of obesity as in Asia, Egypt, Africa and become epidemic in United States and Canada (Flynn et al. (2006). Obesity as increased about 1.5 million people were suffered from 2001 to 2015 (Mendy et al., 2017). Obesity three times more chronic disorder; it is high rate community risk in 500 cities (Fitzpatrick et al., 2018).

The basic purpose of this study was to determine the awareness of Molecular Biology and Biotechnology students of **Bahauddin Zakariya University Multan** about obesity.

**METHODOLOGY/MATERIAL**

A questioner was developed to access the awareness of students of PAKISTAN about diseases of obesity. This was very common in our country. Few question asked to the students (almost 15 questions). Students of postgraduate had different views or awareness about obesity. 38 students were selected from Institute of Molecular Biology and Biotechnology of BAHAUDDIN ZAKARIYA UNIVERSITY MULTAN. The inclusion criteria were for M.Phil student and exclusion criteria were not for Bs student.

Views of postgraduate students of Molecular Biology and Biotechnology about -----

**Table 1: Questionnaire to evaluate awareness about etiology of Obesity.**

Obesity is a	Yes	No
1. Obesity is viral disease		
2. Is obesity bacterial disease		
3. Fungal infection		
4. Genetic disorder		
5. Metabolic disease/ problem		
Ever suffered from Obesity		
6. In You		
7. In Your family		
8. Is your relative suffer		
9. Is your neighbour suffer		
10. Is your friend suffer		
Obesity is transmitted by		
11. People Contacts or blood transfusion		
12. From generation to generation		
Obesity may be treated by		
13. Medicines/ drugs		
14. Surgery		
15. Do not worry, it is easily curable		

**RESULTS AND DISCUSSION**

Awareness of postgraduate student about etiology of obesity is given in table 2. On about obesity as it was viral infection, **100%** males and females gave their answer in “**NO**”, On bacterial and fungal infection **100%** males and females answers were “**NO**”, **33%** males said obesity is a genetic disease while **66%** males have opposite answer. **84%** female students said it is a genetic disease while **16%** have opposite answer. **83%** male students said obesity is a metabolic problem while **17%** have opposite answer similarly **87.5%** females said “**YES**” while **12.5%** females said ”**NO**” (table 2).

**100%** male students and **91%** female students have not an obesity while **09%** females were suffered from obesity. **83%** male students and **56%** female student’s families were not suffered from obesity while **17%** male and **44%** female students families were suffered from obesity respectively, **50%** male and **59%** female students relatives were suffered from obesity whereas

**50%** males and **41%** female’s relatives had not obesity. **67%** males and **63%** female’s neighbours were suffered from obesity while **33%** male students and **37%** female student’s neighbours were not suffered from obesity. **17%** male and **56%** female student’s friends were suffered from obesity while **83%** male and **44%** female student’s friends were not suffered from obesity (table 3).

**100%** males and **81%** females said “**NO**” about spreading of obesity by people contact or blood transfusion while **19%** said “**YES**”, **74%** males and females said obesity spread by parents to their offspring whereas **26%** students said “**NO**”, **100%** students said that obesity was treated by medicine while **74%** said it was treated by surgery and **61%** said it was easily curable instead of that **26%** and **39%** students said it was not cured by surgery and also not easily treatable respectively (table 4).

**Table 2: Awareness about etiology of Obesity: Views of Postgraduate Students of Molecular Biology and Biotechnology.**

Questions	Male		Female		Total	
	Yes	No	Yes	No	Yes	No
1. Viral disease	0%	100%	0%	100%	0%	100%
2. Bacterial disease	0%	100%	0%	100%	0%	100%
3. Fungal disease	0%	100%	0%	100%	0%	100%
4. Genetic disease	33%	66%	84%	16%	76%	24%
5. Metabolic disease	83%	17%	88%	12%	76%	24%

**Table 3: Awareness about etiology of Obesity: Views of Postgraduate Students of Molecular Biology and Biotechnology.**

Ever suffered from obesity	Male		Female		Total	
	Yes	No	Yes	No	Yes	No
6. In You	0%	100%	09%	91%	08%	92%
7. Is in Your family	17%	83%	44%	56%	39%	61%
8. In Your relative	50%	50%	59%	41%	58%	42%
9. In Your neighbour	67%	33%	63%	37%	63%	37%
10. Obesity in Your friend	17%	83%	56%	44%	50%	50%

**Table 4: Awareness about etiology of Obesity: Views of Postgraduate Student of Molecular Biology and Biotechnology.**

Obesity is transmitted by	Male		Female		Total	
	Yes	No	Yes	No	Yes	No
11. Is obesity transfer by contacts or blood transfusion	0%	100%	19%	81%	16%	84%
12. From generation to generation	33%	67%	81%	19%	74%	26%

**Table 5: Awareness about etiology of Obesity: Views of Postgraduate Students Molecular Biology and Biotechnology.**

Obesity may be treated by	Male		Female		Total	
	Yes	No	Yes	No	Yes	No
13. Medicines/drugs	100%	0%	100%	0%	100%	0%
14. Surgery	67%	33%	75%	25%	74%	26%
15. Do not worry, it is easily curable	67%	33%	59%	41%	61%	39%

As other papers concerned, awareness about obesity in childhood lead to the many disease issues in adult. Childhood obesity increases the risk rate in adults as hypertension, diabetes Type 2, cardiovascular diseases (McGrath, 2017). In Mississippi awareness on obesity was conducted by studied on risk behaviour of obesity, over weight in adults from 2001 to 2010 and then from 2011 to 2015. According to their study more than 1 million people suffered from obesity and extreme obesity (Mendy et al., 2017). According to their study, Obesity is also link with endometrial cancer in women, the main ambition of this study to aware the risk between obesity endometrial, colon and breast cancer, for this study they took 18 to 80 age group women who have already diagnosed endometrial cancer (Connor et al., 2017).

## CONCLUSION

It is concluded from this study that some postgraduate students of institute of molecular biology and biotechnology were fully aware, few were closely aware and few were not aware about this disease. Obesity is a serious disease but very few students aware about it but in near future, majority students of Bahauddin Zakariya University Multan.

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