

Obesity and Body Image Perception among Adolescents

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Obesity among adolescence is a severe public health problem that is increasing all around the world. It becomes one of the most significant leading causes of avoidable illness and death [1]. As it is a major determinant of many non-communicable diseases with great loss in the quality of life and a lot of suffering, not only to the obese adolescence, but also to their families [1,2]. The World Health Organization (WHO) now considers obesity as a global epidemic around the entire world, and it becomes one of the most common disorders encountered in medical practices and has major public health implications [3]. Furthermore, the most important nutritional disorder of modern times [4-6].

Adolescence is the period of fast growth, development and changes that occurs from ages 10 to 19. It represents one of the critical transitions in growth in many aspects of the adolescent's personalities [7]. Adolescents experience dramatic biological and physiological and psychological changes related to puberty; these changes can clearly affect psychosocial development of the adolescents [8]. Fast changes in body shape and size can cause a great impact of ambivalence among adolescents, especially among girls, leading to the increase of poor body image and eating conflict or disorders, which influence the psychosocial issue during adolescence [9-11].

Fayyad in 2004, In his study among adolescents, found that more than one-fourth of overweight and obese students misperceived themselves as having normal weight and only half of them (25.3%) reported that they had serious previous attempt to lose their weight [12]. Tonago in 2004, Found that 86% of the obese adolescents perceived their weight as being above normal whereas the other 15% felt that they were within normal weight [13]. Body-image dissatisfaction was believed to be associated with the onset of puberty. The development of body image dissatisfaction occurs as much as 2 to 5 years before the onset of puberty [10,11].

Body image among adolescences is an individual's Psychological and mental experience of the appearance of his/ her body [14,15]. It is the product of conscious and unconscious perception, attitudes and feeling. Weight perception and body image satisfaction is not only an important mediator for psychopathology, but also is a strong determinant of nutritional habits and weight management among persons [11].

There are no doubts that obesity at any age carries a high risk of psychological and mental stress, with a wide range of behavioural and social correlates have been defined. Therefore, health promotion program for prevention and control of obesity among adolescents in schools or community situations is recommended. While, planning and implementing this health education program, considering raising awareness and consciousness to the problem of overweight and obesity and their seriousness among adolescents and their families is an essential component of effective program [16-18].

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