

Associations of Life Satisfaction and Depression among Obese

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Abstract:

Obesity is a serious problem and it is a major public health concern world-wide. The objective of the study is to see the gender difference in Life Satisfaction and Depression among obese and also the relationship between them. Sample for the study consisted of 60 obese patients, (30 males and 30 females) who were under weight reduction treatment. The tools used to assess Life satisfaction and Depression are Life satisfaction scale by Dr. Promila Singh and Gorge Joseph, 1971 and Becks Depression Inventory by Dr. Aaron.T.Beck, 1974 respectively. Results were analysed using Independent sample t- test and Pearson co-efficient of correlation. Results showed that there is no significant gender difference in Life satisfaction and Depression. The findings indicated that there is significant negative relationship between Life Satisfaction and Depression.

Keywords: Depression, Life satisfaction and Obesity

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I. INTRODUCTION

Obesity is a major public health concern. It has truly become a worldwide problem. Obesity is a type of nutritional disorder, due to imbalance between energy intake and energy expenditure (Suryakantha,2017). It is also defined as being 30 percent or more in excess in one's appropriate body weight (Nolen-Hoeksema et al.,2014). Obesity in adulthood is associated with a striking reduction in life expectancy for both men and women. In fact, it has been suggested that the steady rise in life expectancy during the past two centuries may come to an end because of the increasing prevalence of obesity (Bray et al., n.d).

Obesity can be a serious problem and some countries have a bigger obese population than others. The most obese countries in the world are not necessarily the richest or most developed. As per World Health Organization, food scarcity and its rising prices are also responsible for obesity in underdeveloped nations. According to the National Family Health Survey (NFHS-4), one-fifth of Indian women, or 20.7 per cent to be precise, in the age group of 15-49 are overweight (Obesity rates, March 14, 2017)

Life satisfaction is one of life's fundamental goals. Life Satisfaction is an overall assessment of one's feelings, attitudes, behaviours by one's own from ranging positive to negative (Diener, 1984). Shin and Johnson (1978) define life satisfaction as a global assessment of person's quality of life by his or her own settled criteria of success. Lawton (1975 & 1984) used the term morale for describing life satisfaction. Lio et al., (1990) analyzed nine life satisfaction variables involving satisfaction with relations, hobbies, place of residence, satisfying life (happy or dull), health condition, physical fitness and health, and overall satisfaction with one's life situation. If an individual takes pleasure in everyday activities, be it the job, relationship with family, life partner, career etc. it leads to a meaningful life which in turn leads to life satisfaction. Schwarzer (1994) considered that people who have positive self-image, are happy and have optimistic outlook and feelings of success tend to achieve life

satisfaction. Whether people pursue higher education, high income salary, a successful marriage, or anything as such, the motivation behind all these is normally the satisfaction which they derive from whatever task they are doing. Everyday we are striving for this satisfaction.

Few people derive satisfaction from their day to day activities but few others get satisfaction by doing the activities which others generally don't do, for example, running a charitable trust, helping the needy Etc. But there are few others who derive satisfaction from the food consumption. As with numerous habits and consumption patterns, the effect of food consumption is usually immediate gratification, however in the long run, consumption of food in excess of daily calorific needs leads to excessive weight gain, which in turn can lower subjective well-being (Katsaiti, 2011).

Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act (APA,2017). Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and can decrease a person's ability to function at work and at home. Moods often affect consumption patterns and are associated with eating habits and disorder. For years it has been assumed that any relationship of obesity to depression in the general population is largely coincidental, but a recent sub analysis by Luppino (2010) and colleagues found that the effect of obesity on the development of depression was stronger in American studies. They highlighted the possibility of a biological link between overweight, obesity, and depression.

Results of a study done by Saunders et al (n.d) reveals that depression was negatively correlated with life satisfaction and social interest. However, there was no gender difference which was observed in the level of depression.

From the above background the present study was carried out to understand the difference in life satisfaction and

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depression among obese. The other variable like gender is also considered to understand the presence of difference if exists.

II. METHOD

Objective

1. To study the gender difference in the level of life satisfaction and Depression among Obese
2. To study the association between Life Satisfaction and Depression among Obese

Hypotheses

Ho1 There is no significant gender difference in the level of life satisfaction and Depression among Obese

Ho2 There is no significant relationship between level of life satisfaction and level of Depression among Obese

Independent variable: Gender (male and female)

Dependent variable: Life satisfaction and Depression

Research design: The research is exploratory in nature. The study adopts the sample survey method to collect the data.

Sampling

The Purposive sampling method was adopted. Sample for the study consisted of 60 adults, 30 males and females each. Th adults between 18-60 years were considered for the study. For the present study, the data was collected from the inpatients of SDM Nature Cure Hospital, Dharmasthala, D.K

Inclusion criteria

1. Adults between 18- 60 years of age
2. People with Grade I, II and III Obesity

Exclusion criteria

1. Over weight
2. Pre-obese
3. Physically handicapped
4. Mentally disabled

Tools:

Life satisfaction scale (Dr.Promila Singh and Gorge Joseph,1971): The scale measures Life satisfaction on 5 dimensions- 1)taking pleasure in everyday activities, 2)considering life meaning full, 3)holding a self-image, 4) having a happy and optimistic outlook, 5) experience of success in achieving goals. The scale is available in both Hindi and English language and easy to score. It covers 35 items based on the dimensions described above. Each item has 5 response categories specifically; “always”, “often”, “Sometimes”, “rarely”, and “never”. All these responses have a numerical weightage on 1-5 scale in descending order; where “Always” is rated 5 and “never” as 1 respectively. Scoring of response can be done by summing up the individual response weightage and interpreting it against norms; which indicate scores ranging from 136-175 as high, 81-135 as average and 35-80 as low life satisfaction. Its test retest reliability is 0.91 and validity compared to Life satisfaction scale of Alam and Srivatsava(1971) is 0.83; also

it has content and face validity since every item was judged by experts.

Beck’s Depression Inventory (Dr.Aaron.T.Beck, 1974):

BDI is a 21 question multiple choice self-report inventory (1974). Each question has a set of at least four possible answer choices, ranging in intensity. A value of 0 to 3 is assigned for each answer and then the total score is compared to a key to determine the severity of depression. Scores are added up for each of the twenty-one questions by counting the number to the right of each question the participant marks. The highest possible total for the whole test is sixty-three. Since, the lowest possible score for each question is zero; the lowest possible score for the test is zero.

Total Score Level of Depression

0-10	These ups and downs are considered normal
11-20	Mild mood disturbance
21-30	Moderate depression
31-40	Severe depression
over 40	Extreme depression

The BDI has been extensively tested for content validity, concurrent validity, and construct validity. The BDI has also been extensively tested for reliability, following established standards for psychological tests published in 1985. Internal consistency has been successfully estimated by over 25 studies in many populations. The BDI has been shown to be valid and reliable, with results corresponding to clinician ratings of depression in more than 90% of all cases.

III. PROCEDURE

The participants were met individually. The purpose of the study was explained to the participants and their consent was sought to participate in the study. After collecting the socio demographic details, participants were screened on the basis of BMI (Body Mass Index). After the screening, life satisfaction scale and depression scale were given to the participants, with relevant instructions, who complied with the inclusion criteria of the study.

IV. ANALYSIS OF DATA

The statistical analysis of data was done by using independent sample t test and Pearson Product- Moment coefficient of correlation.

V. RESULT AND DISCUSSION

Table 1: Percentage of participants having high, moderate and low level of life satisfaction

Level of life satisfaction	Males	Females
High	70	56.66
Average	26.66	43.33
Low	3.33	-

Table 1 shows that 70 % of males and 56.66 % of females have high life satisfaction. 26.66% of males and 43.33% of females have average life satisfaction. 3.33% of males have low life satisfaction.

Table 2: Percentage of participants having mild, moderate, severe and extreme, level of depression

Level of Self- efficacy	Males	Females
Normal	53.33	46.66
Mild	20	30
Moderate	16.66	16.66
Severe	6.66	3.33
Extreme	3.33	3.33

Table 2 shows that 53.33% of males and 46.66% of females have no depression. 20% of males 30% of females have Mild depression. 16.66% of males and females have Moderate depression. 6.66% of males and 3.33% of females have severe depression. 3.33% of males and 3.33% of females have extreme depression.

Table 3: Mean, SD, t-value and Significance on level of life satisfaction and depression among obese

Area	Groups	N	Mean	SD	t-value	Sig
Life-satisfaction	Male	30	144.53	27.563	.887	.379
	Female	30	138.83	21.915		
Depression	Male	30	14.00	11.694	.269	.789
	Female	30	13.20	11.379		

The hypothesis stating that there is no gender difference in the level of Depression and life-satisfaction among obese was tested using independent sample t test. The obtained t value is .887 and .269 respectively which is not significant. Hence the null hypothesis is accepted which states that there is no gender difference in the level of depression and life-satisfaction among obese. These results are contradictory with the previous research done by Ogbeide et al., (2010), which examined the relationship between body weight, gender, psychological well-being, and life satisfaction among a young adult population and the findings indicated that body weight is associated with both lower life satisfaction and psychological well-being for males but not females.

Table 2: Pearson coefficient of correlation for life satisfaction and Depression

	Life Satisfaction	Depression
Life satisfaction	1	-.502**
Depression	-.502**	1

The hypothesis states that there is no significant relationship between Depression and life-satisfaction was tested using Pearson co-efficient of correlation. Pearson co efficient of correlation is -.502 which indicates that there is negative and significant relationship between life-satisfaction and depression. It indicates that among obese people, if Depression increases Life Satisfaction decreases and vice-

versa. Thus, it rejects the assumed hypothesis which states that there is no significant relationship between life-satisfaction and depression.

VI. SUMMARY AND CONCLUSION

Obtained result of the present research shows that there is no significant gender difference in the level of life satisfaction and depression among obese. The findings indicate that life satisfaction and depression is significantly related to each other.

VII. LIMITATION OF STUDY

When working with a topic that is as subjective as life satisfaction it is important to remember that life satisfaction can fluctuate substantially over time, depending on the level of happiness that they are experiencing (Liu & Larose, 2008). This revealed to be a major limitation of the study. Participants who took the test were undergoing treatment for weight reduction and this might have affected the life satisfaction. If they had taken the test before the treatment, their life satisfaction level could be completely different. Patients might have felt a higher life satisfaction level because they had begun their treatment

VIII. REFERENCES

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