

STUDY ON STUDENTS CONCERNS FOR MANAGEMENT'S BODY WEIGHTS

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Abstract

Background. Young people generally do not give enough consideration to adopting a healthy lifestyle, which should show a real concern since elementary school, to physics activities, nutrition and effective spending of free time.

Objectives.

1). Analysis of female students for their image management effect of body mass and shape their attitudes clear as to physical activity.

2). Learning and adopting a proper behavior of a balanced lifestyle as obtained with the methods and means applied in sport and physical education courses at the University of Bucharest.

Methods. Anonymous questionnaires were applied, 200 students completed the course included physical education and sports-themed fitness and aerobics in during the academic year in October 2009 (initial test) - May 2010 (final test).

Results. More than one third of the students are aiming to weaken, their most consistent concerns intervening years since the first school, the percentage of responses highlighting these issues. Our study indicates a progressive increase in the percentage of female students who used different methods and ways to lose weight: 33% at secondary level, 45% to 38% at secondary level and university level. Aimed at weakening the main methods were:

- Engaging in physical activity (fitness and aerobics);
- Adoption of specific diets.

Conclusions. The results we obtained highlight the need to implement programs to inform and drive to help young students to acquire knowledge and skills to realistic as the adoption of a more balanced lifestyle, taking into account the bio-environmental factors (socio- economic) with the purpose to obtain an ideal body mass.

Body mass is not constant, can suffer different variations:

- **physiological** (temporary) rise slightly after eating and then decreases slightly after a strong effort (in our case the fitness and aerobics) falls amid fluid loss through sweat, urine etc.
- **non-physiological** (pathological), the term: the overweight (overweight degenerative syndrome, SDS), or degenerative under-weight wasting syndrome, SDC (PCOS by progressive weakening of the entire body through a failure of organ function).

Keywords: management body mass, fat, college students, their image, lifestyle.

Introduction

Body Mass Index (BMI or BMI) is a body mass index based on the ratio between height and weight.

Determination of body composition is a key measure of health status and exercise capacity in both athletes and general population. Body composition is one factor that contributes to athletic performance. The percentage of fat varies according to age, sex, and according to the athletes

can vary throughout life. Weight is the weight of weak muscles, bones, ligaments, tendons, internal organs, teeth. Different low mass non-fat mass. Lean mass includes a small percentage of essential fats in the bone marrow and internal organs (W.D., McArdle, B.E., Katcha, & V.I., Katcha, 2001). Of this lean mass (mass processing), which recorded the largest component of variation is muscle tissue (muscle mass). Active Desk is the one who made the effort and excess fat has negative effects on

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and the sport practiced, training status, energy intake. The unsportsmanlike, determining body composition is important to accurately assess nutritional status and treatment monitoring of nutritional imbalances.

The model with two components, the human body is composed of: non-fat mass and fat mass. Fat mass is made up of essential fats (from bone marrow, heart, lungs, liver, spleen, kidney, central nervous system) and deposit fat (fat is accumulated, located around organs and subcutaneous).

Relationship between subcutaneous fat and internal fat is not the same for all individuals and

health and sports performance.

In our study we determined body composition using subcutaneous adipose tissue envelope test. The method is practical, inexpensive, yet accurate and noninvasive (D.A. Brodie, 1988). The results are similar to those obtained by underwater weighing and DEXA method, but it takes experience to get the correct results. Measurements were made using the adipocentimeter specific regions of the body. The results, expressed in mm is inserted into the formula and obtain the percentage of fat mass and active.

Percentage of body fat important variations by gender, age, sport and unsporing.

A certain percentage of fat is essential for maintaining health. Essential fats are essential for the proper functioning of the body, and women have a higher percentage of essential fat than men.

The optimum level of health of body fat in adults is 16-25% unsporing (18-30%) for women (J.H., Wilmore, E.R., Buskirk, M., DiGirolamo, & T.G., Lohman, 1986).

Athletes have lower levels of body fat to unsporing. The percentage of fat for athletes performance varies widely depending on the sport and is 12-19% in women.

Changes in weight and body composition in athletes are correlated with training status, the period of preparation and energy intake. Some studies have shown that fat tissue is inversely proportional to the maximum aerobic capacity and performance in long distance running and the active mass is correlated with performance in sports where maximum strength is required.

In many sports requires a low-fat. Excess adipose tissue decreases the ability to jump, running speed and endurance capacity. There overweight athlete (bodybuilding, canoe) with an athletic body build, but low percentage of fat and well developed musculature. Athlete with a good paste may incur a higher percentage of subcutaneous fat (rugby, throwing in athletics), but this increase should be associated with increased blood lipid and cholesterol (I., Dragan, 2002).

In sports like gymnastics, running the semi-fund, jumping in athletics should be an active mass underweight good pace and minimum fat.

Body weight and body composition are essential to artistic gymnastics is performed because the exercises against gravity.

Sports artistic impression that matters (gymnastics, diving, figure skating) are essentially sports weight category, the lower body weight and optimal body composition are essential requirements.

Monitoring weight and body composition in dynamic give us useful information to guide the process of training and food intake in athletes.

Determination of body composition is useful in children and adults for unspormanlike accurately assess nutritional status and development of appropriate indications.

Clinicians often use BMI (body mass index) to determine, "normal" weight of a person. Body weight and BMI did not show, however, information about the amount of body fat (L.M., Maynard, 2001). People who have sustained physical activity and good muscle mass increased BMI without the excess fat. There are even individuals who are at normal weight for age, sex, stature (or even below this weight) have excess fat. There are also underweight people (especially

women) who have very low body fat levels, with negative consequences for health.

Studies have shown that from adult muscle tissue decreases and the percentage of fat increases. Even people who have weight and a standard and maintain, lose fat and keep muscle tissue due to a sedentary lifestyle with little exercise and a lot of fat in the diet. Using a proper diet and exercise but it is possible to build muscle mass in adults and even elderly.

The amount of body fat is based on the number and size of fat cells. Increased adipose tissue can be done on account of increase in adipocyte (hyperplastic growth) or to the rise in fat cell size, the accumulation of intracellular lipids (hypertrophic growth). Hyperplastic growth is characteristic of childhood, and pubertal period prepubertare and fat cells once formed persists throughout life. Increasing the number of adipocytes in childhood has long term negative consequences.

Obesity is a chronic disease becoming more common among children and adolescents, most often caused by bad eating habits and insufficient physical activity and overweight children with high percentage of fat is prone to obesity in adult life.

The amount of fat, not total body weight, obesity is one that defines (A.L., Albright, J.S., Stern, 1998).

Currently, obesity is recognized as a major risk factor, independent, heart disease and diabetes. That is why it is very important to maintain optimal body weight and composition in childhood.

Determination of body composition is important for monitoring the effects of exercise and / or diet on adipose tissue mass and active. People who lose weight through a restrictive diet to lose as much or even more active than fat mass. Sometimes, though diet and exercise are associated with body weight does not change during the first weeks-months, but there will be changes in body composition in adipose tissue and increased downside active mass. The benefit of the associated exercise for weight reduction diet is just maintaining the active mass and decrease body fat, which is equivalent or even greater than the weight loss (V.H., Heyward, 1991).

Decreased correct weight should be made by the association of exercise with a proper diet (in any case by starvation), and regular control of body composition (fat tissue).

Diet and lifestyle are undeniably important effects on health. For an adequate nutritional status is very important to adopt a balanced diet (with an intake of macro-and micronutrients), an active lifestyle (avoiding sedentary), practicing physical activities (L., Lotrean ș.c. 2005).

In trying to get a figure close to the dimensions as "ideal" 90-60-90, some young students adopt different types of diet food, often "recommended" by colleagues or friends, without support Medical and unbalanced.

A diet that excludes high protein based on eggs, milk and meat, while the appearance may lead to an imbalance of growth and development, decreased intellectual performance (signs appeared during exams).

Low intake of meat (low iron) leads to fatigue and anemia, and milk and dairy products (by lack of calcium) may be the basis of osteoporosis during adulthood (C., Ionut, 2004).

In other news, if energy intake based on caloric intake of sweets and fats than performed during physical activity will result in a progressive increase in body mass tend to obesity, a threshold that once exceeded lead to cardio-vascular diseases, diabetes mellitus, arthritis, respiratory disease, etc..

Giving up tables (typically of breakfast), due to lack of time due to other activities that are given priority or fear of obesity is unhealthy habits.

There have emerged many articles and studies that have fired a warning of the danger of eating behavior disorders (bulimia or nervous anorexia).

Due to stress, frustration, loneliness, irritability, exaggerated phenomenon of growing consumer appetite for food, often without fattening.

Medical, bulimia is characterized by repetitive episodes of greed food, consumption of large quantities of food quickly (with preferences for certain foods or not), then those so predisposed to something, it causes vomiting, using diuretics, starve (post black) or do strenuous exercise. Episodes and their frequency varied from individual to individual, depending on the severity of mental disorders (J.A., O'Dea & S., Abraham 1999).

Fear of fattening, despite the sharp weakening of the body scheme with modifications, is generally young, manifested by the imposition of food restrictions tough challenge vomiting, using laxatives and diuretics and strenuous exercises. Anorexia nervous leads to weight loss, fat loss panniculitis (subcutaneous fat blanket), melting of muscle mass, lower limb edema, skin lesions (vitamin deficiency), endocrine disorders or even loss of female fertility, amenorrhea is most frequently encountered (J.A., A 'Dea & S., Abraham 1999).

Hypothesis

Investigating and assessing attitudes and behaviors regularly on their own body weight management and the methods used, students of the

University of Bucharest, identify, prevent and address slippages in time for a diet and unhealthy lifestyles.

Materials and methods

1. Subjects undergoing experiment

The study took place at the University of Bucharest, Department of Physical Education and Sports in October 2009 during the academic year (initial test) - May 2010 (final test).

Anonymous questionnaires were applied, supplemented by 200 students since I, II and great years (III, Masters I and II), entered office by the individual faculties (mandatory, voluntary or optional) at the rate of physical education and sports topic of fitness and aerobics. Practical and theoretical work was carried out in spaces no. 1, 2 and 4 inside the Faculty of Law, equipped with the necessary training equipment and accessories.

2. Collection, compilation and analysis of data obtained

Students were instructed how to complete the anonymous questionnaire in which multiple responses were inserted for identification and assessment of risk behaviors to health. The average length of the questionnaire was 30 minutes, being conducted in rooms where they were enrolled in early education. It was monitored for completion students should not influence each other.

Our study focused on issues of concern to female students own body weight, how they tried to make management, nutrition adopted and used nutritional supplements and vitamins.

The data collected were consolidated and interpreted using SPSS, calculating the prevalence of behaviors investigated. A test was used chi square (χ^2) to check the consistency of real data distribution (distribution calculated) theoretical distribution of data to assess the statistical significance of observed differences on the issues investigated.

Results

The group of subjects was composed of students aged between 18 and 25 years (97 in the first year of study 72 of the second year of higher education and 31 years of education).

The findings that relate to concern one's own body mass of female students, indicates an average of 63.66% of those who are concerned (chart no. 1).

The findings presented in the table. 1 indicates an average of 67.33% of those trying to lose weight, an average of 20.63% of those trying to maintain an average of 2.93% of those who want to fatten and an average 9.1% of those who

do almost nothing to maintain the optimum parameters of their own body mass (chart no. 2).

The tendency is above average weight loss among young students, but there are a percentage of female students who are trying to fatten.

Results indicate that over 63% of students said they are concerned about their own body weight.

Table. 1 shows that the majority of young students have used different methods in the last year to weaken, the average increased to 92.43%.

The main method for weight loss, has been practicing physical activities, their average being 36.7%, and adoption of food diets for weight loss, with an average of 37.76%.

Percentage of girls who have turned to food restriction (11.43% weight loss teas, pills for the weakened 4.1%, causing vomiting 0%) was quite small. So small was the average percentage those who used the sauna or massage 4.4% (chart no. 3).

Average percentage of subjects who turned to vitamins and nutritional supplements was 41.33% (chart no. 4).

Concerns own body weight for female students

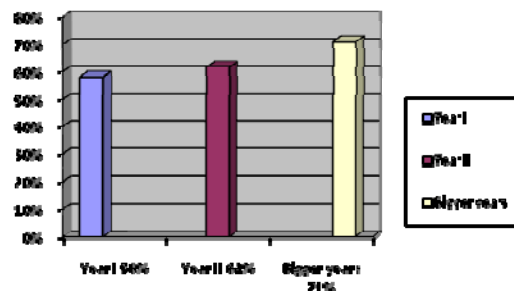
Item	Year I	Year II	Bigger Years
	share %	share %	share %
Are you concerned about your own body weight?			
Yes	58	62	71
Now the entrepreneur in the body mass?			
Efforts to lose weight	61,8*	70,4*	69,8*
Efforts to weaken	22,9	18,3*	20,7*
Efforts fattening	3,4	2,9*	2,5*

Nothing	11,9	8,4*	7*
In the last year of the methods used for weight loss?			
Physical Activity	44,5*	36,1*	29,5*
Food Diets	32*	33	48,3
Tea for weight loss	8,4*	14,2	11,7
Weight loss pills	3,7	6,6	2*
Sauna / massage	6,5	4	2,7*
Vomiting Challenge	-	-	-
Nothing	4,9*	6,1	5,8
In the last year have tried vitamins / supplements?			
Yes	53	38	33*

* - Statistically significant difference (p <0.05) between study

Table no. 1

Graphic presentation of the percentages by years of study of those who are concerned about their body mass



Graphic presentation of the percentages by years of study who have not done anything in the body mass

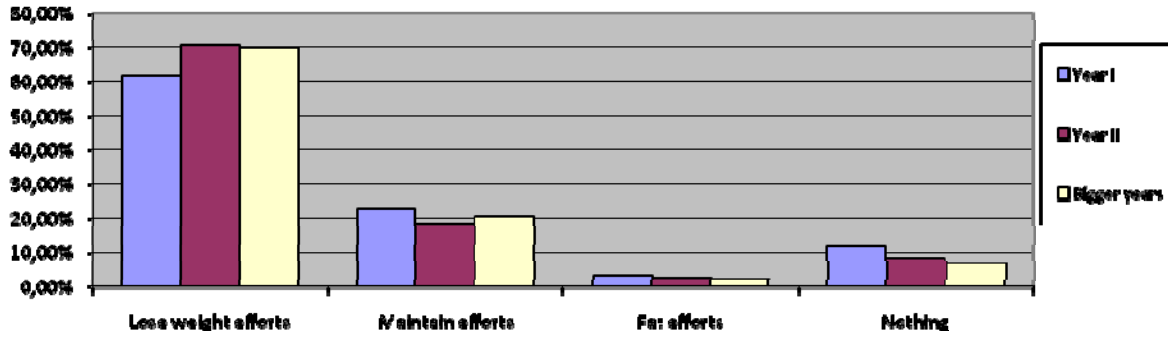


Chart 2

Graphic presentation of the percentages by years of study of those who have resorted to various ways to weaken

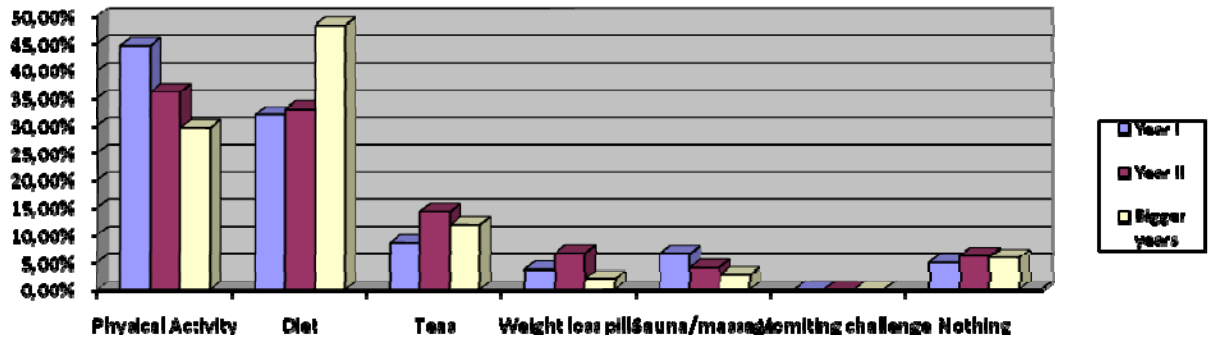


Chart 3

Graphic presentation of the percentages by years of study of those who have turned to vitamins / nutritional supplements

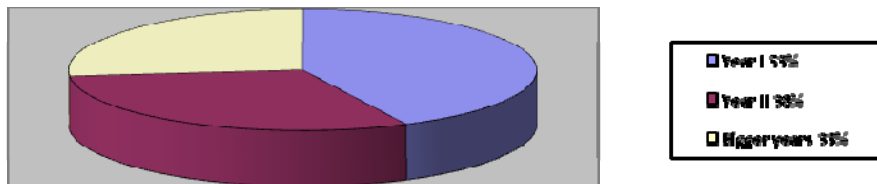


Chart 4

In terms of physical activity on the three days of the week, a significant is him lessons at 10-12, which occur 16% and 14%. Hence we conclude that the preference of female students to make exercise aimed at 10 days (table. 2).

Activigrama			
Day/week		Subjects	Share%
Monday 1	Time 10-12	22	11%
	Time 10-12	32	16%
Thursday 2	Time 12-14	25	12,5%
	Time 14-16	23	11,5%
	Time 16-18	24	12%
	Time 10-12	28	14%
Friday 3	Time 12-14	26	13%
	Time 16-18	20	10%
	Time 10-12	28	14%

Table no. 2

Discussion

Results of the study points out that young students are concerned to weaken, these trends are correlated with exposure to the messages and images in the media, but also socio-cultural influences, which aggressively promotes the fact that success is determined by the presence of fat mass as reduced. To achieve the desired weight, many young students included in the study, acknowledged that appeals mainly to physical exercise (aerobics fitness) and food restrictions. Engaging in physical activity has a beneficial role in maintaining an appropriate weight and good health. It is very important that sport should be accompanied by a balanced diet to ensure liquidity needs and the macro-and micronutrients. There is the risk involved in exhausting physical activities, accompanied by an inadequate diet. Moreover, food restriction for weight reduction (given that is not monitored by a specialist in nutrition), may lead to imbalances and negative health effects in general.

Conclusions

1. Our study highlights the need to implement among young students of courses and depth information to help them have realistic attitudes regarding their body composition and at the same time to acquire knowledge and skills to enable them to adopt a healthy lifestyle .
2. The programs should include information about the importance of engaging in organized physical activities and the importance of adopting an active lifestyle together with a balanced diet, appropriate age, pathological anatomic features and the kind of physical activity performed over a week.

3. The fact that many young students faced problems with its own management body mass, it is important to include them in the Counseling Center psychomotrical (already founded about a year at the University of Bucharest) where by certain programs (in collaboration with specialists) can help students to adopt healthy eating and getting a proper body mass.

4. Implementation of information (through the site defs, the public relations of the UB and the ASUB), to educate young students to adopt a healthy lifestyle benefits correlated with physical activity practiced regularly.

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