



“THE EFFECT OF OBESITY ON SELF-ESTEEM AMONG HOSPITAL HEALTH WORKERS OF PRINCE SAUD BIN JALAWI” – AN ANALYSIS

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ABSTRACT

Obesity is sometimes synonymous to impecunious sedentary lifestyle. It affects people to come up with activities of daily living. Obesity arises if there is imbalance between the food intake and the amount of calories that are burn. According to World Health Organization in 2014, incidence of worldwide obesity doubled since 1980, in which 1.9 billion adults are affected, 18 years old and older were overweight, and of these more than 600 million are considered obese. Obesity is proven to have serious precarious implications to individual's health. There is a greater risk in developing chronic conditions that put the general health in danger or may even result in premature death. It could be a protagonist to various socio-economic problems. Society views obesity very negatively and tends to believe that people who are obese are “weak-willed” and “unmotivated”^[1] This leads to psychological dilemma that obese individual suffers from mood disorder, anxiety,

low self esteem and substance abuse. Obesity is therefore considered one of the world's most prevalent chronic and disabling conditions.

Definition of terms; Basal metabolic index, self esteem, obesity, dilemma.

BACKGROUND OF THE STUDY

Saudi Arabia is considered as one of the fastest growing economy in the world. The country is blessed by God with enormous natural resources notably the petroleum which is so far the most important product. However, growth and prosperity have brought conspicuous changes in the lifestyle of its people. Based on the study of National Survey for Health Information administered by the Ministry of Health in the Kingdom of Saudi Arabia on 2007, the prevalence of obesity in the kingdom was 23.6% in women and 14% in men. The prevalence of overweight in the community was determined to be 30.7% for men as compared to 28.4% for the women.^[2] Similarly, the Coronary Artery Disease in Saudis Study (CADISS) of 2005 estimated an overall obesity prevalence of 35.5% in the Kingdom: in other words one in every three people in the country is obese.

The researcher expected that this study will help obese individuals by being aware on the effects of being an obese on their self-esteem. Through this study, the researcher expected to help his fellow students and health professionals by serving as a basis in rendering care to individuals experiencing this kind of problem.

Statement of the Problem

This study will seek to determine the effect of obesity on the self-esteem among hospital health workers of Prince Saud Bin Jalawi in Alahsa. Specifically, it seeks to answer the following.

1. What is the demographic profile of the respondents in terms of the ff:
 - 1.1 Age
 - 1.2 Gender
 - 1.3 Socio-economic Status

2. To what extent do the respondents experience the effects of obesity in terms of:
 - 2.1 Social Relationship
 - 2.2 Physical Features
 - 2.3 Psychological
 - 2.4 Emotional

3. Is there a significant relationship between the demographic profiles of the respondents on self-esteem among hospital health workers?

Significance of the Study

This is significantly beneficial to the following; the result of this study will give the obese respondents valuable information on the effect of obesity to self-esteem. It will also help them in coping to change in their behaviour. This will benefit the family and the community for they understand the relationship between obesity and self-esteem. The result of this study will educate the society to be aware that obesity affects self-esteem. Likewise the health care professionals will enhance their capacity to deal on obese client and motivate them to give equal treatment to those obese and non-obese clients.

Scope and Delimitation

Survey questionnaires had used in data collection to determine the effects of obesity on the self-esteem of the respondents. In order to be included as part of the study, they must be health care workers at any age. They must be currently employed at Prince Saud Bin Jalawi Hospital.

RESEARCH METHODOLOGY

Research Design

The researcher utilized the quantitative type of study which is descriptive. “Quantitative research is the investigation of phenomena that lend themselves to precise measurements and quantification often involving a rigorous and controlled design” by Polit(2008).The researcher used the quantitative design to distinguish and determine to what extent do the respondents experienced the effects of on their self-esteem. The researchers utilized purposive sampling in the study. This technique involved in selecting research participants according to the needs of the study (Polit, 2008). The researcher had chosen hospital health workers of Prince Saud Bin Jalawi Hospital including nurses, physicians, pharmacists, laboratory technicians and other allied professionals as participants in the study.

Research Instrument

The researcher prepared a self-made with two part questionnaires. The questionnaire includes the demographic profile of the respondents in terms of age, gender, profession, BMI, and socioeconomic status in the first part. The second part was the actual questions about the effect of obesity in the self-esteem of the respondents in their social relationship, physical features, psychological and emotional.

The research instrument was subjected for validation. The pilot tested questionnaire was validated by an expert in their own field. The questionnaires were formulated after reading various literatures. The questionnaires were tested for reliability and checked for its validity.

Data Gathering and Processing Procedures

The data obtained in the survey questionnaire was tabulated & organized according to categories. Because the study was descriptive in nature, the researchers used tables to show the frequency of variables for analysis & interpretation. Accomplished questionnaires were retrieved right away & subjected for proper analysis.

Presentation, Interpretation, and Analysis of Data

Findings are presented with the corresponding tables to provide clarity on data presentation and analysis.

Problem 1: What is the demographic profile of the respondents in terms of age, gender, and socioeconomic status?

Table1. Age.

Age	Frequency	Percentage
20-25	10	33%
26-30	13	43%
31 and above	7	23%
Total	30	100%

Table 1 shows the age bracket of the respondents. Age group 26-30 got the highest percentage of 43%, followed by age 31 and above with a percentage of 23%, then age 21-25 with a 33 of percentage,

According to the results of the study age 26-30 got the highest percentage which is considered the work force of the society. Four studies that were conducted among four different age groups in Saudi Arabia revealed the following findings. Overweight among adult males and females was (30.7% and 28.4%, resp.), while obesity among adult males and females were (14% and 23.6%, resp.).^[3] The prevalence of overweight among adults population was 36% and the prevalence of obesity among the adult population was 35.6%.^[4] Prevalence of overweight and obesity among children and adolescents 5–18 years was 23.1% and 11.3%, respectively.^[5] Prevalence of overweight and obesity among females of childbearing age was 31.5% and 21%, respectively.^[6] The prevalence of overweight and obesity among college students were 21.8% and 15.7%, respectively.^[7]

Table 2. Gender.

Gender	Frequency	Percentage
Male	22	73%
Female	8	27%
Total	30	100%

Table 2 Majority of the respondents are males with the percentage of 73% and female respondents with 27%. From the findings majority of female with a percentage of 56.67 got the highest percentage which is considered more than the male. The degree of relationship between weight and self-esteem is greater for girls than it is for boys. In other words, girls are more dramatically affected by weight and perceived weight problem than are boys.” Girls are often the one who becomes moody, anxious and depressed. They may withdraw from friends and become overly sensitive to criticism.^[8]

Mostly women have higher weight stigmatization than men. Research suggest or examined political candidates it was found that female candidates who are obese, receive lower ratings of reliability, dependability, honesty, ability to inspire, and ability to performs strenuous job than non-weight female candidate.^[9]

Table 3: Socioeconomic Status.

Family Monthly Income	Frequency	Percentage
SR 000-1,000	0	0%
SR1,000-5,000	0	0%
SR 5,000-10,000	21	70%
SR10,000 and above	9	30%
Total	30	100%

This table shows the Socioeconomic Status of the respondents. Those with the monthly income of SR5, 000-10,000 got the highest percentage of 69%, followed by respondents with monthly income of SR10, 000 and above with 31 of percentage. No respondents registered with monthly income below SR5,000.

It explains that if there is abundance of food in a person’s environment, he/she will learn to eat excess amounts of food. This concludes that incidence of obesity is greater to those in well-developed environment than those who were in poorly developed environment where foods are less available.^[10]

Problem 2: To what extent do the respondents experience the effects of obesity in terms of physical, social, psychological, and emotional aspect?

Table 4. Physical.

A. Physical	Weighted Mean	Verbal Description
1. I feel comfortable with my image every time I look at the mirror	3.1	Often
2. I set limits with the dress I am wearing that I think is appropriate for me	2.766	Often
3. I act and dresses the way obese people does	2.3	Sometimes
4. I am comfortable and confident with the clothes I am choosing and wearing	3.367	Often
5. I feel that my appearance is different when I am with the same age	2.633	Often
ΣWX	2.83	Often

Table 4 shows the extent of the effect of obesity on the self-esteem in physical aspect. “I am comfortable and confident with the clothes I am choosing and wearing” got the highest weighted mean of 3.367 with a description of “often” followed by “I feel comfortable with my image every time I look at the mirror” with a weighted mean of 3.1 with a description of “often” and “I set limits with the dress I am wearing that I think is appropriate for me” with a weighted mean of 2.766 with the description of “often” followed by “I feel that my appearance is different when I am with the same age” with a weighted mean of 2.633 with the description of “often” then “I act and dresses the way obese people does” got the lowest weighted mean of 2.3 with a description of “sometimes”. With a total weighted mean of 2.83, student “often manifest” the extent of the effect of obesity on the self-esteem in physical aspect.

From the results, “I am comfortable and confident with the clothes I am choosing and wearing”, according to Connolly 2010, everybody wants to look presentable in the eyes of others, and because they want to get a positive comment from their physical outlook on the way they dress. Connolly states that human beings have psychological cravings such as for love, affection, warmth and caring. That gives us a sense of security. In comments of the support group, the more positive feedback we receive, the more insecure we feel. Therefore, with a secure and confident self we can be move successfully in achieving any behavioural goal.

Table 5: Social.

B. Social	Weighted Mean	Verbal Description
1. I feel comfortable when talking to others	3.63	Always
2. I have confidence when approaching other people	3.4	Often
3. I find it hard in finding friends	1.9	Sometimes
4. I gain respect from other people even when I am chubby	3.46	Often
5. I select my friends who has the same appearance as me	1.7	Sometimes
ΣWX	2.82	Often

Table 5 shows the extent of the effect of obesity on the self-esteem in social aspect. “I feel comfortable when talking to others” got the highest weighted mean of 3.633 with a description of “always” followed by “I gain respect from other people even when I am chubby” with a weighted mean of 3.467 with a description of “often” and “I have confidence when approaching other people” with a weighted mean of 3.4 with the description of “often” followed by “I find it hard in finding friends” with a weighted mean of 1.9 with the description of “sometimes” then “I select my friends who has the same appearance as me” got the lowest weighted mean of 1.7 with a description of “sometimes”. With a total weighted mean of 2.82, student “often manifest” the extent of the effect of obesity on the self-esteem in social aspect.

Based on the results, “I feel comfortable when talking to others” got the highest weighted mean. The social self as described by “the looking glass” self-reveals the nature of one’s self as formed and influenced by society. He tells that this formation of the self was more of a product of what one wants to choose than what is often to sometimes impose by society. They should not feel unattractive and ashamed when talking to others as these behaviours can influence whom they are talking to, because once a person’s self-esteem is boost, they become more comfortable knowing who they are, what they value, and what they want to be.^[11]

Table 6: Psychological.

C. Psychological	Weighted Mean	Verbal Description
1. I usually eat when I am stress and feel alone	2.63	Often
2. I accept the reality of being obese	2.63	Often
3. I feel I do not have much to be proud of	1.93	Sometimes
4. I feel I have enough respect for myself	2.9	Often
5. I experience bullying because of my physical appearance	1.86	Sometimes
ΣWX	2.39	Sometimes

Table 6 shows the extent of the effect of obesity on the self-esteem in psychological aspect. “I feel I have enough respect for myself” got the highest weighted mean of 2.9 with a description of “often” followed by “I usually eat when I am stress and feel alone” and “I accept the reality of being obese” with a weighted mean of 2.633 with a description of “often” and “I feel I do not have much to be proud of” with a weighted mean of 1.933 with the description of “sometimes” followed by “I experience bullying because of my physical appearance” got the lowest weighted mean of 1.867 with a description of “sometimes”. With a total weighted mean of 2.39, student “sometimes manifest” the extent of the effect of obesity on the self-esteem in psychological aspect.

Based from the above findings, the statement “I feel I have enough respect for myself” got the highest weighted mean. As Maguidad(2008) stated, a sense of identity is essential in achieving self-worth. Respect is an important value that every person must able to have for themselves and later they can also give it to other person, which able them to receive respect in return.

Table 7: Emotional.

D. Emotional	Weighted Mean	Verbal Description
1. I have fear that I might experience bullying	2.2	Sometimes
2. I feel depressed whenever I think about my image	1.83	Sometimes
3. I usually cry whenever I am bullied	1.3	Never
4. I am positive when a topic about weight and body image is being brought up	2.7	Often
5. I feel contented with my body image	2.73	Often
ΣWX	2.15	Sometimes

Table 7 shows the extent of the effect of obesity on the self-esteem in emotional aspect. “I feel contented with my body image” got the highest weighted mean of 2.733 with a description of “often” followed by “I am positive when a topic about weight and body image is being brought up” with a weighted mean of 2.7 with a description of “often” and “I have fear that I might experience bullying” with a weighted mean of 2.2 with the description of “sometimes” followed by “I feel depressed whenever I think about my image” with a weighted mean of 1.833 with the description of “sometimes” then “I usually cry whenever I am bullied” got the lowest weighted mean of 1.3 with a description of “never”. With a total weighted mean of 2.15, student “sometimes manifest” the extent of the effect of obesity on the self-esteem in emotional aspect.

Based on the findings, “I feel contented with my body image” got the highest weighted mean. When we experience an emotion towards our body image, whether it is a desirable or an undesirable one, our whole being appears to be affected. We feel activated and moved by the emotions we are experiencing. Our entire person is stirred by such feelings. And this is why we encounter internal obstacles which occurring within oneself.

Problem 3: Is there a significant relationship between the demographic profile of the respondents on self-esteem among hospital health workers?

Table 8: Relationship of Age on self-esteem among hospital health workers?

Parameter	X^2	Tabular Value	<i>df</i>	Decision
1. Physical	1.602	16.92	9	Accept H_0
2. Social	2.621	16.92	9	Accept H_0
3. Psychological	2.735	16.92	9	Accept H_0
4. Emotional	4.702	16.92	9	Accept H_0
Total:	2.915	16.92	9	Accept H_0

Interpretation: the accumulated computed value of X^2 in age is 2.915 it is lower than the tabular value 16.92 with the degree of freedom of 9, displays that there is no significant relationship between Age of the respondents and on the self-esteem of hospital health workers.

Table 9: Relationship of Gender on the self-esteem.

Parameter	X^2	Tabular Value	<i>df</i>	Decision
1. Physical	2.765	7.82	3	Accept H_0
2. Social	5.436	7.82	3	Accept H_0
3. Psychological	2.044	7.82	3	Accept H_0
4. Emotional	0.654	7.82	3	Accept H_0
Total:	2.725	7.82	3	Accept H_0

Interpretation: the accumulated computed value of X^2 in gender is 2.725 it is lower than the tabular value 7.82 with the degree of freedom of 3, displays that there is no significant relationship between Gender of the respondents and on the self-esteem of hospital health workers.

Table 10; Relationship of socio-economic status on the self-esteem.

Parameter	X ²	Tabular Value	df	Decision
1. Physical	2.945	16.92	9	Accept H ₀
2. Social	3.418	16.92	9	Accept H ₀
3. Psychological	3.991	16.92	9	Accept H ₀
4. Emotional	5.986	16.92	9	Accept H ₀
Total:	4.085	16.92	9	Accept H ₀

Interpretation: the accumulated computed value of X² in socio-economic status is 4.085 it is lower than the tabular value 16.92 with the degree of freedom of 9, displays that there is no significant relationship between Socio-economic statuses.

Summary of findings

Most of or respondents ages 26-30 got the highest with the percentage of 43% which are considered young adults. Majority of the respondents are male with the percentage of 73% and those who have family monthly income of SR5, 000-10,000 with the percentage of 70%.

In the extent of the effect of obesity on the self-esteem in physical aspect “I am comfortable with the clothes I am choosing and wearing” got the highest weighted mean of 3.367 with a description of often. “I feel comfortable when talking to others” got the highest weighted mean of 3.633 with a description of always in terms of social aspect. With the highest weighted mean of 2.9 with the description of often, “I feel I have enough respect for myself”, the respondents experienced in psychological aspect. In the emotional aspect “I feel contented with my body image” got the highest weighted mean of 2.733 with a description of often.

In testing for the hypothesis, if there is a significant relationship between the demographic profiles of health workers, it shows that age, gender and socio-economic status has no significant relationship to the self-esteem, thus the null hypothesis is accepted.

CONCLUSION

Even though socio-economic factors were identified by respondents for their condition, the effects of culture and societal beliefs regarding exercise and diet cannot be over-emphasized. Attention needs to be paid to discouraging overeating and unhealthy eating habits while encouraging exercise when managing obesity. Work needs to be done to explore the potential of mobilizing the people to seek ways of accessing healthier food options.

Health educators can recruit volunteers in the community to form a support group for obese subjects and actively encourage members to engage in exercise and help overcome the psychological and other negative effects associated with their condition, in addition to reinforcing any positive attitude to losing weight.

Further study is needed to look at obesity from a different perspective. For instance, those with strong family history of obesity but who are not obese can be investigated. Also, people who are actively engaged in or have successfully kept their weights or BMI within normal limits can be investigated by looking at what motivates them and how they have been able to achieve this.

The effects of obesity on the self-esteem among hospital health workers of Prince Saud Bin Jalawi Hospital, the overall result is 2.55 which means that the students are “often” experience the effects of obesity on their self-esteem in terms of physical, social, psychological and emotional aspect.

Recommendations

We must focus on all aspect of health holistically especially, when it comes to physical aspect, because it compasses the ability to cope up in activities of daily living. Balanced diet and regular exercise are keys to improve and stabilized normal physical appearance. Living with discipline on what you are eating is a principle to consider in promoting a well- shaped body. It is likewise recommended that obese individuals should be encouraged to reduce slowly their weight by means of limiting their food intake. By then, they must be able to choose the foods they are eating, if that is healthy or not. Help them gain self-respect by praising them wholeheartedly. The study shows that the community affects the self-esteem of an individual. The researcher recommends the community to be open-minded and be aware of the feelings of obese individuals. Community must not considered the physical aspect as a determinant of their capacity and ability as a whole person. And for the health care provider, it is suggested that they should consider the self-esteem of every obese patient. They should treat an obese and non-obese patient equally, considering that they have different perceptions among their self- concept.

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