

Prevention of childhood obesity needs to begin- To provide problem of child psychology

Abha Thakur

Government College of Nursing, Chandigarh, India

***Corresponding Author:**

Email: abhathakur1989@gmail.com

Is it being taken seriously, when something happen to your kids and you do nothing for them. It is the present problem of our world which we are facing among our children to being obese in childhood age, and worst is that its created psychological imbalance in our childlike low self-esteem, hopeless, depression, stress, and anxiety.

A child said I've always been overweight, it just never bothered me, once I got into middle school, everyone made fun for me for it, and you know what, it sucks. A low self-esteem is something that many children suffer from, a child who feels badly about their looks and may not make an effort to stay healthy and talking to them about their weight gain may only cause further self-esteem problems. Looked at a total of 1520 children when they were 9-10 years old and then again four years old later found a positive correlation between obesity and low self-esteem. Weight gain is a common cause of depression, depression can also be a cause of weight gain as a child is more likely to turn to food for comfort and social withdrawal can contribute to an unhealthy lifestyle.

For example- Goodman and Whitaker (2002) found looked at obesity and depression in 9374 adolescents and found depressed adolescents have high risk of developing obesity.

Perhaps one of the biggest psychological factors of childhood obesity is child's home habits. If child sees their parents turn to food for comfort then they are more likely to do the same. Also unavailability of food and the use of food as a reward for good behaviour can become habits that stay with children into their adulthood.

In conclusion it is arguable that psychological issues play a big part in childhood obesity and while they may not always be the causing factor, obese children have high risk of developing them and can therefore make it harder for them to get better. However it is not really possible to test a cause and effect relationship on these issues, despite this, many studies have shown a positive correlation between the two which may have useful applications on how childhood obesity can be treated and presented.