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## The impact of television viewing as a cause of hypertension and obesity among metro city School-Age children

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### Abstract

The present study investigates the impact of television viewing as a cause of hypertension and obesity among metro city school-age children. Using appropriate test items, data on the selected variables among sportsmen and non-sportsmen among aided and unaided school children was collected. The subject's age ranges between 10 and 12 years. ANOVA was applied to find out the significant difference between the sportsmen and non-sportsmen children of the aided and unaided schools. After analysis it was found that watching excess TV caused hypertension, obesity, laziness, and violent behaviour among the subjects.

**Keywords:** Hypertension, obesity, metro city, school-age children, television etc.

### Introduction

Television is so awful, and kids watch so much of it, that it's not surprising that there's been much sociological research on its effects. Most of the studies, though, suffer from the third-factor effect, kids who watch a lot of TV tend to be more aggressive, but could a third factor explain both behaviours. Kids with lower IQ scores also tend to watch more TV and be more violent, as do kids from poorer families. The correlations between heavy TV watching and other behaviours could be merely effects of common causes.

### Obesity

Obesity results when too much fat accumulates in the body. A person is normally considered obese when his or her weight is 20% over the normal body weight for their height and age and the Body Mass Index (BMI) measures 30 or more. Obesity is now recognised as a serious medical problem that affects about 30% of adults, and about 14% of children and adolescents in the United States.

### Hypertension (High Blood Pressure)

Blood pressure varies from person to person and by age. In general Normal blood pressure is less than 130 mm Hg systolic and less than 85 mm Hg diastolic. Optimal blood pressure is less than 120 mm Hg systolic and less than 80 mm Hg diastolic. Hypertension is generally defined as a blood pressure greater than 140/90. You should bring your blood pressure closer to what's considered optimal, 120/80. Elevated blood pressure is bad because it raises your risk for heart attack and stroke.

### Methodology

The manner of handling the various detail of an experiment is extremely important to the success of research. Research methodology involves the systematic procedure by which the researcher starts from the initial identification of the problem to its final conclusions.

This chapter describes the procedures followed in the selection of subject, selection of variables, selection of tests, reliability of the instrument, reliability of the data, orientation of the subjects, of aided and unaided school going children, collection of data, administration of the tests, experimental design and the statistical procedure adopted to analyze the data.

**Table 1:** Selected standardized test items

Sl. No	Criterion variables	Test items	Unit of measurements
1	Weight	Electronic Personal Scale BPS-1141 DS	Kg
2	Height	Meter serial no.34913	Cm
3	Hypertension	Omron automatic blood pressure model-HEM 7203	mmHg
4	Obesity	Omron HBF-510	Calories
5	Watching T.V	Questionnaire	Min/hours

### Collection of data

The data on the selected variables hypertension and obesity among sportsmen and non- sportsmen of aided and unaided school children were collected. This data was collection all the children in both the sportsmen and non-sportsmen groups between age limit 10-12 years. To accomplishment the purpose of the study, the investigator collected the requisite information from 1600 students, among them 800 were

selected from aided schools and 800 children from un aided schools from each, 400 children were sportsmen and 400 non sportsmen

### Statistical analysis

To find out the effect of hypertension and obesity on the selected subjects ANOVA and t –test were calculated.

### Analysis of data and results of the study

**Table 2:** Shows that the between daily TV watching duration and selected variables of hypertension and obesity of aided and unaided school sports and Non sports students

Average watching	TV	weight	Pulse rate	Diastolic blood pressure	Systolic blood pressure	Body fat percentage	BMI
	Pearson Correlation	.183**	.021	.007	.067**	.184**	.175**
	Sig. (2-tailed)	.000	.400	.772	.008	.000	.000
	N	1600	1600	1600	1600	1600	1600

The table shows that: Watching television and weight were positively correlated,  $r=0.183$  and was found to be statistically significant at 5%. Watching television and pulse rate were positively correlated,  $r=0.021$  and was found to be statistically not significant at 5%. Watching television and diastolic blood pressure were positively correlated,  $r=0.007$  and was found to be statistically not significant at 5%. Watching television and systolic blood pressure were positively correlated,  $r=0.067$  and was found to be statistically significant at 5%. Watching television and body fat percentage were positively correlated,  $r=0.184$  and was found to be statistically significant at 5%. Watching television and BMI were positively correlated,  $r=0.175$  and was found to be statistically significant at 5%. Watching television and socio economics status were positively correlated,  $r=0.04$  and was found to be statistically not significant at 5%. Watching television and watching television were negatively correlated,  $r= -0.112$  and was found to be statistically significant at 5%.

among the sportsmen and non-sportsmen of the aided and unaided school children as per the findings of the study so, the hypotheses was accepted.

### Discussion on Hypotheses

In this study the following hypotheses were framed and discussed

1. In the first instance the investigator stated that the television viewing as cause of increasing the obesity among the children may have a significance. The results are revealed and formulated of the hypotheses was accepted.
2. The second hypotheses, the investigator stated that during the television viewing, the intake of food is more, when compare to the regular life style. The result of the study it revealed that there is significant improvement of the study as per the statistics among sports and non-sports children in aided and unaided schools. So, that the hypotheses was accepted.
3. The third hypotheses of the scholar stated that, it leads to sedentary life style .the result of the study reveals that there is a significant increase in obesity and hypertension

### Conclusions

The following conclusions are drawn from the results of the statistical analysis.

- Unaided school non-sports children exhibits more weight than other three groups and was found to be statistically significant at 5%.
- Unaided school sports children exhibits lesser pulse rate in comparison with other three groups of children and was found to be statistically significant at 5% levels.
- Aided school sports children exhibit lesser diastolic blood pressure than unaided school sports and non sports children and was found to be statistically significance at 5%.
- Aided school sports children exhibits lesser systolic blood pressure than unaided school sports and non sports children and was found to be statistically significant at 5%.
- Aided school sports children exhibits lesser body fat percentage than other three groups and was found to be statistically significant at 5%.
- Unaided school sports children exhibits lesser BMI than other three groups of children and was found to be statistically significant at 5%.
- Unaided schools sports children watch lesser duration than three groups and were found to be statistically significant at 5%.
- Watching television of unaided school sports children having lesser watching television than unaided school non sports children and was found in statistically significant and other two groups were in between them.
- Some of the research shows that children can consequently spend 10 hours more per week or more likely to overweight aggressive and slower to learn to learn process in schools.

## Recommendations

1. A similar research study may be conducted at different age groups.
2. Physical activity make compulsory, physical activity can involve regular exercise programme or incorporate more common daily activities.
3. It may be recommended that parents may be to set a limit and how much TV children to watch.
4. It may be recommended that to promote poor dietary habits.

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