

عنوان مقاله:

Implications of Psychological Morbidity on Physical Health and Behavior of Adolescents in Aligarh, India

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خلاصه مقاله:

Background: Worldwide, ۲۰% of children and adolescents experience a disabling mental illness, almost half of which begin by the age of ۱۴. Puberty, also marks a transition in risks for depression and other mental disorders, psychosomatic syndromes, and antisocial behavior. The increase in stress during adolescence due to nutritional and pubertal transition may impact physical health and behavior. Objectives: The current study aimed at determining the association between psychological morbidity and nutritional status, as well as the association of psychological morbidity and physical activity, sleep duration, and dietary behavior. Methods: This study was based on a world health organization (WHO) Global School Health Survey (GSHS) conducted on ۱۳- to ۱۵- year-old age group. The study was held at ۳ different schools of Aligarh. Strength and difficulties questionnaire (SDQ) was used to measure psychological morbidity and its association with obesity, physical activity, sleep duration, and dietary behavior. Results: A total of ۱۴۵۶ students were included in the study and the prevalence of psychological morbidity was ۹.۷۵%. Those with psychological morbidity had higher odds for being obese (۳۵.۳۶), physically inactive (۱.۷۸), having sleep duration inadequacy (۵.۴۲), and poor dietary behavior (۷.۴۶) on multivariate analysis. Conclusions: Psychological problems were present in seemingly normal adolescent student population in India. Most of these students and their parents/teachers were either unaware of this problem or thought that these problems were not worthy of attention. The association of these problems with lifestyle, dietary behavior, and physical activity warrants special attention.

کلمات کلیدی:

Adolescence, Psychology, Mental, Obesity, Physical Activity, Sleep, Diet, Dietary Behavior, Nutrition, India

