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## Effect of obesity hypertension and stress in modern society

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### Abstract

Dietary and life style practise are directly related to obesity. The most important cause is the imbalance between extra energy which is not used by the body is stored as fat. In modern life style and with an increase in competition in all fields hypertension has become a part of our life. Hypertension is referred as high blood pressure and is a medical condition in which the blood pressure is chronically elevated. On the other stress has become an integral part of energy day life. Each and every person is under the grip of stress. Stress takes an energy in different forms but it alters the normal functioning of a person. Stress has become part and parcel of an individual's life. We cannot eliminate stress in our life. So we can finally say that stress, obesity and Hypertension effects our life a lot.

**Keywords:** obesity hypertension, stress, modern society

### 1. Introduction

Obesity is defined as a condition of excess body weight and fat. The size and number of fat cells increase in obese people. A person is said to be obese when the body weight is 20% or more above ideal body weight, which can be calculated by comparing his height and sex. Obesity because the excess energy supplies to the body gets converted in to fat. The signs of obesity include body fat and weight more than the ideal body weight. Essential hypertension indicates that no specific medical cause can be found to explain a patient's condition. Secondary hypertension indicates that the high blood pressure is a result of another condition such as kidney disease. On the other hand stress is a response to real and imagined event that alters the normed functioning of the body. Th stress response of the body is somewhat like an airplane readying for takeoff. Virtually all systems vessels, the immune systems, the lungs, the digestive systems, the sensory organs, are modified to meet the perceived danger. Stress is often associated with situations that you find difficult to handle. How you view things also affects your stress level. If you have very high expectations, chances are that you will experience more than your fair share of stress.

### 2. Effect of obesity and its diagnosis

Obesity is a serious condition as it increases the risk of heart diseases, diabetes, joint pains, high blood pressure and some type of cancers such as colon, breast and uterine cancers. Obese people are also more prone to disease and problems such as stroke, gall bladder disease, breathing problems (sleep apnoea syndrome), low back pain, swelling of feet and ankels, imbalances and accidents. Obese people have a low self-esteem and they avoid company, which makes them insular and insecure. The doctor may also suggest blood test for sugar cholesterol, and triglycerides. In case insufficient thyroid functioning (hypothyroidism) is suspected, the doctor will ask for a thyroid stimulating hormone test.

### 2.1 Prevention measures for obesity

The simplest and the most basic principles is to reduce food intake, especially the fat content, and increasing physical activity. Increasing physical alone is not an easy way to lose weight unless one combines it with a reduction of fat intake. Physical activity includes walking, jogging, swimming, cycling, aerobics or any other household activity such as cleaning, washing, climbing stairs etc. The sence of well-being and weight loss motivates an individual to make changes in his or her diet as well. The best way of keeping a good control on one's dietary intake is to keep a daily diary, and writing down whatever one eats. Avoid high oil content in the curries and do not use butter on chapatis, which may be tasty without the fat.

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The doctor or health care provider evaluates the daily diet and plans a diet providing calories enough to maintain the weight below the ideal body weight. Increase your physical activity and reduce the intake of food your initial goal of weight loss therapy should be to reduce the body weight by 10% from baseline. With success, further weight loss can be attempted. Weight loss should be 1-2 kg per week, for 6 months. The ideal thing would be to lose one k.g per week. Reducing dietary fat alone without reducing calories is not sufficient for weight loss. Reducing dietary fat alone with dietary carbohydrates can help reduce calories. In order to maintain weight one's weight, calories consumed should be equal to calories used. Energy balance is like a scale when calories consumed are more than calories used, It results in weight gain. Let physical activity tip the scale in your favour. You can perform aerobic exercises 30 minutes a day thrice a week. Avoid a sedentary life-style. Certain medicines are also available for weight reduction. There are two main types of weight reducing drugs: one class decrease appetite while the other prevents dietary fat from being absorbed by the body. These drugs should be taken only with doctor's advice, as a lot of side effects are related with their use. Surgery to cure obesity should be undertaken as the last resort for people who are very obese, have tried all the other options available and have medical problems. The main surgical option is to have your stomach banded or stapled so that it cannot accommodate more food.

### 3. Cause of Hypertension

Hypertension can be caused due to several reasons. Some of them include hereditary or genetic tendencies, environmental factors, unhealthy eating habits, smoking, and lack of exercises. Other factors that affect the blood pressure are salt content in the body, volume of water in the body, level of various hormones, and obesity.

### 3.1 Symptoms of Hypertension

There are basically no hypertension symptoms at all. That is why it is also sometimes called the "silent killer" as most of the people suffering from hypertension do not know that they already have it. You will only know that you have hypertension if you have your blood pressure regularly checked. If you have a family member or a relative who is suffering from hypertension, you are most likely a candidate to have the disease as well.

However, if you have an extremely high blood pressure, you may experience the following hypertension symptoms:

- Severe chronic headaches
- Chest congestion and pain
- Breathing problems
- Physical and mental stress
- Vision problems
- Irregular heartbeats
- Blood in the urine

Knowing about the causes of developing hypertension is not enough until and unless you know the ways to control or prevent this high rise in blood pressure.

### 3.2 Prevention measure for Hypertension

- Check your blood pressure and pulse regularly
- Lose weight if you are overweight
- Eat a low fat, high fiber diet that is rich in fruits and vegetables
- Exercises aerobically
- Quit smoking
- Reduce your stress
- Know your family's health history
- Check your cholesterol once a year
- Keep an eye on your cholesterol, blood pressure and pulse regularly

### 4. Kind of Stress

There are two types of stress: Positive stress and negative stress.

#### 1. Positive stress

A positive reaction towards an event. It is termed as "Eustress". It has a positive effect spurring motivation and awareness, providing the stimulation to cope with challenging situations. It also provides the sense of urgency and alertness needed for survival when confronting threatening situations.

#### 2. Negative stress

A negative reaction towards a particularly event. It is termed as "Distress". It is a contributory factor in minor conditions such as headaches, digestive problems, skin complaints, insomnia and ulcers. Exercises, prolonged and unrelieved stress can have harmful effects on mental, physical and spiritual health.

#### 4.1 Effect of stress

Stress can affect us physically, emotionally, behaviourally and mentally

- Physical: Adrenalin is released in to the bloodstream. The heart rate and respiration increases. Muscles become tense.
- Emotional: Many feel irritability, anxiety, depression or sadness, or even exhilaration and extreme happiness.
- Behavioural: Some experience stress as a loss of physical coordination and control, lose sleep, or act irrationally.
- Mental: Stress can also reduce one's ability to concentrate process and store information in memory, and solve mental problems.
  - How stress can be prevented
  - Learn to play
  - Recognize and accept limits
  - Learn to play
  - Be a positive person
  - Learn to tolerate and forgive
  - Avoid unnecessary competition
  - Get regular physical exercises
  - Learn a systematic, drug free method of relaxing
  - Talk out your troubles
  - Change your thinking

## 5. Conclusion

The present study has been conducted on obesity, stress and hypertension in modern society. The researcher finds out that stress is a response to real and imagined events that alter the normal functioning of the body. The stress response of the body is somewhat like an airplane readying for take-off. Normally people called hypertension the “silent killer” as most of the people suffering from hypertension do not know that they already have it. Obesity increases among children with the presence of obesity amongst their parents as revealed from the present study results.

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