Abstract
The work aims to identify the awareness level on obesity and lifestyle of the young students from the higher economic education system. To carry out this research, based on the body mass index, a sample constituted of 25 students (12 overweight and 13 obese) of 18-25 years old, within the Academy of Economic Studies, was formed, who were questioned through a poll questionnaire comprising 21 items. The values obtained were statistically processed and interpreted, highlighting that most of the students who answered to the questionnaire have at least one overweight member in their families, and that movement is on last place on their top hobbies for spending leisure, for most of them.

Keywords: physical exercise, overweight, obesity, higher education

JEL classification: I19; I20

1. Introduction

Obesity, a chronic disease more and more frequently found among children, teenagers and youngsters, is caused by wrong feed habits and by insufficient physical activities. Being a multifactor disease, it implies multiple interactions between genetic, metabolic, behavioral, psychological, social factors which cause, in time, modifications in the energetic balance.

2. Organization of the research

2.1 Purpose

The purpose of the scientific undertaking aims to identify the degree of awareness on obesity and lifestyle of the young overweight and obese students in the higher economic education system.

2.2 Tasks

In performing this research, I had the following tasks:
- To apply the poll questionnaire;
- To measure the somatic indexes, namely the height and weight;

1 Viorela Popescu, UNEFS Bucharest, viorelaellen@yahoo.com
➢ To determine the feed index Body Mass Index, according to the formula:
   body weight x height (m)^2;
➢ To collect the data;
➢ To process, analyze and interpret the replies given by the overweight and
   obese students to the questionnaire questions;
➢ To draw the conclusions.

2.3 Assumption

The research relies on the basic assumption according to which the overweight
and obese students are not properly concerned by the significance of the obesity
prophylaxis and do not have a healthy life style.

2.4 Subjects

This research, consisting of application of a poll questionnaire, was carried out
at the beginning of the first semester of the academic year 2012-2013, over a group
of students with body mass in plus or excess (12 overweight and 13 obese
students), with ages between 18 and 25 years old, from the 1st and 2nd academic
years in different faculties of A.S.E. Bucharest. Most of the students are coming
from urban environment; they do not exercise any high performance sport but only
leisure physical movement or physical exercises during the classes of physical
education and sports, their participation in the research being voluntary.

3. Methods

This research was carried out by applying the following research methods: the
questionnaire-based investigation, as main method, the measurement and
assessment methods, the statistical-mathematical method and the mapping of the
research results.

To carry out this research, a group of 25 students was formed based on the values
of the Body Mass Index, to whom a poll questionnaire made of 21 items was
applied, which contains questions on anamnestic data, life style, physical activities,
feed habits, as well as general questions.

4. Results

Following the analysis of the students’ replies to the questions of the questionnaire
applied to young overweight and obese students, the following are found:
Aspects on the Life Style of Overweight and Obese Students

ITEM 1

![Diagram of replies to Item 1](image1)

Do you have overweight 1st degree relatives (parents)?

- No: 36%
- Yes: 64%

Base: all the respondents, N=25

Fig. 1 Diagram of replies to Item 1

ITEM 2

![Diagram of replies to Item 2](image2)

Do you have a normal weight as child or teenager?

- No: 41%
- Yes: 59%

Base: all the respondents, N=25

Fig. 2 Diagram of replies to Item 2

Of the 25 questioned students, 64% have 1st degree relatives (parents) with excess in weight, fact that can be noted also from Figure 1.

A percentage of 56% of the young overweight and obese students had a normal weight in childhood and teen age (Figure 2).

ITEM 3

![Diagram of replies to Item 3](image3)

Which version does reflect the best, your current weight?

- Obese: 16%
- With normal weight: 14%
- Overweight: 72%

Base: all the respondents, N=25

Fig. 3 Diagram of replies to Item 3

ITEM 4

![Diagram of replies to Item 4](image4)

How much concerned are you by your body weight?

- Very concerned: 28.8%
- Quite concerned: 16.3%
- A little concerned: 6.9%
- Not at all: 6.9%

Base: all the respondents, N=25

Fig. 4 Diagram of replies to Item 4

At the question reflecting the self image, with regard to the ratio between the ideal weight and the actual weight of each of the students, most of the young girls replied that they are overweight (72%), 12% of them consider they have a normal weight and 16% acknowledge they are obese, although the measurements shows that 13 students of the 25 are obese and 12 students are overweight, as it can be seen in Figure 3.
Out of the 25 students questioned, more than half of them (56%) are quite concerned by their weight, 28% are very concerned and 16% are concerned only a little by their weight. We have no cases of lack of concern with regard to the weight as it is presented in Fig. 4.

**ITEM 5**

**ITEM 6**

Most of the respondents (84%) participated in the physical education classes during the secondary education stage and in 4 cases, the reply is negative (Fig. 5).

Most of the respondents (92%) do not practice any sports, only 2 respondents declaring that they practiced one sporting discipline, namely: 4 years of rowing in one case and 4 years of field tennis, in the other case (Fig. 6).

**ITEM 7**

**ITEM 9**

**Fig. 5 Diagram of replies to Item 5**

**Fig. 6 Diagram of replies to Item 6**

**Fig. 7 Diagram of replies to Item 7**

**Fig. 8 Diagram of replies to Item 9**
A high percentage (88%) for the age sample questioned does not practice physical exercises frequently, while 12% declared they exercise continually such type of activity (Fig. 7).

The study and lecture are a form of spending leisure for most the questioned students (72%), other 60% spend their leisure with the family, 48% with the friends and 44% search on Internet. The movement is not preferred by the questionnaire respondents, only 7 such choices for spending leisure appearing from the questionnaire (28%), reflecting the lowest level among the possible replies (Fig. 8).

**ITEM 10**

![Diagram of replies to Item 10](image)

**ITEM 11**

![Diagram of replies to Item 11](image)

Replies were 100% positive, meaning that the young girls understand the importance of the physical exercise for their body harmony and its role in healthy life style (Fig. 9).

Out of all the subjects replying to the questionnaire, 12 declared they like practice sports indoor, 9 in open air and 4 do not have any preferences (Fig. 10).

**ITEM 12**

![Diagram of replies to Item 12](image)

**ITEM 14**

![Diagram of replies to Item 14](image)
Only 9 subjects (i.e. 36%) gave a positive reply to this question, the remaining 64% telling that they cannot observe a regular schedule of at least 3 meals per day (Fig. 11).

With regard to the daily water consumption recommended of 2l, out of all the investigated students, almost half (48%) declare they drink such quantity, 52% not reaching this prescribed consumption every day (Fig. 12).

**ITEM 15**

![Diagram of replies to Item 15](image1)

**ITEM 17**

![Diagram of replies to Item 17](image2)

**Fig. 13 Diagram of replies to Item 15    Fig. 14 Diagram of replies to Item 17**

The replies to this question are divided, with a slight advantage in favor of those who drink carbonated beverages of 56% to 44% (Fig. 13).

With regard to the sleeping hour, the distribution of replies shows us that most of the respondents (80%) usually go to bed within the timeframe between 22:00 p.m. and 24:00 p.m., while 20% go to bed after 24:00 p.m. (Fig. 14).

**ITEM 18**

![Diagram of replies to Item 18](image3)

**Fig. 15 Diagram of replies to Item 18**
More than half of the replies show that the last meal is served with 1-2 hours before the sleeping time. The remaining young girls questioned eat with 2-3 hours before the sleeping time (4 cases) or even with more than 3 hours before (7 cases) (Fig. 15).

5. Conclusions

Pursuant the analysis of the replies to the poll questionnaire, the following main conclusions can be identified, which certify the research assumption:

- Most of the questioned students come from families having at least one of the parents overweight, this representing a risk factor for the young girls on hereditary line;
- Constant and independent practice of physical exercises does not represent a daily habit of the overweight and obese students, who prefer static activities, proving their lack of awareness on the beneficial effects of the physical exercises for the obesity prophylaxis;
- The respondents prefer, mostly, physical activities indoor, the physical movement in open air being rarely practiced;
- The feeding habit of the students is not healthy, the last meal being served with less than 2-3 hours before the sleeping time for about half of the investigated sample; the insufficient hydration, the use of inappropriate diets, the insufficient number of rest hours, as well as practicing only occasionally physical exercises, lead to an imbalance of the body, which causes the weakening of the professional yield of the young girls. All those causes lead to the appearance of the obesity.

Therefore, to reach an optimum health condition and a higher life quality, a person is mandatory required to include the physical exercises in his/her individual life style, trying to benefit of a clean environment, healthy food, enough rest and stress control. In this respect, WHO started some projects for the improvement of the population life quality, by promoting physical activities for 30 minutes per day.

Promoting the physical activities on long term represents a beneficial individual and social investment, with a significant contribution both to keeping the physical and psychical health, as well as to keeping an effective psychical and social conduct.

REFERENCES