

Examining university students' attitudes towards fat phobia

Recep SARIKAYA¹, Hüseyin OZTURK², Yakup Akif AFYON³, Emre TUREGUN⁴

¹ Çanakkale Onsekiz Mart University, School of Physical Education and Sport, Çanakkale, Turkey.

² Gaziantep University, School of Physical Education and Sport, Gaziantep, Turkey (e-mail: ozturkavrasya@hotmail.com).

³ Muğla Sıtkı Koçman University, School of Physical Education and Sport, Muğla, Turkey.

⁴ Turkish Basketball Federation, Istanbul, Turkey.

Abstract

The aim of this study was to determine the levels of college students and to examine fat phobia. The sample of this study was 219 men and women university students from School of Physical Education and Sport in Çanakkale Onsekiz Mart University. Participants were first, second, third and fourth grade. A short form of the fat phobia scale as the data collection tool was used. One Way Anova and unpaired t-test were used to compare variables. According to the results of this study, students' fat phobia level (3.06 ± 0.44) was found at moderate levels. A significant difference between male and female students' attitudes towards fat phobia was not found ($p > 0.05$). In conclusion, obese and overweight people are the most important cause of the social adversities, exhibit a negative attitude towards other people who are obese and more people are thought to arise.

Keywords: Fat phobia, obesity, university students.

Üniversite Öğrencilerinin Kilofobiye Karşı olan Tutumlarının İncelenmesi

Özet

Bu çalışmanın amacı üniversite öğrencilerinin kilofobi seviyelerinin belirlenmesi ve incelenmesidir. Bu araştırmanın örneklemini Çanakkale Onsekiz Mart Üniversitesi Beden Eğitimi ve Spor Yüksek Okulu'nda öğrenim gören 1. , 2. , 3. , ve 4. sınıflara devam eden kadın ve erkek öğrenciler oluşturmuştur (N=219). Veri toplama aracı olarak kilofobi ölçeğinin kısa formu kullanılmıştır. Değişkenlerin karşılaştırılmasında Tek Yönlü Varyans Analizi ve bağımsız örneklem için t-testi kullanılmıştır. Araştırma sonucunda Beden Eğitimi ve Spor Yüksek Okulu'nda öğrenim gören öğrencilerin kilofobi seviyeleri ($3,06 \pm 0,44$) orta düzeyde bulunmuştur. Erkek ve bayan öğrencilerin kilofobi tutumları arasında anlamlı bir farklılık bulunmamıştır ($p > 0,05$). Sonuç olarak; obez ve fazla kilolu olan kişilerin yaşadığı sosyal olumsuzlukların en önemli nedeni, diğer insanların obez ve fazla kilolu kişilere karşı sergiledikleri olumsuz tutumdan kaynaklandığı düşünülmektedir.

Anahtar Kelimeler: Kilofobi, obezite, üniversite öğrencisi.

INTRODUCTION

Science and technological changes, simplifying the lives of people, on the other hand, a life of the people involved in the process and still able to depend on machines. Next to the fall of the level of activity and movement stress factors in addition (2) and changing dietary patterns (7,8) to speed up the people's weight gain. Especially in the developed and developing countries (U.S. and Europe), the last 30 years, obesity has created widespread social, physical and emotional problems, all layers of

society (color, language, sex, age, without distinction) appears to be a problem (4,7).

According to the World Health Organization definition of obesity, usually the amount of dietary energy, metabolism, and physical activity in cases where the amount of energy consumed by the body as a result of excess accumulation of fat is a disease that should be treated, and do (6).

Ministry of Health (18) as well as a survey conducted by the world and in our country, being overweight and obesity is an increasing prevalence

of obesity in children and young people in particular showed that began to take effect. The same time, obesity, cardiovascular disease, high blood pressure, diabetes, some cancers, respiratory diseases, musculoskeletal diseases, etc., cause a lot of health problems and quality of life, or even a negative impact on life expectancy and, therefore, to combat obesity is meant to fight many diseases (18).

Nowadays, the importance given to physical appearance is increasing pressure from the media and society. Weakness, especially for women, beauty, began to appear as equivalent. This situation can create dissatisfaction individual's body is known (13). Body dissatisfaction, negative effects on people and feeding the efforts of appearing weak, inadequate and unbalanced diet, skipping meals, frequent dieting, and eating can give rise to serious problems such as conduct disorder. Their dietary problems are experienced with known university periods (13). The survival of individuals and communities in a healthy economic and social development of the adequate and balanced diet is one of the basic conditions. View of the perception of the body, the brain of people feeding the negative thoughts, negative impact on the young people. Therefore, the effect of body perception has a huge impact on nutrition. This negative effect for the lives and future health problems, unhealthy and obese teens live in a society that is obese (5).

Individuals and businesses, especially employers, colleagues, friends, and health care institutions, educational institutions, teachers and the school again by the negative attitudes of health workers are exposed to. Several studies on the recruitment of people with body weight less are preferred over emphasized. Caused by such individuals as potential leadership will become less and less successful in the workplace is shown (19). Teachmen et al. (23) that negative attitudes towards people who are more conscious of your body weight in addition to the exhibition, as borne out unconsciously and prejudice expressed. This situation can be controlled more people to think about weight, body weight, to be more connected to the person with the problem arises from the excess body weight.

In the field of Physical Education and Sport in attitude towards people with a variety of body weight have been studied more. O'Brian et al. (12)

part of the physical education students compared to students of psychology and health department found that a higher level of negative attitudes. However, third-year students of physical education a higher level than the first year students have demonstrated that they are having negative attitudes (12). In the light of national and international scientific studies, given that obesity is increasing every day, a fact that will increase your body weight more than people with negative attitudes.

Against people who are obese or over weight exhibited negative attitude fat phobia is defined as the emphasis on research, and many individuals are taking measures for the reduction and eventual elimination fat phobia levels (16). In this study, the physical education and sports school students' fat phobia levels by several variables were investigated.

MATERIAL & METHODS

Participants

This year spring semester of the 2012-2013 academic research Çanakkale Onsekiz Mart Sports School of Physical Education and Sports, Sports Management and Coaching Education and studying parts of the total of 219 students participated in the study were included on a voluntary basis. The research group is gathered with 120 men and 99 women, who's the mean age is 22.19 ± 2.26 .

Data Collection

Fat Phobia Scale was used to determine the level of university students' fat phobia was used. The scale for the first time was developed by Robinson, Bacon, Scheltema and O'Reilly in 1993 to include 50 items, then in 2001, 14-item short form developed by Bacon, Scheltema and Robinson. Cronbach's 50-item scale alpha value was 0.92, and the 14-item scale was found to be 0.87 (1). Turkish version of the scale was made by Kocak et al. in 2005 and Cronbach's Alpha for Turkish Fat Phobia short form of the scale was found to be 0.82 (13).

The scale given in a list of 14 double adjectives used to describe fat people are formed and maintained by substances rating 5-rating system. Close to 5 figures high fat phobic attitude, which is close to 1, the lowest figures characterize the attitude of fat phobic. Fat phobia scale ratings of 14 items to 14 by dividing the total score for the producers (20).

In this study, the Fat Phobia Scale was applied to participants in the spring semester of the academic year 2012-2013. The necessary information was given to students who participated to research and it is applied to volunteer students.

Data Analysis

According to the scores obtained in this study the independent variables are given as mean and standard deviation. Normality analysis results of independent samples t-test for comparison of two groups, the comparison of multiple groups; One-Way Analysis of Variance (ANOVA) was used. Statistical significance was accepted as 0.05. Statistical analysis of the study data was performed using SPSS 15.0 statistical software package.

RESULTS

Table 1. Comparison and means of fat phobia levels according to department of school.

Departments	N	Mean	SD	F	p
Physical Education and Sports	84	3.05	0.42	0.96	0.38
Sports Management	95	3.03	0.46		
Coaching Education	40	3.14	0.44		
Total	219	3.06	0.44		

Table 2. Comparison and means of fat phobia levels according to participants' grade in their school.

Classes	N	Mean	SD	F	p
Class 1	43	3.11	0.30	1.83	0.14
Class 2	44	2.92	0.45		
Class 3	64	3.08	0.47		
Class 4	68	3.10	0.48		
Total	219	3.06	0.44		

Table 3. Comparison of Fat Phobia Scale scores according to gender.

Gender	N	Mean	SD	F	p
Man	120	3.01	0.45	-1.79	0.07
Woman	99	3.12	0.43		

DISCUSSION

In this study at University of Çanakkale Onsekiz Mart students who are studying at the School of Physical Education and Sports attitudes and perspectives are examined to fat phobia. According to Table 1 University of Çanakkale Onsekiz Mart's male and female students in the School of Physical Education and Sports, the attitude they have emerged fat phobia moderate (Mean = 3.06 ± 0.44). Although the criteria for scoring scale is not very high values of the attitude of the

participating students fat phobia overweight and obese can be said that negative attitudes towards individuals with moderate.

These negative attitudes towards overweight and obese individuals were revealed in several similar studies. For example, Chamblis et al. (3) aimed to determine negative attitudes towards individuals with more body weight in the field of exercise science students and reveal the relationship between personal characteristics and attitudes toward weight. They found that students have very strong negative attitudes to more body weight and obese individuals in the result of the study conducted with 136 undergraduate and 110 graduate students (3). There are the negative attitudes and behaviors against to excess body weight and obese individuals in almost every country of the world (17, 19). American society under the 35-74 age group to determine the attitudes of adult individuals for the negative results of the surveys conducted in 1995-1996 and in 2004-2006 the negative connotations associated with weight and height by 7% between 1995-1996, and 12% between 2004-2006 have revealed the increasing rate (16). However, a study conducted on students, Harris et al. (10) aimed to determine 390 student's negative attitudes about nutrition and weight. As a result of the research, Harris et al. (10) reported that moderate negative attitudes, the students' attitude towards overweight and obese individuals. Poon and Tarrant (15) undergraduate student nurses, nurses and servants against obese individuals and obese individuals to determine their attitudes towards the treatment of nurses in their study of 352 undergraduate and 198 moderate fat phobia maid revealing the presence of the participants emphasized that the neutral attitudes toward obese individuals (15). In addition, undergraduate student nurses, nurses, maids, and they are more than the degree fat phobic more negative attitudes toward obese individuals, they are also referred to. The majority of the participating nurses obese individuals who love to eat, eat too much food, amorphous bodies, which evaluated the idea of slow-moving and unattractive.

According to gender change in Table 3, level of fat phobia did not change significantly ($p > 0.05$). Fat phobia attitude of men and women among the participants appear to have averages close to one. Yilmaz and Dinc (20), the young men and women,

there is no difference between the attitudes of students has emerged fat phobia. In addition, Perez-Lopez et al. (14) More men than young women revealed that the attitude towards the anti-weight. Perez-Lopez et al. (14), they try to do our work in a different outcome occurrence, their group work, social, economic and cultural structure that can be interpreted as different structures in our study group.

However, several studies, weight, anti-sexist individuals with negative attitudes of the difference between men and women believed to be a lot of men and women in communities similar to the difference in body weight in individuals with more negative attitudes were more stressed (16).

Results of this study at University of Çanakkale Onsekiz Mart, studying at the School of Physical Education and Sport, Physical Education and Sports, Sports Management and Coaching Education departments revealed that students have moderate levels of fat phobia students. Female and male students revealed that there was no significant difference between the attitude of fat phobia and attitudes are not different from those of segments revealed. Fat phobia obtained moderate, negative attitudes of students toward obese and overweight people can be considered as an indication. Obese and overweight people are the most important cause of the social adversities, exhibit a negative attitude towards other people are obese and more people are thought to arise. Obesity is common, especially in developed and developing countries, the social, physical, and psychological problems, social problems humanity faces in the. Study with a larger sample of persons living in different geographical areas may be considered.

REFERECES

1. Bacon JG, Scheltema KE, Robinson BE. Fat phobia scale revisited: the short form. *International Journal of Obesity*, 2001; 25: 252-257.
2. Baltacı G. *Obezite ve Egzersiz*. Ankara: The Ministry of Health Publication, 2008.
3. Baysal A. *Beslenme*. Ankara: Hatipoğlu Publisher, 1996.
4. Björntorp P. Do stress reactions cause abdominal obesity and comorbidities? *Obesity Reviews*, 2001; 2: 73-86.
5. Chambliss HO, Finley CE, Blair SN. Attitudes toward Obese Individuals among Exercise Science Students, *Med Sci Sports Exerc*, 2004; 36(3): 468-74.
6. Choua S, Grossmana M, Saffera H. An economic analysis of adult obesity: results from the behavioral risk factor surveillance system. *Journal of Health Economics*, 2004; 23(3): 565-587.
7. Ciftci FS, Uskun E. *Toplum Beslenmesi*. 15. Ulusal Halk Sağlığı Kongresi. 2012.
8. World Health Organization. *Obesity: preventing and managing the global epidemic*. Report of a WHO consultation, 1999.
9. Frank LD, Andresen MA, Schmid TL. Obesity relationships with community design, physical activity, and time spent in cars. *American Journal of Preventive Medicine*, 2004; 27(2), 87-96.
10. Frazao E. *America's Eating Habits: Changes and Consequences* USDA/Economic Research Service, Washington. 1999.
11. French SA, Story M, Jeffery RW. Environmental influences on eating and physical activity. *Annu Rev Public Health*, 2001; 309-335.
12. Harris MB, Sandoval WM, Cortese S. Introductory Nutrition Students' Attitudes towards Obesity: Ethnic and Gender Differences. *International Journal of Consumer Studies*, 1998; 22(4): 231-40.
13. Koçak S, Saraç L, Hurmeriç I. Determining the relationships among body mass index, body composition and attitudes toward fat people, The ICHPER-SD Anniversary World Congress, İstanbul, November 9-13. 2005.
14. Memiş E. *A Research about Obesity in College students and Usage Diet Products*. Master's Thesis, Gazi University, Institute of Education Sciences, Child Development and Family Economics and Nutrition Home Management U.S. Department of Education, Ankara. 2004.
15. O'Brien KS, Latner JD, Halberstadt J, Hunter JA, Anderson J, Caputi P. Do Antifat Attitudes Predict Antifat Behaviours? *Obesity* 2008; 16(2): 87-92.
16. Oğuz GY, Güleç M, Yabancı N, Göçgeldi N. *Bir Üniversitedeki Öğrencilerin Beden Algısı ve Beslenme Alışkanlıkları ve Aralarındaki İlişki*. Halk Sağlığı Etkinlikleri - HASUDER, 15. Ulusal Halk Sağlığı Kongresi. 2005
17. Perez-Lopez MS, Lewis RJ, Cash TF. The Relationship of Antifat Attitudes to Other Prejudicial and Gender-Related Attitudes. *Journal of Applied Social Psychology*, 2005; 24(5): 517-25.

18. Poon MY, Tarrant M. Obesity: Attitudes of Undergraduate Student Nurses and Registered Nurses. *J Clin Nurs*, 2009; 18(16): 2355-65.
19. Puhl RM, Andreyeva T, Brownell KD. Perceptions of weight discrimination: prevalence and comparison to race and gender discrimination in America. *International Journal of Obesity*, 2008; 32: 992-1000.
20. Robinson BE, Bacon JG, O'Reilly J. Fat phobia: measuring, understanding, and changing anti-fat attitudes. *Int J Eat Disord*, 1993; 14: 467-480.
21. Ministry of Health. Türkiye Obezite ile Mücadele ve Kontrol Programı (2009-2013), Ankara. 2009.
22. Sağlık Bakanlığı. Türkiye Obezite ile Mücadele ve Kontrol Programı. Ankara: Temel Sağlık Hizmetleri Genel Müdürlüğü Yayını, 2010.
23. Teachman BA, Gapinski KD, Brownell KD, Rawlins M, Jeyaram S. Demonstrations Of Implicit Anti-Fat Bias: The Impact Of Providing Causal Information and Evoking Empathy, *Health Psychol.*, 2003; 22(1): 68-78.
24. WHO. Türkiye Obezite ile Mücadele Programı (2010-2014). The Children Growth Standards 2006. WHO Growth Reference Data for 5-19 Years. 2007.
25. WHO. Türkiye Obezite ile Mücadele Programı 2010-2014, 773, Ankara: Sağlık Bakanlığı, Temel Sağlık Hizmetleri Genel Müdürlüğü. 2010.
26. Yıldırım F. Obezite Hastalarının Giyim Problemleri. Yüksek Lisans Tezi, Selçuk Üniversitesi, Konya. 2006.
27. Yılmaz CY, Dinç ZF. Comparing Fatphobic Attitudes of Male and Female Studying at School of Physical Education and Sport. *Sportmetre Journal of Physical Education and Sport Sciences*, 2010; 8(1): 29-34.
28. Yılmaz R, Elbi H, Özgürbüz C. Kilonuz Mercek Altında (Editör: Candeğer Yılmaz), İzmir: Ege Endokrinoloji ve Metabolizma Hastalıkları Bilim Dalı Obezite Okulu, Yayın Dizisi 1. 2003.