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## The psycho-social factors toward weight control efficacy in young adults of the university in Southern Taiwan

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**Background & Purpose:** The high prevalence of obesity is a major public problem worldwide. Hence, the needs to explore the factors, not only the physiological but psycho-social factors, have been merged. The aim of this study was to explore the factors affecting the efficacy of weight control in young adults.

**Methods:** A questionnaire consists of external and internal environment and sub-questionnaires to measure the factors affecting weight control efficacy in young adults. Participants were 300 college students, including 3 domains of professionals (nursing, nutrition, and non-health-related) from the university in southern Taiwan. The self-administered questionnaire was collected successfully for univariate statistical analyses.

**Results:** The major sex of this sample was female (74%; n=222). 212 (70.7%) individuals intended to loose weight recently, yet, 131 (37.7%) of this sample were actually to execute their weight control plan, and 2 majority of methods to loose weight were exercise or exercise with diet (n=92, 31.7%; n=80, 27%, respectively). In executing a weight control plan prospect, body weight, BMI, and body shape content were major determinants ( $p=0.005$ ,  $t=-2.806$ ;  $p<0.001$ ,  $t=-4.935$ ; and  $p<0.001$ ,  $t=6.459$ , respectively). Furthermore, the more positive psycho-social supports, such as positive colleagues relationships ( $p=0.036$ ,  $t=2.108$ ) have the more social support to weight control motivation. And the higher belief of weight control, more attempt of weight loss, and good diet behaviors ( $p=0.002$ ,  $t=3.135$ ;  $p<0.001$ ,  $t=11.827$ ; and  $p=0.04$ ,  $t=3.199$ , respectively) have more consistency for weight controlling. There was no association between individual professions and intended to loose weight recently, yet, health related professions likelihood to more actually to execute their weight control plan than non-health-related profession.

**Conclusion:** Psycho-social factors for successful weight control are determined by body shape content, positive colleagues relationships, higher belief of weight control, more attempt of weight loss, and good diet behaviors.

### Biography

Shih-Hsien Kuo has completed his PhD from College of Pharmacy, Kaohsiung Medical University. He is a registered Pharmacist of Taiwan R.O.C.. He is working as Associate Professor of School of Medical and Health Science, Fooyin University, Kaohsiung, Taiwan. He has published more than 30 papers in scientific journals in the field of clinical care of special populations such as pregnant women, elderly, and DM patients, etc. In addition, he is also interested in the foods for treating symptoms, such as pitaya for constipation or ginger for nausea and vomiting.

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