

# Impact of Obesity on Life Satisfaction of Adults

Dr. Ankita Kumari

Assistant Professor, Department of Psychological Sciences, School of Human Sciences, Central University of South Bihar, Gaya

DOI: <https://doi.org/10.51584/IJRIAS.2025.10120070>

Received: 24 December 2025; Accepted: 29 December 2025; Published: 16 January 2026

## ABSTRACT

Obesity is a growing public health concern that negatively affects not only physical health but also psychological well-being and overall quality of life. Life satisfaction represents an individual's subjective evaluation of their life as a whole and is influenced by physical, psychological, and social factors. The present study aimed to examine the prevalence of life satisfaction among obese adults and to compare life satisfaction between Type-I and Type-III obese adults. A total sample of 420 obese adults (210 males and 210 females), aged 25–35 years, was selected from Patna, Bihar using purposive sampling. Participants were categorized into Type-I (BMI 30–34), Type-II (BMI 35–39), and Type-III (BMI  $\geq$ 40) obesity groups. In this General Health Questionnaire-12 (GHQ-12) was used for screening the health status of obese adults and only healthy adults were selected. Data was collected using a Personal Data Questionnaire and the Life Satisfaction Scale developed by Promila Singh and George Joseph (2013). Results revealed that the majority of obese adults (56.9%) exhibited an average level of life satisfaction, while 43.1% reported low life satisfaction; nobody felt higher level of life satisfaction. The present study also revealed a significant difference in life satisfaction between Type-I and Type-III obese adults ( $t = 55.65, p < 0.01$ ). The findings indicate that increasing severity of obesity is associated with poorer life satisfaction.

**Keywords-** Obesity, Life satisfaction, Adults

## INTRODUCTION

Obesity is one of the common issues of the adults. In which, excess quantity of fats exist in the body. Body mass index (BMI) is often used to diagnose obesity. BMI is calculated by dividing weight in kilograms by height in meters squared, i.e.  $\text{Body weight (kg)} / \text{Height}^2 \text{ (meter)}$ . According to WHO BMI over 25 is considered as overweight and over 30 is considered as obesity. Measuring waist perimeter is also the way of identifying obesity. If a person has more body fat around his/her waist then he/she has higher risk of obesity. More than 35 inches in females and 40 inches in males are considered as obesity. According to the healthcare providers, ethnic difference determines the influence of BMI on health, such as Asian people have higher health risk at lower BMI and black people have higher risk on higher BMI.

Obese people are unable to do all kinds of work. They easily feel tired. They have to face lots of negative situation, in which they are unable to adjust comfortably. These situations influence the psychological aspects of the obese people. The purpose of this study is to find out the impact of obesity on life satisfaction of the adults.

### Life-satisfaction-

Basically, life satisfaction is a subjective evaluation of the quality of life. Because it is essentially an evaluation, judgments about life satisfaction have a large cognitive component.

Ed Diener (2006): "An overall assessment of feelings and attitudes about one's life at a particular point in time ranging from negative to positive." His definition focuses on the personal and evaluative character of life satisfaction.

According to Ruut Veenhoven (1996) life satisfaction is the state in which life has been completely assessed positively. He highlights the global and personal nature of life satisfaction.

Ellison and colleagues (1989) said that life satisfaction is the positive evaluation of cognitive and social aspects of life. He said that cognitive evaluation is affected by social factors.

Thus, life satisfaction generally refers to an individual's overall evaluation of their life as a whole. It's a broad concept that encompasses various aspects of comfort, including:

- Emotional aspect: It includes positive emotions like happiness and joy, as well as the absence of negative emotions like sadness and anger.
- Psychological aspect: It refers to aspects like self-esteem, self-acceptance, and a sense of purpose and meaning in life.
- Social aspect: It involves healthy relationships with others, a sense of belonging, and social support.
- Physical aspect: It encompasses physical health, energy levels, and the ability to engage in activities one enjoys.

Kuroki (2016) found that corpulent grown-ups have lower level of life satisfaction.

Ball, Crawford & Kenardy (2004) coded that hefty youthful ladies have higher level of disappointment towards their work, career and think about. Corpulent ladies have not great family relationship and accomplice relationship. They do not take an interest in social exercises.

Herman, Hopman and Rosenberg (2013) said that stout grown-ups do not see their real weight. A add up to of 229 grown-ups who gone by two college healing centers in Seoul and Chungju cities for normal wellbeing check-up reacted to a survey. To evaluate QOL, a Korean form of the obesity-related Quality of Life Scale (KOQOL) was utilized. The comes about appeared that obesity-related quality of life diminished as BMI expanded and as liquor utilization got to be heavier.

Duval, Marceau, et al. (2006) The affect of dismal weight on QoL is not constrained to the activity/mobility space. Dreary weight contributes to the disability of all spaces of what is as a rule alluded to as "health-related quality of life".

Addis et al. (2006) conducted a think about on 2,109 community-dwelling ladies matured 40 to 69 a long time. Utilizing a nullified single-item degree of sexual fulfillment and measured tallness and weight, they found that BMI and sexual fulfillment were contrarily related. That is, as BMI increments, sexual fulfillment diminishes.

Narwaria Mahendra (2013), a famous Bariatric specialist, Ahmedabad (Gujarat, India) communicated his concern over weight, expressing that "the scourge of weight and the co-morbidities it carries is coming to colossal extents in the city (Ahmedabad) as well as in the nation. What is more awful is that the lion's shares of these individuals are in the beneficial age gather, from 20 to 50 a long time old." It is unnecessary to include that weight and its co-morbidities genuinely influence the wellbeing and gravely impact the quality of life.

Folope and colleagues (2012) examined the affect of eating disarranges and mental trouble on the quality of life of corpulent individuals. They watched that "the disability of QoL stout patients is expanded by the nearness of an ED, uneasiness, and/or discouragement and stamped body shape concern.

### Objectives-

- To know the prevalence of life-satisfaction among obese adults.
- To compare life-satisfaction between Type-I and Type-III obese adults.

## Hypotheses-

- The majority of obese adults would have average level of life satisfaction.
- The life-satisfaction of Type I and Type III obese adults would be significantly different.

## METHOD

**Sample-** 420 obese adults were selected by purposive sampling method from Patna, Bihar according to the below 3\*2 sampling design.

Type I Obese (BMI=30 to 34) N=140		Type II Obese (BMI=35 to 39) N=140		Type III Obese (BMI= 40 & above) N=140	
Male	Female	Male	Female	Male	Female
70	70	70	70	70	70

## Inclusion Criteria-

- Only 25 to 35 years old obese adults
- Only those adults having BMI 30 or greater than 30
- Only healthy obese adults who don't have habit to take any kind of drugs
- Only male and female adults

## Exclusion criteria-

- Below 25 and above 35 years old obese adults
- Adults having BMI less than 30
- Unhealthy obese adults
- Transgender adults

## Tools-

- **Personal data questionnaire-** This questionnaire was used to know the essential information about the samples. Such as age, gender, place of residence, education, family income, marital status etc.
- **General Health Questionnaire -12 (GHQ-12) –**

This scale was used to identify healthy obese adults. It was developed by David Goldberg and Paul Williams in 1979 and Hindi adaptation was done by Shiv Goutam in 1987, which consisted of 60 items. GHQ-12 is the short version of GHQ- 60. There are only 12 items in which 6 positive and 6 negative items. Each item has four alternatives. Individual has to select 1 alternative as a response. The alternatives for positive items are “More so than usual, Same as usual, Less so than usual, Much less than usual” and alternatives for negative items are “Not at all, No more than usual, Rather more than usual and Much more than usual. Score 0,0,1,1 is given for each item of four alternatives respectively. The respondents who got total score of 2 or less than 2 are selected as healthy adults. The test- retest reliability of this scale is 0.83 and split half reliability is 0.78.

- **Life-satisfaction scale-** Life Satisfaction Scale (L-S Scale) by Promila Singh & George Joseph (2013) was used for data collection. The scale consisted of 35 items, each item is rated on the five point scale

Always, Often, Sometimes, Seldom and Never; which are scored as 5, 4, 3, 2, and 1 respectively. The items are related to the individual’s all around activities and thus give a global picture of one’s life satisfaction level. The higher score on this scale indicates higher level of life satisfaction.

Norms for the Life Satisfaction Scale

Range of Score	Level
136-175	High life-satisfaction
81-135	Average life-satisfaction
35-80	low life-satisfaction

**Procedure-**

At the very outset, every obese adult was consulted individually and asked about their health status then GHQ-12 was applied to identify scientifically the health status of the respondents. Then Stadiometer was used to know the weight and height of the adults to estimate BMI. If it was equal or greater than 30 then they were selected as sample and they were administered Personal data questionnaire, life-satisfaction scale.

**RESULT AND DISCUSSION**

Table-1 Level of Life-satisfaction among obese adults

Level	High	Average	Low
Number	0	239	181
Percentage	0	56.9	43.1

Figure-1 (Bar-diagram); Showing number and percentage of obese adults on Life-satisfaction

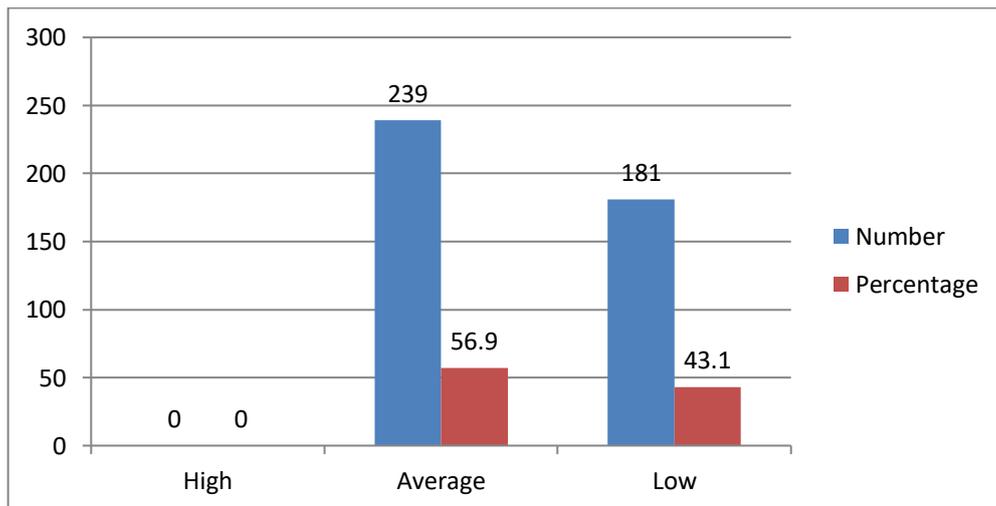


Table no. 1 shows that most of the obese respondents (N=239) of this study have average level of life satisfaction and 181 respondents have lower life satisfaction. There are no any respondents having high level of life satisfaction. This is clear that level of life-satisfaction is different among the respondents. Thus, the hypothesis is accepted.

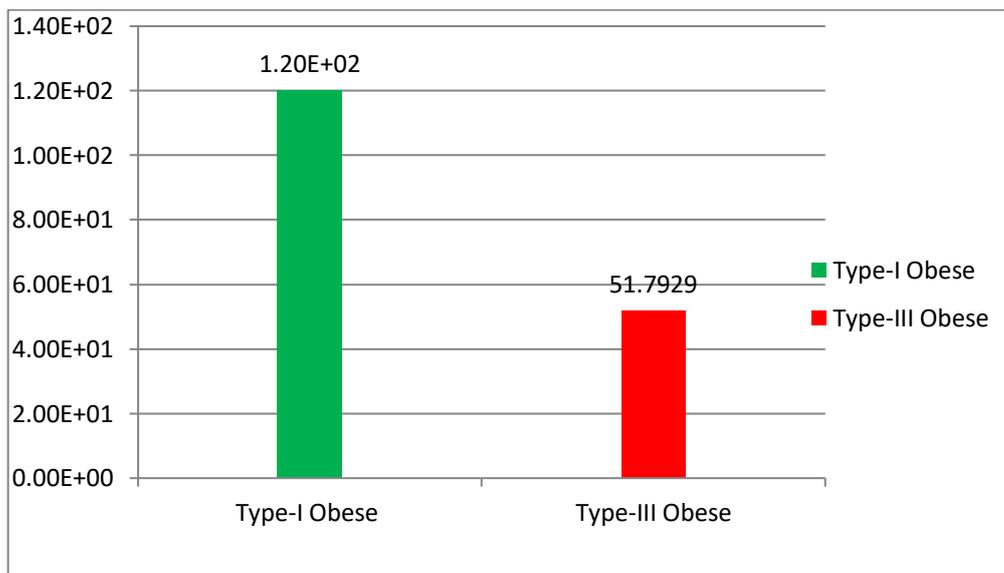
Life-satisfaction refers the overall positive evaluation of person’s own life. If a person has good appearance with better physical-psychological health and having well socio-economic status has higher level of life-satisfaction.

This study has been conducted on obese people. Obesity is one of the important causes which negatively influence the physical and psychological health of the person. Therefore, obese people are not so much satisfied with their life. Thus this type of result has been found.

Table-2 Comparison of life-satisfaction between Type-I and Type-III Obese adults

Group	N	Mean	SD	t-value	df	p
Type-I Obese	140	1.2011E2	10.59367	55.650	278	0.01
Type-III Obese	140	51.7929	9.93685			

Figure-2 (Bar-diagram); Showing Mean score of Type-I and Type-III obese adults on life-satisfaction



On life satisfaction scale the found mean and SD values are 1.2011E2 and 10.59367 for obese I adults and the obtained mean and SD values for obese III adults are 51.7929 and 9.93685 respectively. The found t value 55.650 is significant at 0.01 level. High score indicates better life satisfaction. It is clear that less obese adults feel better life satisfaction in comparison to more obese adults. Thus, obesity significantly influences the life satisfaction of the adults.

Obesity is one of the reasons which decrease the life-satisfaction of the person. Life-satisfaction means overall positive evaluation of person’s own life. If a person has good appearance with better physical-psychological health and having well socio-economic status has higher level of life-satisfaction. Type I obese refers less obesity than type III obese. Type III obese people have to face more difficulties in comparison to type I obese people. Type III obese people are negatively evaluated by others. They are incapable for the well maintenance of their lives also. These conditions decrease their success of life. Thus, they have poorer life satisfaction.

**CONCLUSION**

The present study reveals that majority of obese adults feel average level of life satisfaction. Severe obese adults have poorer life satisfaction in comparison to mild obese adults.

**REFERENCES**

1. Addis, I , Van Den Eeden, S.K., Wassel-Fyr, C.L., Vittinghoff, E., Brown, J.S., & Thom, D.H. (2006). Sexual activity and function in middle-aged and older women. *Obstetrics and Gynecology*, 107, 755-764.

2. Ball, K., Crawford, D., & Kenardy, J. (2004). Longitudinal relationships among overweight, life satisfaction, and aspirations in young women. *Obesity research*, 12(6), 1019-1030.
3. Duval, K., Marceau, P., Lescelleur, O., Hould, F. S., Marceau, S., Biron, S., ... & Lacasse, Y. (2006). Health-related quality of life in morbid obesity. *Obesity surgery*, 16(5), 574-579.
4. Folope V, Chapelle C, Grigioni S, Coeffier M & Dechelotte P. (2012). Impact of eating disorders and psychological distress on the quality of life of obese people. *Nutrition*. 2012 Jul; 28(7-8):e7-e13. doi: 10.1016/j.nut.2011.12.005. Epub 2012 Apr 7.
5. Gautam, S., Nijhawam, M., Kamal, P. (1987). Standardization of Hindi version of Goldberg's General Health Questionnaire. *Indian Journal of Psychiatry*, 29 (1), 63-64. Retrieved from [www.indianjpsychiatry.org](http://www.indianjpsychiatry.org) >articles
6. Herman, K. M., Hopman, W. M., & Rosenberg, M. W. (2013). Self-rated health and life satisfaction among Canadian adults: associations of perceived weight status versus BMI. *Quality of Life Research*, 22, 2693-2705.
7. Kuroki, M. (2016). Life satisfaction, overweightness and obesity. *International Journal of Wellbeing*, 6(2).
8. Singh & Joseph (2013). Life-satisfaction scale (L-S Scale) *National Psychological Corporation*. Retrieved from: [www.npcindia.com](http://www.npcindia.com)
9. World Health Organization (2017): Obesity. Retrieved from [https://www.who.int/health-topics/obesity#tab=tab\\_1](https://www.who.int/health-topics/obesity#tab=tab_1)