

Title: Health Needs of Obesity Teenagers

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Introduction

Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity (Giacaman, et al. 2009). Health needs incorporate the wider social and environmental determinants of health such as deprivation, housing, diet, education and employment (WHO, 1946). Cuevas, F.P. (ed.2007:44) said health needs exist when there is a health problem that can be alleviated with medical or social knowledge.

The World Health Organization defined good health as a “state of complete physical, mental and social well-being” representing a shift to a more complex perspective, (Ogden, et al. 2001). Obesity in teenagers has been a growing and expanding health problem nowadays in our society. In addition, the main causes of obesity in teenagers include, poor eating habits, overeating and a lack of exercise, (Newcombe, 2010). Other causes include, lack of activity among children and teenagers with their family, family history of obesity, medical illness, medical illnesses (Taylor, 2009). Obesity is referred to as becoming overweight in which is described as the excess of body fat that aids in increased weight-for-height, (*Statistics on obesity, physical activity and diet: England, 2012*). According to statistics, nearly one in five 15 year olds are obese and one in five 13 to 16 year olds are overweight, (Newcombe, 2010). Recent statistics show that in the UK nearly 20% of 15 year-olds are obese and about 20% of 13-16 year olds are overweight, (Man, 2013). The article of Liou, Liou and Chang (2010) found out that sedentary leisure time and sleeping are among the determinants of obesity among teenagers. Obese teenagers can suffer from psychological, emotional and social effects which cause low self-esteem, depression and eating disorders in them.

Critical discussion of theories of health needs

The theory of Doyal and Gough

This theory of health needs is proposed by Len Doyal and Ian Gough which differentiates the basic health needs and more cognitive autonomous needs and the intermediate needs (Doyal, Len

1991). It is asserted that the physical health is the essential requirement that our body needs in order to live. In this theory, the physical and basic needs of human health are given emphasis. With the intermediate needs, it is critically analyzed that the first and foremost to stay healthy is to acquire the basic food that the body needs.

- *Strength:* The basic needs along with the independent cognitive needs are given emphasis and discussed thoroughly which people can easily understand, (Doyal, Len 1991).
- *Limitation:* The theory is only centering the physical and basic needs of people. Other important needs of the individual are not covered.

Seedhouse Health Needs Theory

This theory promotes the foundations of health should be attained by individual, and there is a significant relationship and similarities with the basic needs that humans should acquire under this theory to Doyal and Gough's health need theory. Seedhouse highlights that autonomy is paramount because it respects the ability of individual decision (Wiley, 2005). Therefore, it can be stated that the first and foremost scope to become healthy is through meeting the basic needs of health of people. However, it is limited in the sense that "*Seed house's foundations are states of being within which one should strive to develop, for instance with regard to education,*" (Wiley, 2005).

- *Strength:* It states right away the specified face that should be transformed like for example the need to nurture oneself to quality education.
- *Limitation:* Basic needs are given emphasis similar to Doyal's and Gough's which does not cover other important health needs of the person.

Bradshaw theory

Bradshaw (1972) identified four types of social needs aligned with the health needs of human. They are: normative need, felt need, expressed need, and comparative need. This theory provides certain distinction on different facets either professionally or comparatively defined. When we say professionally defined it is also known as the normative need of individuals which could be controlled by professionals or called as experts. On the other hand, comparative need is well encapsulated prior with the reference of resources and beneficial gains to others (Bradshaw, 1972).

Bradshaw's theory grounds the social factors that affect the health of individuals. Unlike the other first two theories that emphasize on the basic needs of people, social factor is the determinant whether the individual is healthy or not.

- *Strength:* There is a great effort to explain the social factors that affect the health needs of the person. With that, it has been clearly explained to people who to deal with and who should be avoided.
- *Limitation:* It is only limited with the social aspects of the person to promote health.

Maslow theory

The Maslow pyramid shows the hierarchy of human health needs which are presented from the lowest part (physiological needs) going to the top as the self-actualization. As soon as the stages are completed and achieved by the individual, he may step to the next stage (Maslow, A. 1943). In order for humans to survive and experience growth; individuals must have a clear perception to the basic needs and their hierarchy of needs.

- *Strength:* The levels of needs that a person should have and developed are step by step explain and easy to understand with the pyramid provided by the theory.
- *Limitation:* However, it is weak in the sense that once there is a certain stage unmet, a person cannot step to other hierarchy of needs (Maslow, A. 1943).

Application of Theories to the Articles

Newcombe (2010)

The health needs of Newcombe (2010) article focus on the nutritious intake of food. However, the primary need to have a good diet is not met. Maslow's first hierarchy of needs is not met as well as the Seed house's proposition on how to become healthy through having a healthy lifestyle is not met, too.

Seedhouse Health Needs Theory foregrounds the study on the obesity of teenagers by Newcombe (2010) in the explanation of influential behavior to consume unhealthy foods. Since they do not want to feel isolated, their behavior has been influenced to consume food by the others.

Smith (2008)

This primary research found out that the physiological needs of Maslow is not met since teenagers are not sleeping the right amount every day. In addition, the social needs that Bradshaw promotes are not met since there is no support coming from the family of these teenagers, the Doyal and Gough's health need is not attained.

Insufficient support coming from the family of the teenagers is lacking to send their child to sleep thereby the security need of Maslow is not achieved at all.

Borland (2011)

This health need of Borland (2011) article is lack of physical activities. Proper behavior to playing computer games in not met along with the belonging need of Maslow. It shows that Seedhouse's health need is not also met since there is no proper lifestyle among the teenagers.

This primary research shows that social needs of Doyal and Gough's are not met.

Conclusion

In this regard, it is right to priorities the health needs of the teenagers. Physical activities with provision of healthy lifestyles are unmet. The family should provide a healthy environment to the teenagers by giving them the healthy dietary intake and encourage them to do activities that will make and stay them physically fit. Physical activities among teenagers along with healthy eating habits will be the key to have decreased the effects of obesity (Taylor, 2009). Playing video games is not bad at all, but when it turns out to be too much, its effect becomes risky.

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