



## THE WEIGHT OF YOUTH: EXPLORING THE IMPACT OF EXCESS WEIGHT ON PERSONAL LIVES

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**Abstract:** This thesis examines the multifaceted impact of excess weight on the personal lives of young people. With the prevalence of obesity among youth on the rise globally, understanding the implications beyond physical health is paramount. Through a comprehensive review of literature and empirical research, this study delves into the social, psychological, and emotional ramifications of carrying extra weight during the formative years. By exploring the complex interplay between weight status and various aspects of personal well-being, this thesis aims to shed light on the challenges faced by young individuals grappling with obesity, while also identifying opportunities for intervention and support.

**Introduction.** The rise in youth obesity represents a significant public health challenge, with implications that extend far beyond physical health. While much attention has been devoted to the medical consequences of excess weight, comparatively less is



known about its impact on the personal lives of young people. This thesis seeks to address this gap by examining how weight status influences various dimensions of personal well-being, including social relationships, self-esteem, mental health, and overall quality of life.

**Literature Review.** The literature review synthesizes existing research on the effects of excess weight on personal lives. It explores the social stigma and discrimination faced by overweight and obese youth, as well as the challenges they encounter in forming and maintaining interpersonal relationships. Additionally, the review examines the psychological toll of obesity, including its impact on self-esteem, body image, and mental health. By synthesizing findings from diverse disciplines, including psychology, sociology, and public health, this section provides a comprehensive understanding of the complex dynamics at play.

**Methodology.** The methodology section outlines the research approach employed in this thesis, including the selection of relevant studies, data collection methods, and analysis techniques. Drawing on both quantitative and qualitative research methodologies, this study seeks to capture the nuanced experiences of young people living with excess weight. Surveys, interviews, and focus groups will be utilized to gather data on participants' perceptions, attitudes, and lived experiences.

**Results.** The results section presents findings from the empirical research, highlighting the ways in which excess weight shapes the personal lives of young people. Themes may include social isolation, peer relationships, self-perception, coping mechanisms, and resilience. Through rich qualitative data and quantitative analyses, this section provides insights into the diverse ways in which weight status intersects with personal well-being.

**Discussion.** The discussion section synthesizes the findings of the study and situates them within the broader context of existing literature. It explores the implications of the



research findings for theory, practice, and policy, offering recommendations for supporting young people living with excess weight. By elucidating the complex interplay between weight status and personal lives, this section contributes to a deeper understanding of the challenges faced by overweight and obese youth and identifies avenues for intervention and support.

**Conclusion.** In conclusion, this thesis underscores the importance of considering the personal consequences of excess weight among young people. By illuminating the social, psychological, and emotional dimensions of obesity, this study highlights the need for holistic approaches to promoting health and well-being in youth. Through targeted interventions that address the underlying determinants of weight-related disparities, we can empower young individuals to lead fulfilling and meaningful lives, irrespective of their weight status.

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