

Research Project - THE CAUSES OF OBSCENITY IN KUWAIT (2700 words)

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Abstracts

The purpose of this research is to find out the causes of obesity in Arab world as well as in Kuwait and determine the factors that cause people not to get involved in physical activities. The research used a quantitative cross sectional survey. The data was collected by convince sample of overweight people. The data was collected by means of a questionnaire. The data was analyzed by means of descriptive analysis in form of percentages and frequencies. The first part of questionnaire contained questions related to demographics then questions were related to the research question and 5 point likert scale was used to measure it. The results of the research suggested that eating unhealthy food, watching TV, eating snacks, less physical activity are main reasons of being fat. Other reasons are being aware about the issue of eating and obesity, family inheritance and because of hormonal imbalance were other main causes of obesity. It was also revealed that this is prevalent in women, people of high class and urban areas. The causes of not being involved in physical activity were said to be that participants are not much motivated and they don't find time in tier busy schedule to involve in such activities.

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Introduction to the topic

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