

Study of Anthropometric Measurement of Adult Male, Female of Schizophrenic Patients in Raipur Districts

Anjali Mishra

Dr.Radha Bai Govt. Naveen Girls College, Raipur, India

Abstract

The data regarding the anthropometric measurement was collected using simple metric tape and weighing machine. The table number 1 and its subparts represent the calculated Body mass index table from the data collected during the research work, on anthropometric measurements of the patients suffering from Schizophrenia in state of Chhattisgarh. The table number 2 shown below gives the comparison between the average height and weight of healthy person as per standards and observed average weight of schizophrenic patients as per their gender and age. possible disorder of nutrient deficiency, within the guideline recommend by **ICMR[Indian council of medical research]** and **WHO[world health organization]**. The samples were analyzed for anthropometric Examination by anthropometric measurement height, weight and BMI

KEYWORDS: Schizophrenia, Anthropometric, ICMR, BMI

1.Introduction: Schizophrenia is a disease that is not at all related to bad parenting or personal weakness but it has a biological basis as like of cancer and diabetics. Schizophrenia, as discussed above has no known cure but the patients of schizophrenia respond well to treatment's and if the routine is followed, the patients suffering from schizophrenia leads a satisfying and fulfilling lives (**McAllister, 2014**). To describe the disease in detail schizophrenia is a chronic, disabling and very severe brain malfunctioning disorders that has affected people in the past as well. Positive symptoms of schizophrenia marks the psychotic behaviours that are not observed in a person leading a healthy life. The patients showing positive signs are socially cut off. The symptoms are repetitive in nature and have a frequency of repeated appearance and disappearance. When repeated the symptoms are easily visible with prominent impact and sometimes one cannot observe the occurrence of symptoms (**Christensen O. , 1988**) Malnutrition in schizophrenic patients is widely visible due to their irregular day to day activities and improper consumption of food. Schizophrenia however is not a case resulting from malnutrition, but after the onsets of schizophrenia patients reportedly consume fewer amounts of necessary nutrients than needed. The patients then shows symptoms that are common when the body is deficient in those nutrients (**National Institute of Health, 2009**).

Methodology:

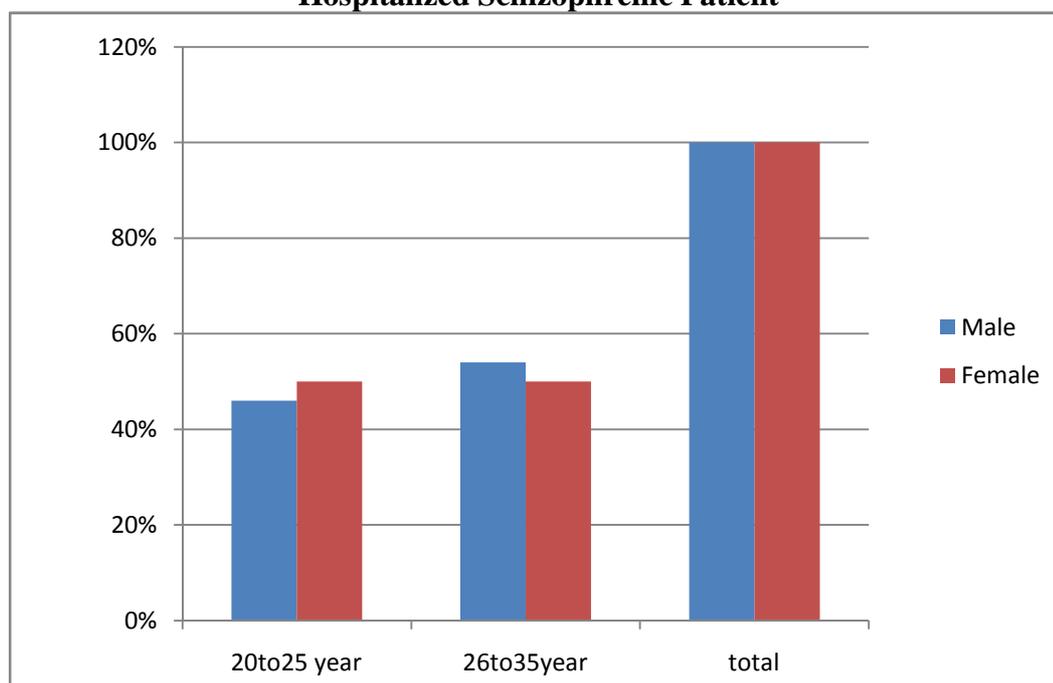
This is basically a qualitative study. “**Descriptive observational non experimental research design and inferential Intake**” was being set to perform this study. Random sampling was made. Data was collected with the help of close ended questionnaires. The current work was exploring the **nutritional profile** of the schizophrenic patient of Raipur districts. Study was conducted on 100 schizophrenic hospitalized patients of Raipur city. 50 Adult Male and 50 Adult Female aged between 20 to 35 years. **Anthropometric Data** was calculated to determine the standard value of **Height, Weight** and **BMI** of Adult Male and Female. was measured and compared with those under 20 year and up to 35 years of age were taken from Reference by WHO of standard value. weight was recorded in kilograms

and compared to **WHO** Standard weight of patient and height was measured simple metric tape BMI was also be calculated by the method prescribed by ICMR. Body mass index (BMI) and relative body weight percentage were analyzed by using height and weight measurements of all subjects were Body mass index (BMI) was calculated with the BMI formula (weight in (kg) /height in m²). The relation suggested by **Thunberg** et al.,. The sample was divided in to two groups first group was Adult Male and Female General information was collected from hospital record through by attain dents /staff nurse and patients care takers. In each group 50 subjects.

Result and Discussion:

Hospitalized schizophrenic subject was distributed according to total patient, age wise, admitted hospitalized patient in figure no.1 .

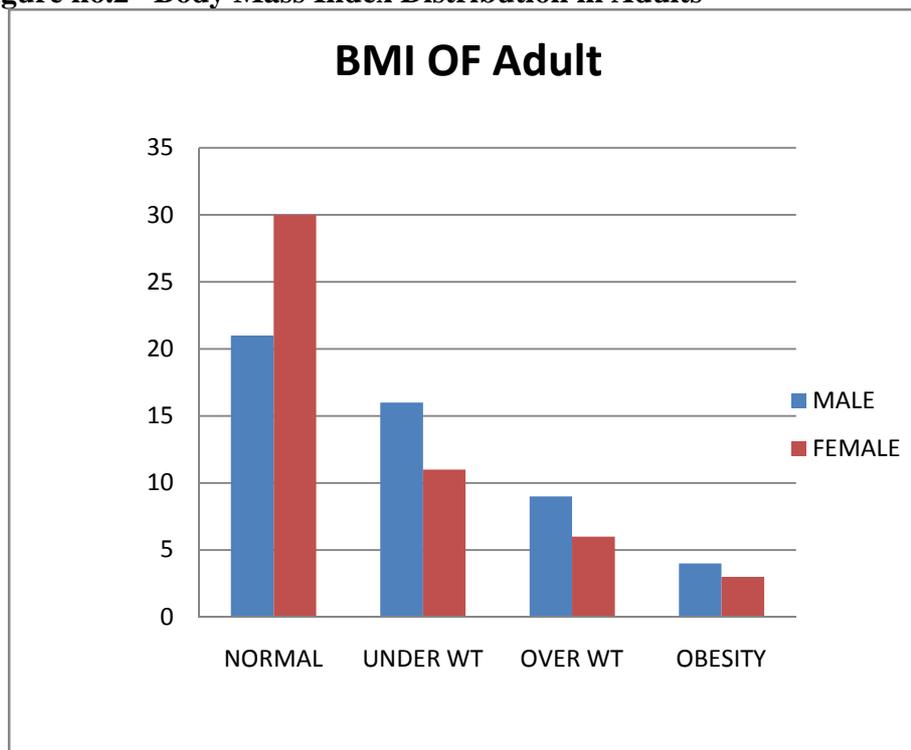
Figure no. 1:Distribution of Subjects Adult Male and Female Hospitalized Schizophrenic Patient



the distribution of age in selected subject in Adult group was 8% Females and 16% Males was belonging to 20 to 25 year age group and 84% male and 92% females was 26 to 35 year age group study shown to effect of schizophrenia are more than 25 to 35 year age group. According to the [website psychcentral.com](http://www.psychcentral.com)

Table no.2 Body Mass Index Distribution in Adults

BMI CATEGORY	MALE (20-35 yr) N=50	%	FEMALE (20-35 yr) N=50	%
Normal	21	42%	30	60%
Under Weight	16	32%	11	22%
Over Weight.	9	18%	6	12%
Obesity	4	8%	3	6%

Figure no.2 Body Mass Index Distribution in Adults

The table number 1 and figure no. 2 shows that 42% males and 60% females were normal weight, 32% males and 22% females were under weight. 18% males and 12% females were overweight. 8% males and 6% females were obese.

Conclusion: In adult group more number of females were normal weight than males and less number of females were underweight as compared to males suffering from schizophrenia, while more males than females were overweight and obese. The data shows that in adults, males are particularly suffering from overweight problems. Deficient consumption pattern of necessary nutrients is taking its toll and a high percentage of population of adult schizophrenic patients can be seen suffering from underweight problem. Female sex is showing more severe malnutrition patterns. Based on the results obtained from Malnutrition and severity of schizophrenia can be easily corrected. Schizophrenia can be controlled and effectively managed by using dietary routines along with the prescribed medicines.

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