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Background and Significance: Over the past few years, a gradual increase in the body mass index among the young adults between 25 and 40 years old has increased significantly due to a lack of physical exercise and nutrition patterns. An example is, due to the economic nature of our society, people take their vehicles to work and remain seated for long hours at work. This affects the quality of physical exercise; young adults are also taking sugary and fast foods associated with a huge number of calories, thus increasing their overall weight. For this study, we will seek to understand the importance of physical exercising among the young adults in reducing the body mass index, thus reducing cases of hypertension and diabetes. This will create a long-term method of solving the obesity issue since if a culture of physical exercising is introduced for young adults, it will be adhered to throughout their adulthood.

Research question: How does physical exercise intervention among obese young adults help reduce body mass index compared to those not undertaking the program for six months?

FINER criteria: the FINER criteria will be met since the feasibility (F) would include comparing the intervention and control group over six months to observe changes in weight. The study is interesting (I) since we will understand how BMI reduction procedures are effective in reducing cases of hypertension and diabetes, especially for the young adult population. The novel (N) criteria will not be met since there are numerous studies in the past investigating the same issue, although ours will understand the effectiveness of the analysis in six months for the young adults. Ethics (E) criteria will be met since results for each individual participant will not be directly reflected in our results, while we shall seek patients' consent before engaging them in the study. Finally, the study is relevant (R) for investigating why obesity among young adults is a serious issue requiring immediate inventions and efforts for healthcare practitioners.

PICOT criteria: The research question in relation to the PICOT criteria is the population (P) is the obese young adults, and the intervention (I) is the continued exercise of visiting the GYM once per day. The comparison (C) will be the people not engaging in physical exercise. The outcome (O) is a reduction in the BMI (body mass index) and overall, one's weight, while the time (T) is the six months duration of the study.

Hypothesis: The alternative hypothesis is after engaging in physical exercises for six months, the young adult's overall body mass index will reduce significantly than those who do not participate in the physical exercise programs. While the null hypothesis is there will be no difference in the body mass index for young adults who undergo the exercise program for six months.

The hypothesis will be testable since the young adults will be weighed before engaging in the research process with their weight recorded at every interval. By every four weeks of physical exercising, the subject will be considered to track the progress. The physical exercise will be mild, including walking to work instead of driving and visiting the gym for one hour daily.

Reference:

- Pribis, P., Burtneck, C. A., McKenzie, S. O., & Thayer, J. (2010). Trends in body fat, body mass index and physical fitness among male and female college students. *Nutrients*, 2(10), 1075-1085. <https://www.mdpi.com/2072-6643/2/10/1075/pdf>
- Wang, F., McDonald, T., Champagne, L. J., & Edington, D. W. (2004). Relationship of body mass index and physical activity to health care costs among employees. *Journal of Occupational and Environmental Medicine*, 428-436. https://www.jstor.org/stable/pdf/44996617.pdf?casa_token=rj2-cn_R-BgAAAAA:yd0m4uaVZ1kQtQUhbY6AXC2xjx5z6dBnMLRDwgcsfn0IfUaFBDp2vYwWbahtOCnO62nE8N4p6k5yIPW_KYwK6lfx6KjxHEMIdoXfkCkHYU_f-UgMFEs



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