

“An Interpretative Phenomenological Analysis: Self weighing behaviour of working women with high Body mass index”

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Abstract

Intro:For years, the simple act of self-weighing has drawn a lot of attention and sparked debate. The study objective was to investigate the experiences of working women with a high BMI in terms of self-weighing behaviour.**Method :**Semi-structured interviews was used . Five people who engaged in self-weighing behaviour were questioned.. Age, employment field, working hours, employability status, and number of children were all asked for in the demographic profile. The interviews were taped, verbatim transcribed, and analysed using interpretive phenomenological analysis.. The IPA technique was utilised to acquire a better understanding of the participants' subjectively lived experiences.. Master themes were determined once five transcripts were completed. **Finding:**The findings in this study reveals four master themes viz pre occupation, guilt , shame and overwhelm **Conclusion :**Measuring yourself on a regular basis can help you maintain a healthy weight, but if you are not consistent in losing weight, just weighing yourself might result in the development of negative emotions, which is a loss for the applicant.

Key words :*Interpretative Phenomenological Analysis; Self weighing behaviour; working women; Body mass index*

Introduction:

For years, the simple act of self-weighing has drawn a lot of attention and sparked debate.

Regular self-weighing has lately received a lot of attention in the obesity literature. Some academics and practitioners support it as a crucial behavioural technique for weight control, while others warn against its usage owing to the possibility for severe

psychological effects associated with weight management failure. (VanWormer et al., 2008)

Daily self-weighing may be an effective harm-reduction practise for preventing further weight gain.. (Dutton et al., 2021)

Frequent self-weighing is thought to operate through behavioural self-regulation Individuals who self-weigh frequently are thought to be more focused on and sensitive to changes in their weight. This increases the

chances of self-reinforcement of even minor weight reduction progress. Furthermore, the user is empowered to immediately notice breaks in progress and alter their behaviour accordingly to avoid significant weight gain. (Van Wormer et al., 2008)

Research Question :Which feelings do working women experience as a result of their self-weighting behaviour when they have a high BMI?

Objective :to investigate the experiences of working women with a high BMI in terms of self-weighting behaviour

Reflexivity: I became interested in this field of study while conducting postgraduate research and later while teaching undergraduate and postgraduate students with a mental health nursing emphasis.

My interest in this study derives from living in a housing society; I saw while interacting with them during leisure hours that many working women with high BMIs who were distressed were unable to relate their experience and participated in self-weighting behaviour. When I became a qualified counsellor, my curiosity grew even more. This gave me confidence that I would be able to help such hardworking ladies.

Method Semi-structured interviews were thought to be the best way to capture the uniqueness of the moms' experience. It served as a guide, allowing participants to freely express themselves and expound on key issues. Participants were offered three alternatives for doing the interview: in person, over the phone, over Skype, or via email. Participants preferred face-to-face because it was flexible and cost effective.

Five people who engaged in self-weighting behaviour were questioned. A working lady who identified as having self-weighting behaviour to examine the viability of the method and as a reflexivity activity was interviewed in one pilot interview. For following interviews, the interview schedule

was modified to include semi-structured questions that were split down into multiple questions. The interview began once informed consent was acquired. Confidentiality is upheld. Age, employment field, working hours, employability status, and number of children were all asked for in the demographic profile. The interview schedule was then used to ask non-directive, open-ended questions.

The interviews were taped, verbatim transcribed, and analysed using interpretive phenomenological analysis. The researcher told the participants that the audio recordings and transcripts would be erased at the conclusion of the study procedure, ensuring confidentiality in compliance with the Data Protection Act of 1998. The IPA technique was utilised to acquire a better understanding of the participants' subjectively lived experiences. After listening to the interviews and reading and rereading the transcripts, some preliminary exploratory remarks were made, including descriptive, linguistic, and conceptual notes. A number of themes were detected throughout the debate, and the researcher repeated the process on each tape. Master themes were determined once five transcripts were completed. The themes were discussed with co-researchers.

Inclusion Criteria

- Women working as permanent employees were chosen.
- Working women with at least one child were eligible.
- There are no age restrictions, however women of reproductive age must be present.

Exclusion Criteria

- Women diagnosed with severe medical illness were excluded
- Women who refused to participate were excluded.

Findings

Five working women's were interviewed.

Variable	Description	Frequency
Age	25-30 Years	1
	31-35 Years	2
	36-40 Years	1

	41-45 Years	0
Working Field	IT Sector	2
	Health	1
	Teaching	1
	Any other (Specify)	1
Number of Children	01	2
	02	3
	03 or more	0
BMI	27.1- 29	1
	29.1- 31	2
	31.1-33	2
	33.1 and above	0
Working hours	6hours	0
	7 hours	1
	8 hours	4
	<8 hours	0
status of employability	Temporary	0
	Permanent	5

Following master themes were emerged:

Pre-occupation: Because they are active in both personal and professional life, working women do not have enough time to care for their bodies.

I don't have enough time to devote to walking and exercising, but I still want to lose weight.(W02)

I may not be able to lose weight because I began exercising and walking in the meantime, but my weight has not changed.(W04)

Guilt: It occurs when a working woman believes that anything is amiss with her weight loss efforts.

I follow a diet and avoid sweets and fatty foods, but my weight loss journey hasn't changed.(W01)

I'm terribly disappointed that I might not be able to lose weight... (W05)

Shame :an unpleasant self-conscious mood generally connected with a poor self-evaluation; withdrawal impulses; and anguish, exposure, distrust, powerlessness, and worthlessness

I feel uneasy, especially when I go shopping for gowns for myself, which makes me quite sad.(W02)

In social gatherings/events I am unable to look another person in the eyes because I believe everyone is discussing my weight and my clothes.....(W01)

Overwhelm to induce emotional outburst as a result of being overweight that is simply too much to bear;

I am frequently concerned that I may get ailments in the future because fat is the fundamental cause of many problems.....(W05)

Discussion

The findings in this study reveals four master themes viz pre occupation, guilt , shame and overwhelm

In this obese adult managed care community, the frequency of weight loss tactics was rather high, and adoption of these strategies was associated with better weight loss in a dose-response manner. In order to achieve greater results, future interventions may benefit from an emphasis on the durability of comparable techniques..(Linde et al., 2006)

According to the findings, self-weighing is an emotionally charged practise for many young people, especially females and those with weight-related difficulties. The emotional impact of self-weighing should be considered when making public health and clinical

recommendations about its efficacy..(Hahn et al., n.d.)

Conclusion :Measuring yourself on a regular basis can help you maintain a healthy weight, but if you are not consistent in losing weight, just weighing yourself might result in the development of negative emotions, which is a loss for the applicant.

Conflict of interest :Nil

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