Abstract

Obesity is condition in which a person's body carries excess amount of fat which increases his weight and contributes in affecting the person's health adversely. The purpose of the study was to develop and validate an indigenous scale to access the stressors of obese people in adolescents and people in their early adulthood. The study consisted of a sample of 700 people with 300 people for EFA analysis and 400 people for CFA analysis. Purposive sampling technique was utilized. The results obtained from the EFA analysis provided a three factor solution with oblimin rotation. The scale was divided into three subscales on the basis of factor loadings. Confirmatory factor analysis was done to confirm the factors obtained in EFA analysis from which significant values were achieved $\chi^2=807.45$ (df= 320, N=300), P< .05, RMSEA= .062, CFI= .91 and TLI= .88 suggesting good construct validity of the scale and model fit. The results suggested strong cronbach alpha value of indigenously developed scale which was of .86 indicating strong inter- item correlation. Findings also suggested that females experienced more psychological distress and stressors related to obesity as compared to males. Results also showed that married obese people experienced lower levels of stressors related to obesity as compared to unmarried people. The current research will enable future researchers to better understand the stressors of obese people according to Pakistani culture and further devise intervention plans for its prevention and management.

Keywords: Obesity, Stressors, obese people, Stress