

OBESITY IN CHILDREN, A CONSEQUENCE OF MOTOR BEHAVIOR "GLOBALIZATION"

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Abstract

This topic intends to bring to the attention of the auditor, data on total daily physical activity among children, data that refer to a wide range of circumstances (contexts) to extract indirect indicators on sedentary lifestyle as one of the main reasons for the obesity disease manifestation at this age. The results of a study conducted in some elementary schools in the city of Tirana, are used for the elaboration of this topic. The study's goal was to observe how 7-8 year olds spend their leisure time and what are their nutrition habits and products. The study also intended to find evidence on the existence (or not) of contemporary trends of a sedentary lifestyle even among our children in the basic educational system (school). The methodology used was based on the distribution of a questionnaire that was completed by parents of 311 first grade children. It is known that globalization is a process whose origin is identified by the commercial sector, but nowadays is already indirectly expanding in all sectors of human behavior, including the motor behavior, leading to an obvious reduction of physical activity, generated in all industrialized countries, which includes individuals from preschool age. After analyzing the data collected from the study it was found that this unfavorable background appears to be present in our country too. Physical activity practiced by children in easily identifiable circumstances, such as: physical education in school, spontaneous physical activity (games in the park, walking, etc..) and organized sports, is significantly very much reduced. Losing a lot of spontaneous physical activity, more than the organized sport and physical education, associated with non healthy eating habits, seems to be the main reason for reducing daily dietary energy consumption, generating dramatic increase of overweight and obesity from the pediatric age.

Keywords: *Globalization of motor behavior, obesity.*