

## **IS SPORT A PARENTAL LIABILITY FOR THE OBESE TEENAGERS, OR A CARING DELAY?**

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### **Abstract**

The registration of the obese children has increased clearly in some of the sport teams and city's different fitness centers. One of the general reasons is obesity, the weight gain of the children, especially in males and females. This boost of aim is mainly from the parents, the teenager's will comes by, around the age of 10-12 years old in females and around 14 years old in males. Two are the reactions. In this case the first is the parents that get reminded or perhaps they are convinced for their "non-success" over their children, they oblige or limit their actions towards their children in making them join sports. The second reaction is that the teenager himself is the one that wants to find a "cure" to lose weight in a short period of time. Neither of these cases shows interest for the agonist or the professionalism in sports, but just a way to lose weight. This is a wrong concept; it's not only the longest way but even the most useless way to achieve the goal. The questions are evident and actually there are three of them: 1. Is the obesity in children the parent's responsibility? 2. Is children obesity a legacy? 3. Is obesity a sign of wealth? There is something else about this case, and the bad thing is when the teenagers, especially female teenagers manifest anorexia and it is obvious that parents are knowledgeable about it and still push their children to seek sports. In this thesis are going to be treated the statistics, in what age they start sport and what kind of sports are the most preferable ones. The gender inequality, collective and individual welfare and the causes that lead to obesity are going to be treated by the study. A recent problem in Shkoder is the parent's awareness of about their children's physical and psychological state. In this study is going to be considered the questionnaire developed by the petitioner, to find out the problems, causes, and consequences that lead to obesity and to what makes them join sports.

**Keywords:** *Obesity, sports, gender inequality, parents, teenagers*