

Module: Introduction to Research (BMHP5005)

Assessment 2: Viva Voce

The Overweight and Obesity among Young People in the UK

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Introduction

- ❑ **For Young People obesity is a big challenging issue ,**
- ❑ **Getting the proper support and care**
- ❑ **The researcher fixed the topic to conduct the study for producing the most reliable outcomes .**

• Objectives

- ❖ To analyse , the factors that are leading the youngsters to the overweight or obese in the UK.
- ❖ To evaluate the difficulties facing the younger of the UK for the reason of obesity or overweight.
- ❖ To suggest some effective scopes for the younger of the UK to maintain a healthy body by overcoming the risk of obesity or overweight.

• Aim

The aim of the study is to investigate the reasons for overweight and obesity among young people in the UK and what kind of support and care are required to overcome the issue This topic is important as it can increase risk of a lot of health problems.

Methods

- The researcher used the secondary data for the study to collect the necessary data from the secondary source to produce the most reliable outcomes. The researcher was able to collect the necessary data as much needed for the study to develop properly and conclude accurately (Roberts and Perez, 2013). The researcher was able to conduct an in-depth analysis for getting the most trusted data to include in the study to solve every research issue properly. The researcher was able to collect the data by focusing on the research issues so that there don't have any chance to waste time analysing the relevancy in further time. The researcher also got the chance for cost reduction as the data was already published and the researcher was allowed to collect the necessary data by focusing the validity and reliability.
- The researcher in the study liked to use the secondary analysis technique by focusing on the research topic and time duration of the study. The secondary analysis technique made the task of the study easier for solving the issues with the most accurate data with proper structure (Schostak, 2015). The researcher was allowed to produce the themes based on the findings of the secondary source which was very effective and helpful for conducting got study with proper structure to conclude the study. The researcher was able to avoid irrelevant data for making the outcomes more reliable and acceptable for the reason of using the secondary analysis technique.

Literature Review

Author(s), title, and year of publication	Aim of study	Methods and Sample size and characteristics	Summary of main findings
Sjunnestrand et al. (2019)	stated that without providing health safety it can not possible to get rid of the difficulties and it will introduce different physical and mental issues gradually	The researcher used the updated articles for the study based on the researcher's topic to include accurate information	
Zhu et al. (2019)	stated that obesity influences different critical issues like- type 2 diabetes, high blood pressure, different kind of cancer and such kind of diseases	To find out the most reliable article the researcher evaluates the collected article from a different perspective to ensure that there was not included any untrusted information from the articles	
Kern et al. (2020)	Stated that the service providers are not able to collect the necessary evidence if the victims are not willing to cooperate with them.		

Results

- The researcher used the secondary data for the study to collect the necessary data from the secondary source to produce the most reliable outcomes. The researcher was able to collect the necessary data as much needed for the study to develop properly and conclude accurately (Roberts and Perez, 2013). The researcher was able to conduct an in-depth analysis for getting the most trusted data to include in the study to solve every research issue properly. The researcher was able to collect the data by focusing on the research issues so that there don't have any chance to waste time analysing the relevancy in further time. The researcher also got the chance for cost reduction as the data was already published and the researcher was allowed to collect the necessary data by focusing the validity and reliability.

Discussion

- **Recommendations**

- For health and social care research, there should have followed some key issues
- Collecting the most accurate data.

- **Limitations**

- Provide the necessary explanation.
- Take sufficient time to make the decision.
- Focus on the validity of the data to collect the most updated information. The researcher in the study liked to use the secondary analysis technique by focusing on the research topic and time duration of the study. The secondary analysis technique made the task of the study easier for solving the issues with the most accurate data with proper structure (Schostak, 2015). The researcher was allowed to produce the themes based on the findings of the secondary source which was very effective and helpful for conducting got study with proper structure to conclude the study. The researcher was able to avoid irrelevant data for making the outcomes more reliable and acceptable for the reason of using the secondary analysis technique.

Conclusion

- **Conclusion**
- Obesity of the youngsters is a great problem for the UK and it introduces many difficulties in ensuring the necessary service care. It needs to be overcome by implementing different effective strategies that can be suitable for solving the issue properly. If the issue is major it is much needed to ensure the necessary care so that it can be possible to overcome it without having the chance of facing any kind of difficulty.

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