

Original Research Article
Human Physiology

Rising Trend of Weight Gain Following Planned Abortion among Female in Tertiary Institutions in South-South Nigeria

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Abstract

There is an increase in trend of terminating unwanted pregnancy among young female to gain weight, to look beautiful and sexy and to attracts their male counterpart without taking cognizance of the aftermath effects. Young female will just in pregnancy and later abort it to gain body maintenance. Pregnancy was supposed to be planned and desirable but recently, pregnancies are planned but not desirable because of the special interest attached to it by celebrities' ladies who want to captures the attention of some men. The aim of this study is evaluating the Rising Trend of Weight Gain Following Planned Abortion among Female in Tertiary Institutions in South-South Nigeria. This was a descriptive cross-sectional study involving 250 females. A well-structured questionnaire was administered to participants. The study lasted for a period of 2 months. Exclusion criteria were those females that do not get pregnancy. Inclusion criteria were those females that carried out termination of unwanted pregnancy and those who want to gain weight. Data were analyzed with SPSS version 25.0. The results shows that majority of the participants were between 28-32 years of age, 60.00% had tertiary level of education, 80.00% were singles, 80.00% were involved in post-abortion weight gain, 80.00% had unprotected sex, 80.00%, frequently had pregnancy and abort it to gain weight and 76.00% derived joy from post abortion weight gain. The results shows that the participants gave several reasons for having post-abortion weight gain which include: 60.00% said to attract men, 12.00%, to be beautiful and 28.00%, to have sexy structure.

Keywords: Rising, Trend, Weight Gain, Planned Abortion, Tertiary Institutions.

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INTRODUCTION

The path followed by women seeking abortion is most often long and lonely, corresponding to the increased suffering experienced in maternity wards, when they receive care tainted by prejudice and ill-treatment (Schwandt, *et al.*, 201; Kapp *et al.*, 2013). In general, women in better socioeconomic conditions resort to safer procedures in private clinics; in contrast, poor women have more difficulty accessing the

information and support provided by the public health network, and they also have less bargaining power with their partners in their private lives (Santos *et al.*, 2016). The high rate of hospitalization associated with abortion is a reality when women are subjected unsanitary conditions. The magnitude of the condition is underestimated due to cultural, religious, and legal issues that hinder women from reporting unsafe abortions (Rocha, *et al.*, 2013). Access to information

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and contraceptive methods allows a woman to control her own body and make decisions about childbirth (Santos *et al.*, 2016).

Significant weight gain occurs in women during young adulthood which increases risk of diseases such as diabetes, CVD and many cancers. Life events affecting weight include pregnancy and motherhood, smoking cessation, marriage and cohabiting, attending university and possibly bereavement (Pegington, *et al.*, 2020). Weight gain is mediated by lack of knowledge and skills around food and nutrition, depression, anxiety, stress, satiety, neural responses, and possibly sleep patterns and premenstrual cravings (Pegington, *et al.*, 2020). Once weight is gained, it is difficult to lose and keep off (Pegington, *et al.*, 2020). National surveys from a range of countries report greater increases in weight in young women aged 18-35 years in recent years compared to those seen in older women. US data show that women aged 20-29 years have had the sharpest increase in BMI since the 1960s, with a rise of 4.6 kg/m² compared to 3.3 kg/m² for all women up to age 74 years combined (Ogden, *et al.*, 2004). Pregnancy and motherhood have the greatest impact on weight, and the largest evidence base. Gestational weight gain (GWG) is often not lost postpartum thus contributing to the increase in weight seen in young women (Rong, *et al.*, 2015). Qualitative research from England found that women have little concern about how much weight they gain in pregnancy as they assume they will lose it afterwards, and they receive little or no information about how much weight they should gain (Olander, *et al.*, 2010).

Young adult women (18–36 years) are gaining weight at rates higher than women in other age groups. Given its long-term deleterious health effects, it is important to know the determinants of this weight gain. However, other than in relation to pregnancy, little is known about the determinants of weight gain in this

population group (Wane, *et al.*, 2010). Pregnancy and the postpartum period have been reviewed as determinants of weight gain and that pregnancy is associated with weight gain in young women (Rossner and Ohlin, 1995; Olson, *et al.*, 2003). Pregnancy is one of the leading causes of weight gain for women at this life stage and it is likely that excess weight gained during pregnancy is directly associated with subsequent obesity (Rooney and Schauburger, 2002).

MATERIALS AND METHODS

This was a descriptive cross-sectional study involving 250 females. A well-structured questionnaire was administered to participants. The study lasted for a period of 2 months.

Exclusion Criteria: were those females that do not get pregnancy.

Inclusion Criteria: were those females that carried out termination of unwanted pregnancy and those who want to gain weight.

Statistic: Data were analyzed with SPSS version 25.0.

RESULTS

The results shows that majority of the participants were between 28-32 years of age (Table 1), 60.00% had tertiary level of education (Table 2), 80.00% were singles, 80.00% were involved in post-abortion weight gain (Table 3), 80.00% had unprotected sex (Table 4), 80.00%, frequently had pregnancy and abort it to gain weight (Table 5), and 76.00% derived joy from post abortion weight gain. The results shows that the participants gave several reasons for having post-abortion weight gain which include: 60.00% said to attract men, 12.00%, to be beautiful and 28.00%, to have sexy structure.

Table 1: Age Distribution of Participants

Age Group	Frequency	Percentage (%)
18-22 years	40	16.00
23-27 years	60	24.00
28-32 years	70	28.00
33-37 years	50	20.00
38-42 years	20	8.00
43-47 years	10	4.00
Total	250	100

Table 2: Levels of education of participants

Education	Frequency	Percentage (%)
Primary	30	12.00
Secondary	70	28.00
Tertiary	150	60.00
Total	250	100.00

Table 3: Participants who involve in post abortion weight gain

Response	Frequency	Percentage (%)
Participants who involve in post abortion weight gain	200	80.00
Participants who do not involve in post abortion weight gain	50	20.00
Total	250	100.0

Table 4: Participants who frequently got pregnant to gain weight

Response	Frequency	Percentage (%)
Participants who frequently got pregnant to gain weight	200	80.00
Participants who do not frequently got pregnant to gain weight	50	20.00
Total	250	100.0

Table 5: Participants who frequently got pregnant to gain weight

Response	Frequency	Percentage (%)
Participants who frequently got pregnant to gain weight	200	80.00
Participants who do not frequently got pregnant to gain weight	50	20.00
Total	250	100.0

DISCUSSION

In recent time, weight gain is on the increase among young single ladies who actually want build her body for social attractions. There is an increase in the trend of terminating unwanted pregnancy among young female to gain weight, to look beautiful and sexy and to attracts their male counterpart without taking cognizance of the aftermath effects. Young female will just in pregnancy and later abort it to gain body maintenance. Pregnancy was supposed to be planned and desirable but recently, pregnancies are planned but not desirable because of the special interest attached to it by celebrities' ladies who want to captures the attention of some men.

The results shows that majority of the participants were between 28-32 years of age and they were young and this agreed with previous study by Wane, *et al.*, (2010), that revealed that young adult women (18–36 years) are gaining weight at rates higher than women in other age groups. Again, majority of the participants had tertiary levels of education may not have knowledge about the consequences of weight gain and may run them into health issues related to weight gain. Also, 80.00% of the participants were singles and this may give the young ladies the impetus to carry out this process of gaining weight. Single ladies are not under full control because they are yet to marry and as such could engage in such activity of gaining weight without take it into cognizance the consequences that follows after gaining weight.

The research revealed that 80.00% of the participants were involved in post-abortion weight gain and this is on the increase. These ladies engaged in this post-abortion weight gain to gain attraction and 70% of them actually gained weight and this study is in consonant with previous study that revealed that pregnancy is one of the leading causes of weight gain for women (Rooney and Schauburger, 2002). Post-

abortion weight gain in young females is a process involving psychological factors, physical rest, hormonal changes, lifestyle alterations, and sometimes the effects of hormonal contraceptives. This post-abortion weight gain by young women may be due to hormonal contraceptives taken after an abortion. Contraceptives, particularly those containing progestin may have effects of on appetite, water retention, and fat distribution. Again, post-abortion weight gain could be due to increase in the levels of progesterone and estrogen during pregnancy and after termination of the planned but not desirable pregnancy, the levels of progesterone and estrogen drop thus trigger metabolic changes. Also, it could be that a drop in estrogen could lead to temporary changes in the body's ability to regulate fat storage thus, contributing to weight gain. Again, 80.00% of the participants had unprotected sex to become pregnant so that weight gain can be achieved. The aftermath of unprotected sex may be pregnancy or infections and because these young ladies designed their mind to be pregnant and gain weight would not want to put on protective device.

The study also revealed that majority (80.00%) participants frequently had pregnancy and abort it to gain weight and this occur because they have already made up their mind to be pregnant and refused to put on protective device. However, this pregnancy acquired to gain weight is planned but not desirable because they are single and they need to gain weight, so that they look attractive before men and also change their stature. The study shows that the participants gave several reasons for having post-abortion weight gain which include: 60.00% said to attract men, 12.00%, to be beautiful and 28.00%, to have sexy structure. Again, 76.00% of the participants derived joy from post abortion weight gain because they achieved their aim of carrying out post abortion weight gain and because they enjoyed and make themselves celebrities, it encourages

the younger ladies to participate in post abortion weight gain.

CONCLUSION

Post-abortion weight gain is on the increase and is rampant among young single ladies in South-South Nigeria and it is because they want to be like celebrities. Majority of the participants actually gained weight after the termination of the planned but not desirable pregnancy with several reasons.

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