



THE INFLUENCE OF STRESS ON THE DEVELOPMENT OF OBESITY AND EATING DISORDERS AMONG THE YOUTH POPULATION.

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Abstract: The role of psycho-emotional states and stress factors in the development of obesity and eating disorders among adolescents and young adults has been examined. A review of statistical data from WHO, UNICEF, and national sources for the period 2018–2025 was conducted. It was found that chronic stress, low physical activity, and unbalanced nutrition are key risk factors for obesity. The results confirm the necessity of stress prevention and dietary correction to reduce the prevalence of obesity among the younger generation.

Keywords: obesity, psycho-emotional condition, unhealthy diet, metabolic imbalances.

Introduction: Obesity is one of the most common consequences of chronic stress and overeating. It is characterized by excessive accumulation of body fat due to metabolic disorders. Obesity is diagnosed when body weight exceeds the average by 20% or more. Over the past decade, there has been a significant increase in the consumption of low-nutritional-value foods among young people, which has contributed to the rising prevalence of obesity—especially among adolescents, who are particularly prone to poor dietary habits and high levels of psycho-emotional stress. Monitoring adolescents' diet and psycho-emotional well-being has become one of the most pressing issues in modern society.

Objective: To study the impact of psycho-emotional state on the eating behavior patterns of adolescents.

Materials and Methods: A review and analysis of scientific publications was conducted. Sources included materials from the World Health Organization (WHO), UNICEF, as well as data published on official and news websites.

Results: According to UNICEF data (2025), cited by Gazeta.uz (2025), the obesity rate among children aged 5 to 19 has surpassed the rate of undernutrition. Compared to the year 2000, the prevalence of obesity has increased from 3% to 9.4%, excluding Sub-Saharan Africa and South Asia.

As reported by the news agency Tadqiqot.uz (2022), in the Republic of Uzbekistan, 13,743 cases of obesity were registered in 2022. Of these, 62.8% were among children aged 0–14 years, and



37.8% among adolescents aged 15–17 years. According to data from the Ministry of Health (2018–2022), the rate of overweight among young people increased by 23.8%.

According to statistics published on Uz24 (2023), based on WHO data, every seventh adolescent aged 10 to 19 worldwide suffers from a mental disorder. The UNICEF study involved students from all 13 regions of Uzbekistan and the city of Tashkent. The results showed that 15.4% of participants experienced moderate to severe anxiety, and 9.8% suffered from depression.

Conclusion: Emotional state, genetic predisposition, insufficient physical activity, and excessive nutrition play a significant role in the development of obesity. Reducing stress levels and correcting dietary habits contribute to decreasing the prevalence of obesity among adolescents and young people.

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