



**National Conference on Advanced Research in Science,
Engineering, Management and Humanities**

(NCARSEMh – 2025)

27th July, 2025, Jharkhand, India.

CERTIFICATE NO : NCARSEMh /2025/ C0725752

Obesity and Its Impact on Physical and Psychological Resilience

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ABSTRACT

Obesity is linked with poorer physical health and greater psychological strain, yet its effect on resilience is still not clearly understood. This study examines how obesity influences both physical resilience (the ability to maintain strength, stamina, and recovery) and psychological resilience (the ability to cope with stress, setbacks, and emotional pressure).

Adults from different BMI groups will be assessed using body measurements, simple physical performance tests, and standard psychological scales for resilience, stress, body image, and mental health. Interviews with a smaller group will be used to understand personal experiences of coping with obesity. The study will also look at factors such as physical activity, sleep, social support, and gender differences.

The aim is to show whether obesity weakens resilience, whether low resilience contributes to weight gain, or whether both processes work together. The findings may help design better psychological and lifestyle support for people living with obesity.

Keywords: *Obesity; Psychological Resilience; Physical Health.*