

Thesis title: *Obesity Among Saudi Women; Health and Social Causes, and Implications:
A study in King Abdulaziz Medical City in Jeddah.*

Awarding body: *King Saud University*

Major: *Sociology (Medical Sociology)*

Branch/Track: *Sociology*

Degree: *Doctorate (PhD)*

Year of awarding: *2020*

Researcher: *Jawaher Saud Almutairi*

Supervisor: *Khaled Omar Alradihan, PhD*

Abstract

This descriptive study has dealt with women obesity from a sociological perspective. Objectives of the study include examination of the causes of obesity either health or social causes. Methodologically, the study employed mixed methods in data collection and analysis. A questionnaire was utilized to collect information from 704 women visiting the obesity clinic in King Abdulaziz Medical City in Jeddah. In addition, 9 in-depth interviews were conducted with specialists in the same hospital. The study revealed that obesity is common due to heredity, harmonic dysfunction, and hypothyroidism. Social causes include the habits of having fast foods, eating while watching TV or browsing the net, lavish generosity during social gatherings whereas plenty of food is offered to guests, and not practicing sport on regular basis. Implications of obesity include the spread of weight losing drugs, strict diet habits, and surgical operations. The study also examined the view of women regarding image of body, and how such view, affects ways of acting and social interaction. The study ends up with a number of recommendations to deal with obesity as a health and a social problem.

Key Words: body image, health, Jeddah, medical sociology, obesity, Saudi women.