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ABSTRACT

It is commonly accepted that the soldiers should possess soundness fitness, because increased weight can affect their morale, readiness and health unfavorably. A quantitative research observed as to whether the personal, behavioural and/or environmental elements help to forecast the Body Mass Index and the self-efficacy of a soldier. Research objective was to identify the lifestyle and organizational factors affected to obesity of naval personnel and implement effective weight management system with strategic food consumption system to overcome the obesity among them. Data were obtained from 35 naval personnel using questionnaire. Chi-squared distribution is used to check the goodness of compliance and multiple regression analysis were employed in order to decide if personnel life style factors (alcoholic beverage, smoke cigarettes, number of meals taken), organizational factors (active throughout the day, after office exercises or sport, dining facilities, preparation of meal in accommodation area, awareness of the BMI) impact on the Mass Body Index result. The analysis showed that lifestyle and organizational factors have a significant positive impact to the Body Mass Index result. Moreover, significant associations were identified in relation to the social and organization factors with Body Mass Index results. The entire participant very adopted into proper weight management programme and result was analysis through independent samples t-test to compares the means of two independent groups in order to determine whether there is statistical evidence that the associated population means are significantly different. It is proved that there are significant impact to the Body Mass Index result from the adaptation of weight management programmes. Positive change of their habits implications include the Sri Lanka Navy using these findings to promote healthy lifestyles and increase physical fitness among naval personnel to achieve higher self-efficacy and to maintain a lower body mass index. These findings also suggest that the military services would see better physical readiness by considering personnel, lifestyle behavioural and organizational factors to meet standards.