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### Which Causal Relationship Established the Effect of the Control Technique Contraceptives On Weight Gain Case Housewives Newlyweds.

*Zerf Mohammed*

#### Abstract

Our objective in this modest study interest focus on the adverse effects of the contraceptive control technique, where the exposure to the topic leads to divergent views in the judgments of the Causal relationship, which established the Effect of the control technique contraceptives. Whereas some medical clinical similar studies confirm that, the side effects of the pills contraceptive consistently in weight gain and fatigue due to the low-dose oral contraceptives on weight body composition, and fat distribution in young women. Some sports medical studies confirms that, their effects consist in small changes in body weight and body composition associated with the use of oral contraceptives in women sport. Through the above, our 20 voluntaries participants Samples were distributed into two group's homogeneous experimental conditions. Based on their average age 24 and five-test fitness. (G1:group1 take Pill and practice sport with the G2:group2 do not take Pill and practice sport) as a condition experimental 1 and (G3: group3 take Pill and do not practice sport with G4:group4 do not take Pill and do not practice sport) as a condition experimental 2, for four cycles of ovum with same marital

lifestyle. As a statistical processing, we used the independent Samples T test, Paired T-test and correlation Paired Samples Test to confirm or reject the Causal relationship between the control technique contraceptives and weight gain.

Based on the analyses statistics of the two conditions experimental chosen as an experimental plan

We confirm:

- The proposed control technique Prevent pregnancy.
- The pills contraceptive increase the Body Composition, which Decline the level of Body Health fitness case condition experimental 2.
- Sport decreased the Body fat and improved the level Body Health fitness case condition experimental 1.
- There is a strong positive relationship between control technique contraceptives and the Body Composition where the technique contraceptive and lifestyle effect the level of the body health fitness.

## Keywords

birth control technique, Body Health Fitness, Housewives case Newlyweds.

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