



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2017; 4(4): 324-325
© 2017 IJPESH
www.kheljournal.com
Received: 21-05-2017
Accepted: 22-06-2017

Manroop Singh
PGT, Physical Education,
Department of Secondary
Education, Haryana, India

Comparative study of body mass index between rural and urban area students of Haryana state

Manroop Singh

Abstract

For the purpose of the study 100 male students were selected from six Govt. Senior Secondary Schools of District Kaithal, Haryana (50 from rural and 50 students from urban areas). With regard to purpose of the study Mean, Standard Deviation and 't' test were calculated to compare the Body Mass Index rural and urban area students. It was found that there was insignificant difference between rural area students and urban area students of Govt. Senior Secondary Schools of District Kaithal, Haryana for their Body Mass Index (BMI).

Keywords: Body mass index, rural and urban, students

Introduction

Body composition is an organic specialized term used to depict the diverse body compartments, for example, slender mass, fat mass, body water and bone mass. It alludes to the sorts of things that are in the body and the amount of everything exists. The exact appearance of body composition is an essential segment in a far reaching project of aggregate physical wellness. The assessment of body composition grants measurement of the major basic parts of the body - muscle, bone and fat. Regarding wellbeing wellness, it alludes to the level of body weight that is made out of fat as contrasted and without fat or fit tissue. Having a high level of muscle to fat ratio ratios is a genuine impediment to wellness and wellbeing. Tallness and weight tables have been utilized customarily used to decide alluring body weight. People whose body weight surpasses set principles for their sex, age, and physical stature by 10% to 20% are considered over weight, people over weight by 20% of their ideal weight are large, and the individuals who are overweight by over half of their ideal weight are considered very big boned or super fat. It ought to be noticed that being overweight can be credited to having an overabundance of either greasy tissue or lean tissue. For instance, certain competitors, for example, football players could be named overweight in any case, when their body composition is inspected, the overabundance weight is owing to strong improvement and their general level of muscle to fat ratio ratios is very low (e.g., an expert football player can weigh 250 pounds or all the more, yet have just 12 percent muscle to fat quotients or less). The vital thought regarding wellbeing wellness is not the heaviness of the individual but rather how much fat the individual has (Malina, 2007) [2].

As indicated by McArdle W. J., Katch F.I., Katch V.L. (1996) [3], Body Mass Index (BMI) is a basic file of weight-for-stature that is regularly used to order underweight, overweight and corpulence. It is characterized as the weight in kilograms partitioned by the square of the stature in meters (kg/m²). For eg. A grown-up weight 70 kg and tallness 1.75 m will have $BMI = 70(kg) / 1.75^2(m^2) = 22.9$.

As indicated by Goran, M.I. (1995) [1], Visceral fat more often than not aggregates around the guts or lower some portion of the body. Individuals with high instinctive fat substance are to be at high danger of creating way of life related diseases, for example, diabetes, high blood cholesterol, and so on. It is unique in relation to other muscle to fat ratio ratios, additionally called intra-stomach fat, and alludes to the fat that encompasses the inward organs.

Correspondence
Manroop Singh
PGT, Physical Education,
Department of Secondary
Education, Haryana, India

Methodology

Selection of Subjects

For the purpose of the study 100 male students were selected from six Govt. Senior Secondary Schools of District Kaithal, Haryana (50 from rural and 50 students from urban areas).

Statistical Analysis

With regard to purpose of the study Mean, Standard Deviation and 't' test were calculated to compare the Body Mass Index rural and urban area students.

Results

Body mass index (BMI)

Table 1: Comparison Mean and standard deviation of body mass index (BMI) of rural and urban area students of haryana state

Group	Mean	Standard Deviation	t-value
Rural Area Students	21.03	2.55	0.498
Urban Area Students	20.72	2.53	

$t_{.05(98)} = 1.98$

Table- 1 shows the Mean and Standard Deviation values with regard to rural area students is 21.03 and 2.55 whereas in the case of urban area students is 20.72 and 2.53 respectively. The calculated t-value 0.498 which is less than tabulated t-value (1.98) at .05 level. So, it shows that there is insignificant difference between rural area students and urban area students of Govt. Senior Secondary Schools of District Kaithal, Haryana for their Body Mass Index (BMI).

Conclusion

It was found that there was insignificant difference between rural area students and urban area students of Govt. Senior Secondary Schools of District Kaithal, Haryana for their Body Mass Index (BMI).

References

1. Goran MI. Intra-abdominal adipose tissue in young children. *Journal of Obesity and Related Metabolic Disorders*. 1995; 19:279-283.
2. Malina RM. Body composition in athletes: assessment and estimated fatness. *Clinics in Sports Medicine*. 2007; 26:37-68.
3. McArdle WJ, Katch FI, Katch VL. *Exercise Physiology: Energy Nutrition and Human Performance*. Human Kinetics Champaign, IL, 1996, 4.