

ABSTRACT The objective of this study was to investigate the body mass index and anxiety between working and non working women. Another purpose of the study was to evaluate the body mass index and anxiety between working and non working women. The subjects of this study were selected from the women in Meerut Region (U.P.). The total numbers of subjects for this study were 100 women's (50 working women's and while another 50 non working women's in Meerut District) subjects of age ranged between 35-40 years was selected randomly. Criterion measures were administrated for this study was height and weight for measuring the Body Mass Index (B.M.I) and Inventory by Km. Roma pal and Dr. (Smt.) Tasneem Naqvi for measuring the aggression. To find out significant difference between two groups i.e. working and non working women, t-test was employed. The result of the data reveals the insignificant difference was found in relation to Body Mass Index (BMI) and significant difference in relation to aggression between working and non working women.

KEYWORDS : Body Mass Index (BMI) & Anxiety

INTRODUCTION

Body Mass Index (BMI) is a measurement of a person's weight with respect to his or her height. It is more of an indicator than a direct measurement of a person's total body fat. BMI, more often than not, correlates with total body fat. This means that as the BMI score increases, so does a person's total body fat. The WHO defines an adult who has a BMI between 25 and 29.9 as overweight - an adult who has a BMI of 30 or higher is considered obese - a BMI below 18.5 is considered underweight, and between 18.5 to 24.9 a healthy weight.

BMI in an individual is calculated by the use of a mathematical formula. It can also be estimated using tables in which one can match height in inches to weight in pounds to estimate BMI. There are convenient calculators available on internet sites that help calculate BMI as well.

For most people, BMI can be used to provide a good measure of obesity. But BMI fails to provide actual information on body composition like amount of muscle, bone, fat, and other tissues. In some persons BMI is a more accurate measure of body fat than others. For example, persons who are very muscular may fall into the "overweight" category when they are actually healthy and very fit. These persons with a very low body fat percentage could have the same BMI score as someone who is overweight. Similarly, an elderly and frail individual person may be in the normal weight category when they have little muscle mass and a high percentage of body fat.

BMI, when used for children and adolescents who are still growing, those with large body frames or petite builds, pregnant women and highly muscled individuals thus need to be assessed and interpreted carefully.

Aggression has been defined as physical or verbal beharevior (Baudra, 1993, Newman and Newman, 1997) indented to hurt someone- slaps, direct insults, even gossipy digs (Myers, 1993) as a behavior directed towards another individual (Bushman and Anderson, 2001) in terms of violent, attacking and destructive behavior carried out with proximate, intent to cause harm (Berkowitz, 1993,Barron and Richardson, 1994,Bu shman and Anderson,2001) that results in pain to the victim. Aggression might be viewed as motivational state, a personality characteristics, a response to frustration, an inherent drive or the fulfillment of a socially learned role requirement (Harre and Lamb, 1983).In other words, it is distinguishable from predation, ant predator behavior and encounters arising from competition for the same ecological niche. Aggression also involves the delivery of a noxious stimulus (Buss, 1961) and the product of aggression is always perceived negatively by the recipient.

Such an attempt to define aggression would allow a wide range of behavior from nuclear bombing to rude answers to rude answers to elders, frequent quarrellings, and broken engagements, feeling of unfair means, sarcastic comments, and impulsiveness or planned, overt or subtle (Adams and Bromley, 1998) and may be turned inwards towards the self resulting in deliberate self harm or suicide. However, any behavior which accidently causes harm or pain is not aggression.

METHODOLOGY

The data for the study were collected from the 100 subjects (50 subjects from working woman, while another 50 subjects were from non working), working woman were selected from different organizations either affiliated to the government body at center or in the state, to public or private sector and non working woman were selected from house woman in Meerut Region (U.P.) and their age was between 35-40 years. Necessary data were collected for Body Mass Index (B.M.I) by Stadiometer and Weighing Machine and aggression with the help Inventory by Km. Roma pal and Dr. (Smt.) Tasneem Naqvi. To compare these variables between the working and non working women, t-test was computed. To find out the significant difference in Body Mass Index (B.M.I) and aggression between working and non working women, the level of significant was set at level of .05.

RESULTS OF THE STUDY

To find out Body Mass Index (BMI) between the means of working and non working women, t-ratio statistics was used and presented in table -01.

TABLE-1

T-ratio of the means of Body Mass Index (BMI) between working and non working women

Students			t.ratio
	Working	Non-Working	.260*
	Women	Women	
Mean	24.36	24.18	
S.D	3.77	3.31	

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Significant at .05 level

t-value required to be significant at 99 df = 1.98

It is evident from table-1 that, insignificant difference was found between the mean scores of working and non working women in relation to Body Mass Index (BMI) as the t-value was found, 260 which was lower value than the required value at .05 level of significance.

The scores are also illustrated in the figure-1



figure-1

To find out aggression between the means of working and non working women, t-ratio statistics was used and presented in table -02.

TABLE-2

T-ratio of the means of aggression between working and non working women

Students			t.ratio
	Working Women	Non-Working Women	3.201*
Mean	11.86	10.32	
S.D	2.42	2.39	1

Significant at .05 level

t-value required to be significant at 99 df = 1.98

It is evident from table-2 that, significant difference was found between the mean scores of working and non working women in relation to anxiety as the t-value was found 3.201 which was higher value than the required value at .05 level of significance.

The scores are also illustrated in the figure-2



figure-2

DISSCUSSION OF THE RESULTS

The present investigation was designed to know the body mass index and aggression between working and non working women in Meerut Region. The purpose of this study was differences between the working and non working women. Though the Master Student did not tend to explore personal life of subjects but, some of the facts could not be unattended hence, found necessary to know the body mass index and aggression between working and non working women in Meerut Region (U.P.). The Aggression Inventory, Stadiometer and Weighing Machine used for the purpose helped to know the significant difference in body mass index and aggression between working and non working women in Meerut Region (U.P.).

The result of the study was to compare the body mass index and aggression between working and non working women. Though body mass index insignificant difference between working and non working women. The result is in the direction of Barry, Danielle, and Nancy M. Petry. (2009) Conducted study on the topic."Associations between body mass index and substance use disorders differ by gender: results from the National Epidemiologic Survey on Alcohol and Related Conditions". Though aggression significant difference between working and non working women. The result is in the direction of Bhat, Sunil K., et al. (2017) Conducted study on the topic. "Relationships between depression and aggression and blood pressure in young adults".

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