



A COMPARATIVE STUDY ON BODY SHAPE CONCERNS BETWEEN RURAL AND URBAN COLLEGE GIRLS

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ABSTRACT

The purpose of this study was to make comparison of body shape concerns between rural and urban college girls. For this purpose to total 1000 (500 Urban and 500 Rural) college girls were randomly selected from different colleges of rural and urban areas of Delhi and Uttar Pradesh. For assessing the body shape concerns the Body Shape Questionnaire (BSQ) developed by Chris Evans in (1993) was used. To compare mean difference of body shape concerns between rural and urban college girls, descriptive statistics and Z – test was applied, findings of the study revealed that the mean body shape of Urban College girls is significantly greater (16.1874%), than the mean body shape of Rural College Girls.

KEYWORDS :

INTRODUCTION

Body shape arises from the constant interaction between biological imperatives and Historical forces, both culturally and individually. In terms of reaching body size, arms length and weight on a large scale, and stride length, in conception is derived from information in the DNA of chromosomes inherited from our parents. The development of muscles, bones, fat and all that the volume and outline of the human body begins in the womb and continues along the way that take its definition from our genes. This can be considered quite a scientific fact. However, genetic dispersal only provides the basis, the foundation from which body size grows and develops" (Felién, 1989)

The body shape of women is the product of distribution of adipose tissue and muscle in respective to their bony structure. Body shapes are basically several types the upper shape of women are normally narrower than bust and hips. The waist and hips are generally known as variety points, accordingly the anatomical structure ratios of body shape is distributed. Shimmering a large range of personal viewpoint on what is good for health and what is mindfully preferred, as well as dissatisfaction over females' social aspects and perceived 'objectives' in society, any universally not accepted for a good female body shape.

Estrogens can also affect female body shape in many other ways, including increasing fat stores, accelerating metabolism, decreasing muscle mass, and increasing bone building. Estrogen causes higher levels of fat in a woman's body than in a male body. They also affect body fat distribution, whereby fat in women accumulates in the buttocks, thighs, and hips, but is usually not around their waist, which precedes puberty. Size will remain about. Hormones produced by the thyroid gland regulate the rate of metabolism, control how quickly the body uses energy, and control how sensitive the body must be to other hormones. The distribution of body fat may change from time to time depending on food habits, activity levels, and hormone levels" (Mandal & Das, 2010).

The objective of this study was to make comparison of body shape concern between Rural and Urban college girls.

The present study was confined to 500 rural college girls, the age of these subjects selected for the purpose of study was 18 – 24 Years. The study was further delimited to selection of sample from Delhi and Uttar-Pradesh. The study was delimited to body shape concerns.

Followings tools were used to detect body shape concerns of Rural college girls of Delhi and Uttar Pradesh.

1- Body Shape Questionnaire (BSQ) developed by Chris Evans in(1993).

Statistical Procedure

As per the purpose of the study researcher intent to make comparison of body shape concerns between rural and urban college Girls. The descriptive statistic (mean, standard deviation) and for comparing two means of large sample Z- Test was used at significance level of 0.05 level.

Analysis Of Data

Body Shape Of Urban And Rural College Girls

Table- 1: descriptive Statistics Of Body Shape Among Urban And Rural College Girls

	Mean Body Shape	Std. Deviation	Range	N
Urban College Girls	68.09	26.43133	152	500
Rural College Girls	57.068	17.68176	124	500

Descriptive statistics shows that the Mean Body Shape of Urban college girls (N=500) was 68.09 of range 152. And Rural college girls (N=500) are having their Mean Body Shape 57.068 of range 124. Whereas Standard deviation of Urban College girls of Body shape was 26.43 and the standard deviation of Body shape of Rural College girls was 17.68176.

Table – 2 Comparison of Mean Body Shape between Urban and Rural College Girls

Body Shape	Urban College Girls	Rural College Girls
Mean	68.09	57.068
Standard Error Mean	±1.182045	±0.790752
Obtained value	7.75022*	
The mean Body shape of Urban College Girls > the Mean Body Shape of Rural College Girls by 16.1874%		

*Sign jflcant at 0.05 level

** Z value for one tail test to be signf cant at 0.05 level 1.64

Results of analysis of data are shown in table presents significant calculated Z |value for one tail test, that guides researcher concludes that the mean body shape of Urban College girls is significantly greater (16.1874%), than the mean body shape of Rural College Girls.

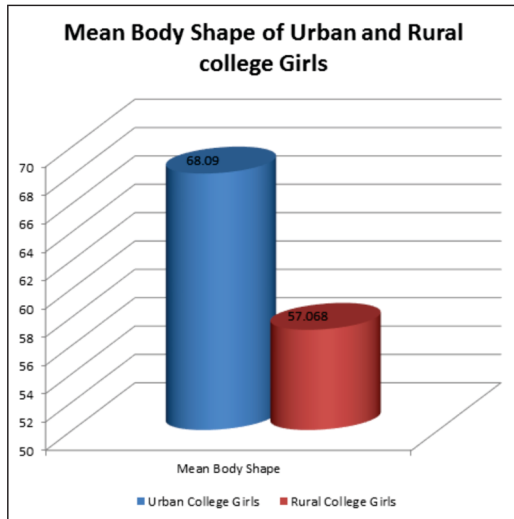


Figure – 4

Discussion of findings

Results of analysis of data are shown in table presents significant calculated Z value for one tail test, that guides researcher concludes that the mean body shape of Urban College girls is significantly greater (16.1874%), than the mean body shape of Rural College Girls.

Som, N., & Mukhopadhyay, S. (2015) revealed in their findings that to reduce body weight and to maintain body shape unhealthy eating practices were followed by urban girls even though they were underweight. Association between actual weight and unhealthy weight loss measures was found significant.

Swati, Agarwal, Singh, Surya and Neelam (2011) revealed in their study that in adolescent girls desire to become thin is higher, even in those who already perceived their body image as too thin.

Robert et.al. (2003) revealed in their study that adolescent Egyptian rural and urban school girls observed herself more overweight with respect to their socio-economic status. Further body image and body weight not considered only for health issues but also the in design of clinical and public health intervention schemes of worldwide.

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