



ORIGINAL RESEARCH PAPER

Physical Education

BODY MASS STATUS OF BOYS IN PUBLIC AND GOVT. SCHOOL OF AMBALA

KEY WORDS: Height, Weight, Body Mass Index, Public and Govt. School, Boys.

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ABSTRACT

The purpose of the study was to observe the difference, if any, in health dimensions of public and govt. school boys of class IV boys. For fulfillment of the purpose, we measured height and weight and calculate BMI. The study was conducted only 180 boys of class IV of public school of Ambala (HR). Only 90 boys selected for each group. Difference was observed in average height and average weight of class IV boys. However, in physical appearance and attributes in both groups were slightly differ from each other. Difference also observed in BMI status and their relative sub groups i.e. under, healthy and obese of different schools.

Introduction-

Today world, many countries are very conscious regarding the standard of health. They used different parameters like anthropometric, physiological and other to maintain the health development of their citizen. Various health units, department and some other social responsible are contributed to give the proper guidance of effect of life style, nutrition and postural values of growth and development.

The use of BMI to classify people as obese also results in false positives because people who are muscular but not fat have a higher BMI; these false positives totaled 9.9 percent of non-obese men and 1.8 percent of non-obese women (Smalley et al, 1990).India is a developing country. Many policies made by government of India and many researches done by various researches for last 2-3 decades. The Indian council of medical research, aggerwal et al, Mawaha et al. etc. reported their study on BMI. In this study, we compare the growth chart of health status public and govt. school boys of class four which were falling in the 7to8 years category. Public School is a special category school, which follow physical education program every day, in morning assembly, sports period and conducted lots of intramural activities regularly. But if we are talk about govt school , less availability of sports equipment, sports teacher etc. are the main reason of poor fitness and posture standard. Often,we find that children in public schools belongs to sound families while students in govt. belongs to lower economic standard. So, we have differentiated between both the categories. The present study is focused on only anthropometric characteristics of class IV boys of different public schools. The study was undertaken to see the difference in height, weight, BMI. The purpose of the study was to observe the difference, if any, in anthropometric characteristics in class four boys of both groups.

Participants-

A total no of 180 student participated from 2 public and 5 govt. schools of district Ambala (HR). The school sub divided in two categories i.e. Govt. schools(N-90) and Public schools (90). Permission was taken from the school principals and data were collected in school campus in school hours. Only 4th class boys were taken and examined.

Methodology-

The present study was conducted on a sample of height-weight of 180 students of school. All students were clinically examined in the presence of school doctor and a team of researchers. For the measurement of height and weight, we used anthropometric rod and Standardized digital scale weighing machine. The Body Mass Index (BMI) formula $\{Weight(kg)/height(m^2)\}$ was applied and divided in to three groups i.e. under, healthy and obese. For determine the students BMI status, we used BMI growth chart.

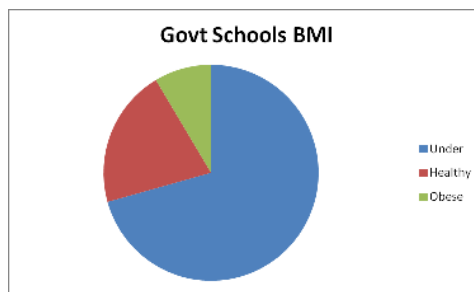
Result- 1. Govt. school Boys

Table-1

Govt. School		
Weight- 26.508 kg, Height-129.455 cm. N-90		
Groups	Frequency	Percentage
Under	33	36.66%
Healthy	12	10.8%
Obese	04	4.44%

Table 1 mean height and weight of govt. schooll boys of calss IV.The average height is 129.45 meter and weight is 26.508 kg. Table also shows about BMI status of class IV student of Govt. schools and found that only 33 boys are under BMI group and 12 are lies in healthy group. Table also indicates only 04 boys those are in obese group.

Pie chart are showing three types of percentage. Blue colour is covering almost area of pie chart. It means more than half (36.36%) boys lies in under BMI category. Red indicate the percentage of healthy students percentage of Govt. schools that is 10.8% . Only 4.44 % of boys are obese as the pie chart shows which indicating by green colour.



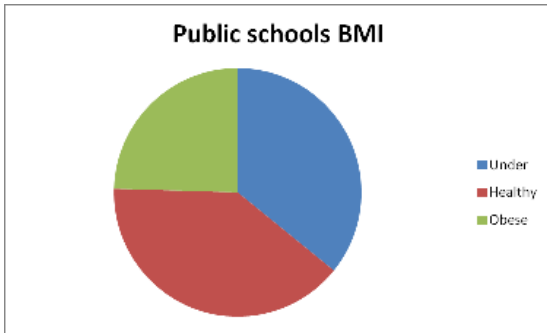
Result- 2. Public school Boys

Table 2 indicates mean height and weight of Public schoolboys of calss IV.The average height is 128.370 cm and weight is 28.975 kg.Table also shows about BMI status of class IV student of Public schools and that only 19 boys are under BMI group and 21 are lies in healthy group. Table is also indicating 18 boys in obese group.s Pie chart also shown four groups percentage.Under(blue), healthy (red) and obese(green)groups were 21.11%, 23.23% and 14.28% respectively.

Public School		
Weight- 28.975 kg, Height- 128.370 cm. N-90		
BMI Status	Frequency	Percentage
Under	19	21.11%
Healthy	21	23.23%
Obese	13	14.28%

Table 2 indicates mean height and weight of Public schoolboys of calss IV.The average height is 128.370 cm and weight is 28.975 kg.Table also shows about BMI status of class IV student of Public schools and that only 19 boys are under BMI group and 21 are lies

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Conclusion-

Table-1 and 2 clearly shown the difference about the average height, weight and BMI. Govt. school boys are higher in average height but public boys are greater than Govt. school boys in weight. In Under BMI group, the number of govt. school boys are greater than Public school boys. Little bit difference found in healthy BMI status. Obesity was seen higher in public school boys.

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