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## The study body mass index of the P.G science & arts male students of Bangalore University

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### Abstract

The purpose of the study was to find out the body mass index of the P.G science & Arts male students of Bangalore University. Body mass Index (BMI) is a number calculated from a person's weight and Height. BMI is a reliable indicator of body fatness for people. BMI does not measure body fat directly, but research has shown that BMI correlates to direct measures of body fat, such as underwater weighing and dual energy x-ray absorptiometry (DXA). BMI can be considered an alternative and easy-to-perform method of screening for weight categories that may lead to health problems. The present study, total 240 students subject from P.G students of Bangalore University were randomly selected. Among 240 subjects, equally selected from 120 science male students and 120 arts male students, all were studying post-graduation in Bangalore University. The age of the subject ranged between 22-25 during the academic year 2017-18. To achieve the purpose of the study studio meter and weighting machine were used to collect the necessary data. The used instruments were tested and calibration was checked by research centre, Department of Physical Education, Bangalore University.

**Result:** Arts male students are having better BMI than the science male students. Irrespective of Males, Arts students are having better in BMI than the science students.

**Keywords:** Body mass Index (BMI), weight, Height, studio meter and weighting machine

### 1. Introduction

Body mass Index (BMI) is a number calculated from a person's weight and Height. BMI is used as a screening tool to identify possible weight problems for adults. However, BMI is not a diagnostic tool. For example, a person may have a high BMI. However, to determine of excess weight is a health risk, a healthcare provider would need to perform further assessments. These assessments might include skin fold thickness measurements, evolutions of diet, physical activity, family history and other appropriate health screenings. For these individuals the current value settings are as follows: BMI of 18.5 to 25 may indicate optimal weight; a BMI lower than 18.5 suggest the person is underweight a BMI below 17.5 may indicate the person has anorexia or a related disorder; a number above 30 suggests the person is obese (over 40, morbid obese).

### 2. Methodology

In this present study the investigator attempted to compare the "Body Mass Index" between science and arts P.G Male students of Bangalore University.

For this purpose, a systematic study and approach was made to selection of the subjects, selection of the variables, criterion measure reliability of instruments, administration of tasting procedure and statistical technique used, have been explained.

### 3. Selection of Subjects

The present study, total 240 students subject from P.G students of Bangalore University were randomly selected. Among 240 subjects, equally selected from 120 Science Male students and 120 Arts Male students, all were studying post-graduation in Bangalore University. The age of the subject ranged between 22-25 during the academic year 2016-17.

### 4. Selection of the variables

In this study the following variables were selected with consideration of research material, review of literature, opinion of the field experts, an informant, feasibility and economy of the study.

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**5. Reliability of instruments**

To achieve the purpose of the study studio meter and weighting machine were used to collect the necessary date. The used instruments were tested and calibration was checked by research centre, Department of Physical Education, Bangalore University.

**6. Criterion measures**

To assess the body mass index, mainly height and weight

measured:

1. Height: Height was assured on studio meter, and measured in centimeters.
2. Weight: Body weight was measured by standard weighing machine and weight was recorded in kilogram.

**7. Analysis and Interpretation of Data**

In this chapter the analysis and interpretation of data has been prescribed:

**Table 1:** Showing the percentage of BMI for arts and science male P.G students of Bangalore University

Group	Total Strength of Students	Body Mass Index (BMI)							
		Under weight	%	Normal weight	%	Over weight	%	Obese	%
Arts	240	24	10%	175	72.9%	31	12.9%	10	4.16%
Science	240	46	19.1%	144	60%	35	14.5%	15	6.25%

Table shows that underweight, normal weight, over weight and obese students studying in P.G class in Bangalore University. Among 240 Male students, 24 (10%) were under weight, 31 (12.9%) were overweight, 10(4.16%) were obese and normal BMI was shows by 175 (72.95%).

Out of 240 of female students studying in the P.G class in Bangalore university 46 (19.17%) were under weight, 35 (14.58%) were overweight, 15 (6.25%) were obese and 144 (60%) were normal as per the respective BMI.

**The table reveals the following facts**

- There were more underweight Male Science students (46) than Male Arts students (24).
- More over weight Male Science students (35) than the Male Arts students (31).

- Also they were more obese Male Science students (15) than the obese Male Arts students (10).
- Eventually Male Science students with normal BMI were less (144), when compare to the Male Arts students (175) Male students were dominated.

**8. Discussion**

From the table shows the fact that BMI need more improvements among female P.G students of Bangalore University their Male counterparts.

However, 24 underweight, 31 over weight, 10 obese male students, and 46 underweight, 35 over weight, 15 obese female students, need BMI for the following important reasons.

**Diagram**

**Total arts and science male students**

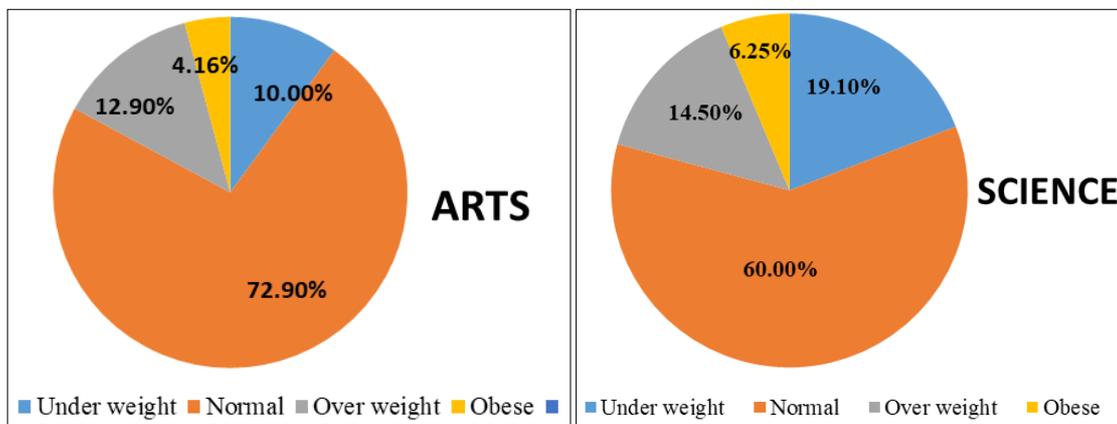


Diagram shows percentage of normal, underweight, overweight, and obese between arts and science male students.

**9. Conclusions**

Within the frame work of the limitations of this study the following conclusion were drawn on basis of the results presented in the previous chapter.

1. Arts Male students are better BMI than the Science Male students.
2. Irrespective of Males, Arts students are better in BMI than the Science students.

**10. Recommendation**

In the list of the findings and conclusion of the study, the following recommendations are made.

- Similar study can be carried out to compare the BMI for Pre-University and under graduate level also.

- With body mass index the skin folds' measurements are also included in order to find accurate and differentiation in body fat percentage.

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