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## A comparative study of body development index of school boys of rural and urban area

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### Abstract

The researcher was selected this study “a comparative study of body development index of school boys of rural and urban area” A total number of 100 school boys (50 rural & 50 urban) are observed for the study by having a standardized test. Their age group is in the 05 to 15 years. The data was collected through the B.D.I. = Middle Breadth x forearm circumference breadth/ body height x10. To observe the theory of the study illustrative statistics like mean and standard variation & t ratio were used. It concludes the significance difference was found in body development index of school boys of rural and urban area of Punjab. The level of significance set at 0.05 levels.

**Keywords:** Comparative study, rural and urban area

### Introduction

In this world every living organism tries to achieve complete stable form of maturity via a beautifully organized process of growth and development.

Human beings like other animals start life a single fertilized ovum, in mother's womb, develop into infants in the womb and then meet the large world of adulthood through an organized and channelized phenomenon of growth.

Growth, development and maturation, these three concepts are more often used together and sometimes considered as synonymous. But it is important to realize that growth, development and maturity are essentially three different concepts. Growth implies changes in size and shape only, development means the integrated functioning of the body, emotional makeup and motor behavior etc, while maturity means maturation of various biological systems towards the adult status and each of these terms has been discussed in detail as under.

According to Malina (1980) Growth is a dynamic process, implying movements towards adulthood or maturity. It involves a series of changes from conception to adulthood during which time the individual increases in size as a whole and of its component parts and eventually matures.

There are three fundamental stages *viz.* Formation, growth and completion or perfection in the growing period of a human being, more or less all these three stages are of six to seven years each. The formation stage is early childhood, the growth stage is during school age and completion or perfection stage is during adolescence.

Overall, growth remains dominant biological activity mostly during the first two decades of life.

### Method and Technique

The experimental type study was designed to find out the significance difference in body development status of school boys of rural and urban area of Punjab. The 100 school boys (50 rural & 50 urban) were selected for this study with the age group of 05 to 15 years. The random sampling method was used for selection of subject. In this study the anthropometric tools was used for data collection and through the B.D.I. score was calculated of both groups. The difference of body development index was calculated through by t ratio. The level of significance was set on 0.05. After that the difference in body development index was presented in following table & graph.

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**Statistical analysis & interpretation of data****Table 1:** 't' ratio of Body Development Status of school Boys

| S/N | Category   | Mean | S.D   | M.D  | S.E.D | 't' Ratio |
|-----|------------|------|-------|------|-------|-----------|
| 1   | Rural Area | 121  | 25.20 | 3.00 | 0.24  | 12.50     |
| 2   | Urban Area | 118  | 24.96 |      |       |           |

\*Significant at 0.05 level.

The above table shows comparison of body development index of school boys between rural and urban area. The table shows that the mean scores of the rural school boys are 121, which is higher than urban school boys. The Difference between the two mean scores is tested by t-ratio. The obtained t- ratio is 12.5 which are more than table value which is significant at 0.05 level of significance. So there is significant difference between the mean score of rural and urban area school boys.

**Conclusion**

After the used of suitable statistical analysis (t ratio) it can be concluded that the body development status of rural school boys are better than the school boys of urban area of Punjab.

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