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The analytical study of BMI between government and public school students of Roopnagar

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Abstract

The main purpose of the study was to compare Body Mass Index between Government and Public School Children of Roopnagar. The investigation was led on 200 (Two Hundred) school boys, 100 from government school and 100 from public school and age extended from 12 to 15 years (6th to 8th class) were chosen for the computation of Body Mass Index. T-test was employed at 0.05 level of significance and significant differences of means of the both groups were Discovered Public school It children had greater Body Mass Index in comparison to government school children.

Keywords: Body mass index, public school and government school

Introduction

Nutrition, nourishment, or aliment, is the supply of materials and food which are required by organisms and cells to stay alive. In science and human medicine, nutrition is the science or practice of consuming and utilizing foods. The eating regimen of a life form is the thing that it eats, which is generally controlled by the apparent agreeability of sustenance's. By rehearsing a sound eating routine, a large number of the realized medical problems can be stayed away from. The human body contains concoction mixes, for example, water, sugars, amino acids (in proteins), unsaturated fats (in lipids), and nucleic acids. These mixes thusly comprise of components, for example, carbon, hydrogen, oxygen, nitrogen, phosphorus, calcium, iron, zinc, magnesium, manganese, etc. These concoction mixes and components happen in different structures and mix for example hormones, both in the human body and in the plant and animal organisms that people eat.

A molecule of dietary fat typically consists of several fatty acids, bonded to a glycerol. They are commonly found as triglycerides. Fats might be named soaked or unsaturated relying upon the point by point structure of the unsaturated fats included. Immersed fats have the majority of the carbon particles in their unsaturated fat chains attached to hydrogen iotas, while unsaturated fats have a portion of these carbon iota's twofold reinforced, so their atoms have moderately less hydrogen molecules than a soaked unsaturated fat of a similar length. There are nine kilocalories in every gram of fat.

Childhood obesity is where excess body to fat ratio adversely influences a child's wellbeing or prosperity. As strategies to decide muscle to fat ratio legitimately are troublesome, the conclusion of weight is regularly founded on BMI. Because of the rising predominance of heftiness in kids and its numerous unfriendly wellbeing impacts it is being perceived as a genuine general wellbeing concern.

The first problems to occur in obese children are usually emotional or psychological. Childhood obesity however can also lead to life-threatening conditions including diabetes, high blood pressure, heart disease, sleep problems, cancer, and other disorders. Some of the other disorders would include liver disease, early puberty or menarche, eating disorders such as anorexia and bulimia, skin infections, and asthma and other respiratory problems Asthma severity is not affected by obesity however.

Obese children frequently experience the ill effects of prodding by their companions. Some are annoyed or oppressed by their very own family. Generalizations flourish and may prompt low confidence and depression.

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Objectives

The objective of the study was to compare Body Mass Index of government school and public school students of Roopnager.

Methodology

The selections of subjects, procedure of collection of data and statistical technique have been described under bellow given headings.

Selection of participants

For the purpose of study a total of 200 (Two hundred) male students, age ranged from 12 to 15 years (6th to 8th class) were selected from four schools of Roopnager (two government and two public schools) 50 students from each school.

Sampling Procedure

Convenience sampling technique was adapted for the selection of subject for the present study.

Statistical Techniques

In order to analyze and compare Body Mass Index of Government schools and public “school's students T-test was used to compare difference between the mean values of both maps.

Level of Significance

The level of significance will be chosen at 0.05.

Results

The results are shown in the following table.

| Group statistics | | | | | |
|------------------|----------------|-----|---------|----------------|-----------------|
| | Group | N | Mean | Std. Deviation | Std. Error Mean |
| BMI | Govt. Schools | 100 | 18.1340 | 1.71358 | .17136 |
| | Private School | 100 | 20.4560 | 1.43385 | .14339 |

The scores are also 'illustrated in the figure-1

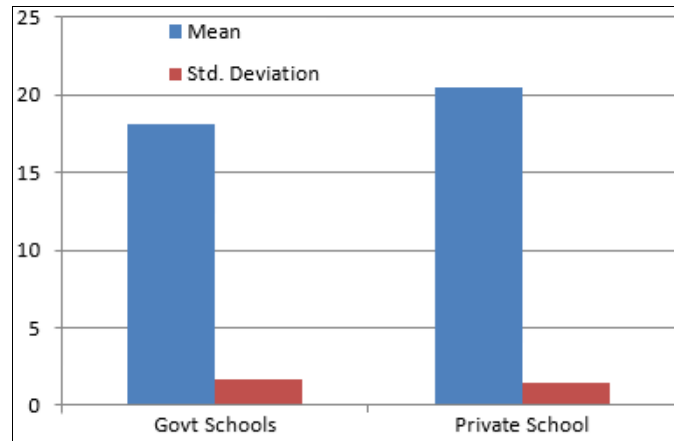


Fig 1: Mean of Govt. Schools and Private School of Body Mass Index

The significance in BMI might be due to environment and diet factor.

| Independent Sample Test | | | | | | |
|-----------------------------|----------------------------|---------|---------|-----------------|-----------------|-----------------------|
| t-test for equality of Mean | | | | | | |
| | | T | DF | Sig. (2-tailed) | Mean Difference | Std. Error Difference |
| BMI | Equal variances assumed | -10.392 | 198 | .000 | -2.32200 | .22343 |
| | Equal variance not assumed | -10.392 | 192.027 | .000 | -2.32200 | .22343 |

Discussion of Findings

Collected Body Mass Index data of students of both groups were compared by SPSS software. Results drawn out from SPSS are given in tables. The above mentioned tables showed that there insignificant difference in Body Mass Index of government and public school’s children at 0.05 96 level of significance. Similar study was done by Anju Pathak and showed similar results. Present study supports her study.

Conclusion

Within the restriction of the present Study, end was drawn that state funded male students have more prominent Body Mass Index in comparison of Government school children. This might be because of stationary way of life, dietary patterns, and dormancy.

Recommendations

1. Similar study may be conducted on the larger sample.
2. Similar study can be undertaken on female subjects.

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