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A comparative between physical education teacher and general teachers to determine the present status of BMI

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Abstract

The purpose of the study was to determine the comparison of Body Mass Index Between general teachers and physical education teachers. For the study Physical Education Teachers and General Education Teachers of District Kathua (J&K). Total 30 subjects were selected each 15. Stadiometer as well as electronic weight machine was used to access the Body mass index. T-Test was applied and which shows the result that the physical education teachers have average Body mass index in comparison with general teachers where the Body mass index is high.

Keywords: Physical education teacher, general teachers, BMI

Introduction

Sedentary life style give rise to many health related problems. Teaching profession has a very high place in our society. Most of the teachers are living a sedentary life style. Various research studies have shown that sedentary life style give birth to many health related problems, Obesity is one of them. There are many reasons behind obesity. The most common reason is energy imbalance between calories consumed and calories burned.

In simple words, obesity is defined as excessive accumulation of fats which harm our health. Causes of obesity are-

- In most of the cases, the cause of obesity is caloric intake of energy greater than the body requirement.
- Sedentary life style- Declined to exercise or physical activity.
- Over-eating
- Unhealthy eating habits i.e consumption of fast food.
- Metabolic changes – Metabolic rate decreases after the age of 25years.
- Taste and food preferences.
- Lack of knowledge about the calories present in food items.
- Malfunctioning of thyroid gland.

Health consequences of overweight or obesity

- High Blood Pressure.
- Gall stones
- Some liver diseases
- Diabetes
- Heart disease
- Musculoskeletal disorders
- Certain cancers, including breast, colon and kidney cancer.

Methodology

The purpose of the study was to compare the BMI status of Physical Education Teachers and General Education Teachers of District Kathua (J&K). Total 30 subjects were selected each 15 from Physical Education Teachers and General Education Teachers by applying random sampling technique. To calculate the BMI height and weight were measured by using and stadiometer and electronic weigh machine.

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Tools and Techniques

A stadiometer and an electronic weigh machine. And BMI formula is used

$$\text{i.e BMI} = \frac{\text{Weight in Kg}}{(\text{Height in Meters})^2}$$

In simple words we can say that we can calculate the BMI by measuring weight in Kg and then divide it by square of height, where as height is measured in meters. The collected data was analyzed by applying T-test. Moreover, the level of significance was set at 0.05 for obtaining reliable result special static software (SPSS) was used.

Table 1: T-Test

Group Statistics					
	Department	N	Mean	Std. Deviation	Std. Error Mean
BMI	Physical Education Teacher	15	23.5200	3.24270	.83726
	General Teacher	15	20.8560	3.34305	.86317

Table 2: Independent Samples Test

Independent Samples Test										
	Levene's Test for Equality of Variances				t-test for Equality of Means					
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
BMI	Equal variances assumed	.094	.761	2.215	28	.035	2.66400	1.20253	.20073	5.12727
	Equal variances not assumed			2.215	27.974	.035	2.66400	1.20253	.20063	5.12737

Conclusion

It is time to move beyond the BMI as a surrogate for determining body fat mass. Alternatively, if BMI continues to be used, the categories and definitions should be changed to reflect the current distribution of BMIs in the general population. A better means than the BMI for estimating percent of body fat and its relationship to mortality and various morbidities clearly would be desirable. As shown in the above tables, it was concluded that the physical education teachers have normal body mass index ranging from 14 to 20 as compared to general teachers where the body mass index is high.

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