



ISSN: 2456-0057

IJPNPE 2023; 8(1): 286-287

© 2020 IJPNPE

www.journalofsports.com

Received: 10-11-2022

Accepted: 18-12-2022

K Mythily

M.P.ED., CNIS, Physical
Training Instructor - PSG
College of Technology,
Coimbatore, Tamil Nadu, India

Dr. P Vanithamani

Associate Professor and Head,
Department of Physical
Education, Avinshilingam
Institute for Home Science and
Higher Education for Women,
Coimbatore, Tamil Nadu, India

Body mass index among engineering sports students of PSG college of technology: A smart analysis

K Mythily and P Vanithamani

DOI: <https://doi.org/10.22271/journalofsport.2023.v8.i1f.2988>

Abstract

Health is part of our life, Teenagers and Youth was not much worried about their health they will be engaged with mobile Phones with lack of Physical activity, result of that they become over weight (or) obese. In our institution usually we are maintaining Physical fitness record of our college Sports players over the decades, in this regard we are taking physical fitness test as usual and their result pricked my mind as a Physical trainer. I collected and compared the data from 2018 to at present for our college Sports students for this study. I have chosen Throw ball & Athletic team women players of PSG College of Technology as a Subject and their BMI was calculated before and after Covid'19, the average mean score of BMI found differences between before and after Covid'19, mean deviation was calculated and it was proven that the student was more obese after Covid'19.

Keywords: Health, teenagers, youth, physical activity

Introduction

After the lock down due to corona Sports person affect the changes in their life style. Their dietary habits, Physical inactivity, psychological challenges etc. which causes obesity and overweight among the college students. Increasing habits like watching TV and addiction of mobile phones, makes them lazy which causes health issues like early diabetes, Hypo tension due to the increase of BMI.

A relationship between diabetes and Blood pressure and BMI is closely related. The psychological stress of the youth makes them to eat more which results in obesity and overweight. So the fat cells multiples with uncontrollable metabolism. The concept of the study was to find out the differences of BMI before and after corona lockdown of Sports students among PSG College of Technology.

Objectives

- To find out the level of BMI among the Engineering Women Student of PSG College of Technology.
- To inculcate Health and Fitness practice among engineering students.
- To know about the Body Mass Index (BMI) and to classify the studentas underweight, overweight, normal or obese (kg/m^2).

Means and Methods

30 students of Throw ball and Athletics Women team students were selected purposively among PSG College of Technology during the academic year of 2018 - 2019, 2019 - 2020, 2021 - 2022, 2022 - 2023 and 2020 - 2021 is not taken in to consideration because of complete lockdown. The selected subjects are in the age group of 18 years and above. This review was conducted in department of Physical education of PSG College of Technology from 2018 to 2023 Height and weight of the Sports person were recorded and body mass index calculated during these periods and except 2020-2021 because of the complete lockdown. The selected subjects are in the age group of 18 years and above. Find out the Mean, Mean Difference and Standard Deviation from the collected data and it was proven that the Sports Students were gaining weight after Covid'19.

Corresponding Author:

K Mythily

M.P.ED., CNIS, Physical
Training Instructor - PSG
College of Technology,
Coimbatore, Tamil Nadu, India

Analysis of data

The data was collected from the both throw ball and athletic women players from 2018 onwards, it was hypothesized the

students were more obese after covid19 than before covid19. It was proven significantly by using the following statistical analysis.

Table 1: Table showing the mean values of bmi of the subjects studied during the before and after corona lockdown years

S. No.	Year	BMI	Mean	X - μ	X	x ²	Σx	x/N	√x
1	2018 - 2019	632.8	21	21 - 18.8	2.2	4.84	143.2	28.64	5.35
2	2019 - 2020	647.50	22	22 - 18.8	3.2	10.24			
3	2020 - 2021	Corona Lockdown	0	0 - 18.8	-18.8	33.84			
4	2021 - 2022	734	24	24 - 18.8	5.2	27.04			
5	2022 - 2023	798.70	27	27 - 18.8	8.2	67.24			

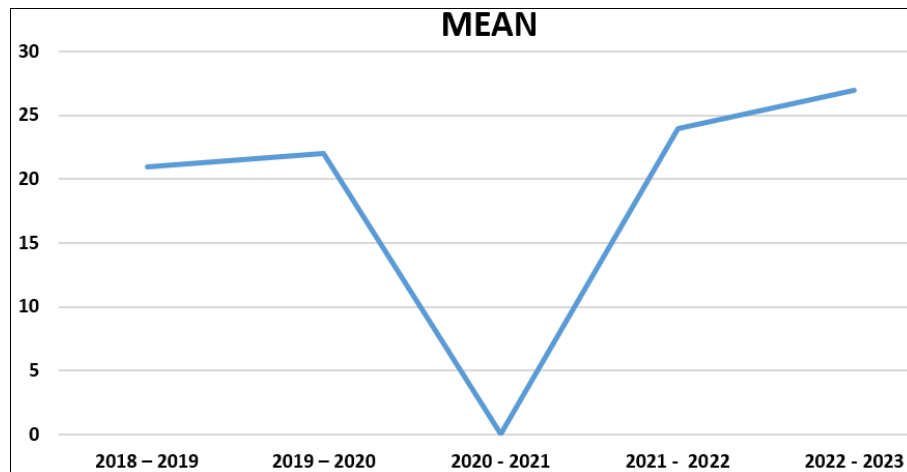


Fig 1: Master chart showing the variables studied

Results and Discussion

This study was based only on the BMI measured over the period. The prevalence finds out the obesity increasing continuously worldwide affecting all the age category enhancing risk factor of in communicative disease. Once comparing before and after lockdown we found 43% of the sports students was gain weight. This study shows that mean differences of BMI after COVID lockdown results found to be higher than before.

This study Conducted with limited sample size in a single group of sports girls and the design cease the supremeness among the variables. Further studies done in multiple institution with a larger sample size which may find out the true prevalence and mean values of BMI of Engineering student whether it's an alarming sign of obesity for all over the city.

Conclusion

Comparing the findings of this research, I found higher prevalence of overweight among the subjects after COVID lockdown. Among these period 2018 to 2023 the number of overweight students were increased recurrently and these increase in numbers of obese taking us to the next stage of sedentary lifestyle and these are all the alarming sign that we going to face most overweight students in further. Routine exercises and well balanced diet should be followed to prevent the obesity.

References

1. Singh D. Body shape and women's attractiveness: The critical role of waist-to-hip ratio. *Human Nature*. 1993;4(3):297-321.
2. Wardle J, Carnell S, Haworth CM, Plomin R. Evidence for a strong genetic influence on childhood adiposity despite the force of the obesogenic environment. *Am J*

3. Katzmarzyk PT, Perusse L, Rao DC, Bouchard C. Familial risk of overweight and obesity in the Canadian population using the WHO/NIH criteria. *Obese Res*. 2000;8(2):194-197.
4. Dunican IC, Walsh J, Higgins CC, Jones MJ, Maddison K, Caldwell JA, *et al*. Prevalence of sleep disorders and sleep problems in an elite super rugby union team. *Journal of sports sciences*. 2019 Apr 18;37(8):950-957.
5. Tyagi AK, editor. Using multimedia systems, tools, and technologies for smart healthcare services. IGI Global; c2022 Oct 14.