

Impact Of Educational Set Up On Fat Percentage Among School Going Students

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Abstract

The purpose of the study was to find out the impact of educational set-up on fat percentage among school going student. To attain this aim, a total of 100 students (50 from CBSE and STATE respectively) with 12 to 16 years of age and were randomly selected from Gwalior city. The data received from the participants was analyzed by employing t-test. The results of the study showed that students studying in CBSE School have high level fat percentage in comparison to students studying in state school. By revealing the importance of the educational settings, this study clarifies the impact of educational set-up to gain a fat % among school students. However, the error associated with level of body fat is not negligible and requires further investigation.

KEY WORDS: CBSE, State, Educational Set-Up.

INTRODUCTION

In India, under-nutrition attracted the focus of health workers, as childhood obesity was rarely seen. But over the past few years, games and computers have replaced outdoor games and other social activities¹. The drive against obesity gains momentum around this time every year and November 26th, 2010 is dedicated as Anti-Obesity Day in India. There is immense trouble brewing, for 17 % of the youngsters in the age group of 14-18 in India are overweight or obese. A study by the Diabetes foundation of India found that in a Delhi private school, one in three children are obese. Obesity is not a simple problem for it can trigger at least 53 diseases. Obesity is known to alter blood pressure, cholesterol levels and triglycerides, all of which can trigger life-threatening health conditions. Obesity is also the primary cause of many non-communicable diseases (NCDs) ². The diet of children has risen to the top of the political agenda, not only for the potential health repercussions later in life, but also for its immediate effects on the physical and mental health of children and their consequent school experience and attainment. Obesity has adverse health implications but there are also important social repercussions of obesity experienced in youth. Stigmatization and social exclusion in the school environment accompanies overweight status and add further difficulty to an often challenging school experience³. Therefore, the present study was undertaken to study the impact of educational set-up (C.B.S.E and STATE school) on obesity (fat %) on school going children.

METHODOLOGY

For the purpose of this study hundred school going students 50 from each educational set-up i.e., CBSE and STATE of Gwalior city with 12-16 years of age were randomly selected. Fat percentage was measured with the help of Lange skin fold caliper. Fat % was only the criterion variable in this study. During data collection standard procedure were followed by the researcher. Data for fat % was collected from the four parts of the body namely Biceps, Triceps, sub scapula and Suprailiac. Further density was calculated with the help of equation given by Durnin and Womersley. Fat percentage was calculated by using Siri formula. Permission for participation of school children was taken from the principal of the respected school. Data was analyzed and compared by employed t-test.

Results:

Table 1
Subject characteristics

	Educational set -up	N	Mean	Std. Dev.
	CBSE	50	18.38	5.71
FAT %				
	STATE	50	13.65	5.57

Table 1 reveals the characteristics of the subjects with the help of descriptive statistics.

Table 2
Comparison of educational set-up on fat % among School Going students

Educational set-up	Mean	df	MD	t-value
CBSE schools	18.38	98	4.73	4.194*
State schools	13.65			

*significant $t_{.05}(98) = 1.980$

Table 2 reveals that there was a significant difference between educational set-ups i.e., C.B.S.E and STATE school students in context to fat % as calculated value (4.194) of 't' was greater than the tabulated value (1.980) with degree of freedom 98.

CONCLUSION:

Based on the analysis and within the limitation of present study, it may be concluded that that significant difference was found in case of fat percentage in students of C.B.S.E School and state school student. The findings of this research showed that C.B.S.E students may be more obese in comparison to STATE students. So, physical educators and coaches should keep this matter in the mind while treating students at different educational set-ups. There may be many reasons for being obese it needs further investigation.

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