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**COMPARATIVE STUDY ON BODY COMPOSITION AMONG
COLLEGE STUDENTS**^{p.p.125-129}



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ABSTRACT

The objective of the study was to compare the body composition among college students. 100 subjects were selected on the bases of simple random sampling method. The following equipments were used for data collection: (1) Stadiometer was used to measure the Height, (2) Weighing Machine was used to measure the Weight and (3) Skin Fold Caliper was used to measure the Skin Fold measurement. The data were analyzed and interpreted by using ‘t’ test and the level of significance at 0.05 was adequate for testing the hypothesis. Result: There was a partially significant difference between body compositions among college students.

Keywords: Body Composition & College Students.

INTRODUCTION

Health is a very important; Health people constitute a healthy nation. It is necessary to explain the meaning of health as it is not merely absence of disease but much more. Health is that quality of life that enables individuals to live most and serve best. Health can be achieved maintained and improved by supplying the basic physical, mental,

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emotional and social needs in proper proportion. In fact health is the key to education success, good citizen ship and happy life.

HYPOTHESIS

It was hypothesized that, There would be significant difference between body composition among students.

DESIGN OF THE STUDY


100 subjects were selected on the bases of simple random sampling method. The following equipments were used for data collection: (1) Stedimeter was used to measure the Height, (2) Weighing Machine was used to measure the Weight and (3) Skin Fold Caliper was used to measure the Skin Fold measurement. The data were analyzed and interpreted by using ‘t’ test and the level of significance at 0.05 was adequate for testing the hypothesis.

Table No: I
Showing difference between B.M.I. of Male and Female Students


| Group | Mean | S.D | S.E.Comb. | M.D. | O.T. | T.T | D.F |
|--------|--------|-------|-----------|-------|-------|-------|-----|
| Male | 22.179 | 3.420 | 0.760 | 1.316 | 1.730 | 1.980 | 98 |
| Female | 20.864 | 4.149 | | | | | |

Significance at 0.05 level of confidence. Tabulated ‘t’ 0.05 (98) = 1.980


Table-I reveals that there is least significant difference between means of males and females were = 22.179 and that of female = 20.864, whose mean difference is 1.316. To check the significant difference between males and females of B.M.I. the data was again analyzed by applying ‘t’ test. Before applying ‘t’ test, standard



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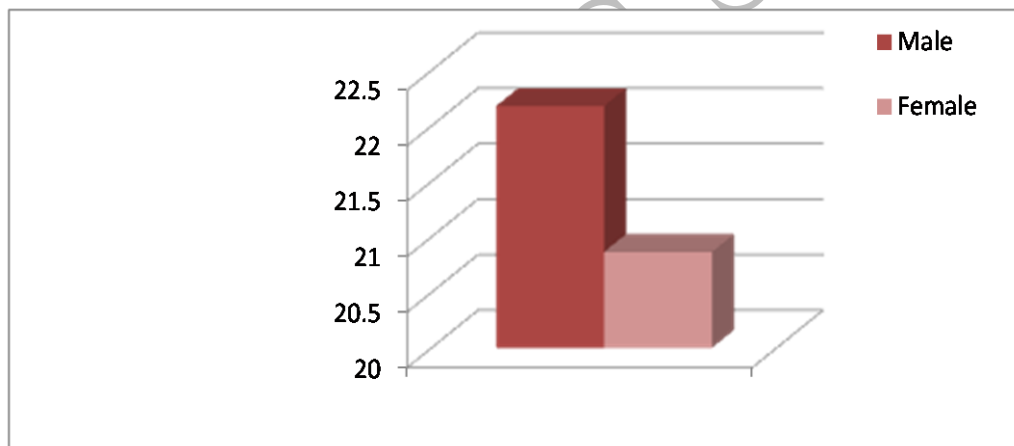
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deviation was calculated. Where S.D. = 3.420 and Post test where S.D. = 4.149 and their Combine standard error was calculated = 0.760. And then ‘t’ test was applied. It was again found that There was no significant difference between B.M.I. of males and females because value of calculated ‘t’ = 1.730 which is less than tabulated ‘t’ = 1.980 at 0.05 level of significant.

Graph No: I
 Showing difference between B.M.I. of Male and Female Students



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Table No-II

Showing Comparison between Fat Percentage of Male and Female Students


| Group | Mean | S.D. | S.E.Comb. | M.D. | O.T. | T.T | D.F. |
|--------|--------|-------|-----------|-------|-------|-------|------|
| Male | 11.854 | 3.593 | 0.953 | 8.676 | 9.108 | 1.980 | 98 |
| Female | 20.530 | 5.698 | | | | | |

Significance at 0.05 level of confidence. Tabulated 't' 0.05 (98) = 1.980

Table-II reveals that there is significant difference between means of males and females were mean of males = 11.854 and that of females = 20.530, whose mean difference is 8.676. To check the significant difference between males and females of B.M.I. the data was again analyzed by applying 't' test. Before applying 't' test, standard deviation was calculated. Where S.D. of males = 3.593 and S.D. of females = 5.698 and their Combine standard error was calculated = 0.953 and then 't' test was applied. It was found that there was significant difference between Fat percentage of males and females because value of calculated 't' = 9.108 which is greater than tabulated 't' = 1.980 at 0.05 level of significance.




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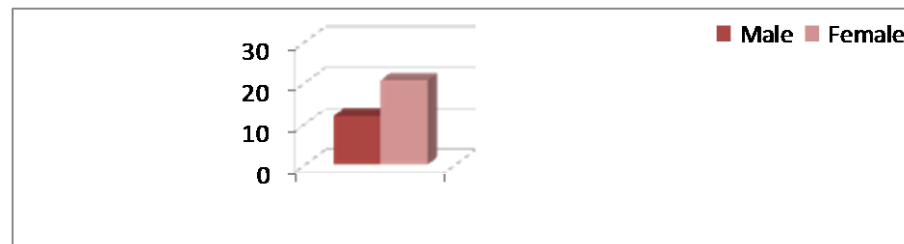
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Graph No :II

Showing difference between Fat Percentage of Male and Female Students



Testing of Hypothesis

It was found that there was insignificant difference among male and female students.

FINDINGS

On the basis of the result drawn with the mentioned methodology the following findings were sougheed out.

There was a partially significant difference between body compositions among students. The study showed the partially significant difference among the mean of selected items of the groups.

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