



## A STUDY ON THE LEVEL OF BODY MASS INDEX (BMI) AMONG THE STUDENTS

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### ABSTRACT:

*The purpose of the study was to find out the level of Body Mass Index (BMI) Among the Students. The present Investigation was carried out on 24 subjects for the Study. The Age Group was between 20- 29 years. These sample includes 24 students the sample for this study was selected from one training college namely M.S.M College of physical education Aurangabad. The selective BMI measure test were selected namely Height and Weight. Thereseearch is applied research; sampling technique is simple random sampling. The statistical analyses used to test the data are reported as mean, Standard deviation and BMI formula. The result is the body mass index of M.P.ED class students is very good but First hypothesis is rejecting i.e. underweight Students is Zero. The body mass index of M.P.ED class students is normal but second hypothesis is accepted i.e. normal weight Students is 19 (79.16%). The body mass index of M.P.ED class students is poor but Third hypothesis is accepted i.e. over weight Students is 2 (8.33%). The body mass index of M.P.ED class students is poor but fourth hypothesis is accepted i.e. obese weight Students is 3(12.5%).*

### INTRODUCTION:

Body mass index is a based on weight and height not on body fat. When it comes to defining what body weight is considered healthy, one type of measurement does not fit all some scientific say. Body mass index is the standard metric of determining who is normal weight, over weight and obese, but Body mass index is not an accurate measure of fat and doesn't explain the cause of poor health, scientist argue in an editorial today in the journal science.

According to Vanitallie and Lew (1992), High BMI values, therefore, are more appropriately considered to be indications of being "overweight" rather than obese. Although most overweight people are also obese, it is possible to be obese without being overweight (i.e., sedentary individuals with a small muscle mass) and overweight without being obese (i.e., body builders and certain athletes). Lohman (1992) High BMI also has been linked to the increased risk of developing hypertension, hypercholesterolemia, cardiovascular disease, non-insulin-dependent diabetes, certain cancers, and other medical problems.



**BMI Table:**

<i>BMI</i>	<i>Weight Status</i>
Below 18.5	Under weight
18.5-24.9	Normal
25.0-29.9	Over Weight
30.0 and Above	Obese

**OBJECTIVES OF THE STUDY:**

- 1) To find out the level of Body mass index in physical education students.
- 2) To study the level of Body mass index of the age group between 20 to 29 years.

**SIGNIFICANCE OF THE STUDY:**

The finding of the study may help the college to for redesign or scheduling the yearly program.

**HYPOTHESIS:**

- 1) The Body mass index of M.P.ED class students is very good.
- 2) The Body mass index of M.P.ED class students is normal.
- 3) The Body mass index of M.P.ED class students is poor.
- 4) The Body mass index of M.P.ED class students is Very poor.

**METHODOLOGY:**

The subjects selected were 24 male students. The selected age groups of the subjects were from 20-29 years. For this study data have been collected from One training college namely M.S.M College of physical education Aurangabad. The students were selected randomly from M.P.Ed 1<sup>st</sup> and 2<sup>nd</sup> year. The selective Anthropometric and BMI measure etc. The statistical analyses used to test the data are reported as Mean, Standard deviation and BMI Formula. This test compared to the norms.

**STATISTICAL METHOD:**

Mean is computed by adding all the scores and then dividing by the number of scores involved. The mean used in the study to measure the average in level.

Standard deviation is computed in the study for the measure of variability. Standard deviation reflected the magnitude of the deviations of the scores from their mean.

The statistical analyses used to test the data are reported as Mean, Standard deviation and BMI formula.



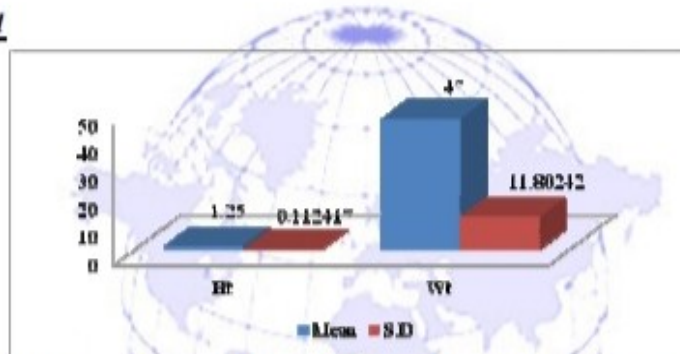
**RESULTS:**

**TABLE NO-1**

Show the mean score and standard deviations of Height test and Weight test of the students:

Sl. NO	CODE	NAME OF THE TEST	MEAN	S.D
1	M.P.ED 1 to 24	HT	1.25	0.112
2	M.P.ED 1 to 24	WT	47	11.802

**FIGURE NO-1**

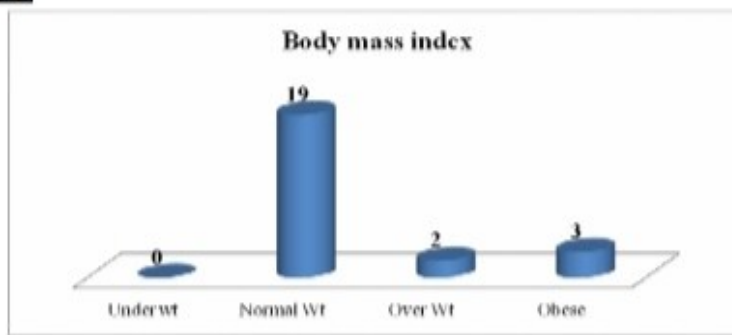


**NOTE:** M.P.ED1= Students in master of physical education in 20-29 age group, Ht.=height (meter), Wt. =weight (kg) and BMI=Body mass index.

**TABLE NO-2**

Weight Status	Students
Under weight	00
Normal weight	19
Over weight	2
Obese	3

**FIGURE NO-2**



**CONCLUSIONS:**

- 1) The Body mass index of M.P.ED class students is very good but First hypothesis is rejecting i.e. underweight Students is Zero.
- 2) The Body mass index of M.P.ED class students is normal but second hypothesis is accepted i.e. normal weight Students is 19 (79.16%).
- 3) The Body mass index of M.P.ED class students is poor but Third hypothesis is accepted i.e. over weight Students is 2 (8.33%).
- 4) The Body mass index of M.P.ED class students is poor but Third hypothesis is accepted i.e. obese weight Students is 3(12.5%).

**REFERENCE:**

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