

**ASSESSMENT OF BODY COMPOSITION OF TRIBAL
GIRLS AND BOYS IN JHARGRAM DISTRICT**



Dissertation

**Submitted for the requirement of degree of Master of Physical
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BY

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The dissertation is satisfactory from the point of content and language and fulfils the requirements related to M.P. Ed degree thus approved and forwarded for the evaluation.

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I do hereby declare that research work entitles '**Assessment of body composition of tribal girls and boys in jhargram district**'. "is an original piece of work done by me under the supervision of Miss. Moumita Sen, assistant professor, Department of Physical Education, Mugberia Gangadhar Mahavidyalaya. I have specified, by means of reference, the source of information.

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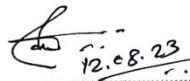
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MY FRIENDS

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CONTENT

	CHAPTERTITLE	PAGE NO
Chapter-I	Introduction	1
	1.1 General Introduction	1-4
	1.2 Statement of the problem	4
	1.3 Definition & explanation	4
	1.4 Objective of the study	5
	1.5 Delimitation of the study	5
	1.6 Limitation of the study	5
	1.7 Significance of the study	6
Chapter-II	Review of the related literature	7-21
Chapter-III	Methodology	22
	3.1 sample	22
	3.2 procedure of the data collection	22
	3.3 Design of the study	22
	3.4 Instrument & tools used	23
	3.5 Statistical procedure	23
Chapter-IV	Result and Discussion	24-31
Chapter-V	Summary, conclusion, Recommendation	31
	5.1 Summary	31
	5.2 Conclusion	32
	5.3 Recommendation	33
	Bibliography	33-36
	Appendices	37-38

LIST OF TABLES

Table no	title	Page no
1	The mean and SD of Height and weight of different age group School going male students has presented in table - 1.	24
2	The Mean and SD Value of Physical Health Concern Dimension of different age group School going male students has presented in table – 2	25
3	The Mean and SD Value of Social Health Concern Dimension of different age group School going male students has presented in table – 3	26
4	The Mean and SD Value of Psychosexual Health Concern Dimension of different age group School going male students has presented in table – 4	27
5	The Mean and SD Value of Moral Health Concern Dimension of different age group School going male students has presented in table – 5	28
6	The Mean and SD Value of All Health Concern of different age group School going male students has presented in table – 6	29

LIST OF TABLES

Figure no	title	Page no
1	Graphical representation of Mean and SD of Physical Health Concern Dimension for three different group	25
2	Graphical representation of Mean and SD of Social Health Concern Dimension for three different group	26
3	Graphical representation of Mean and SD of Psychosexual Health Concern Dimension for three different group	27
4	Graphical representation of Mean and SD of Moral Health Concern Dimension for three different group	28
5	Graphical representation of Mean and SD of All over Health Concern for three different group	29

SUMMARY OF TOPICS CONCLUSION AND RECOMMENDATIONS

5.1 Summary

- Variation in external shape and size of human being differs according to race cast, community and nature of activity is a common phenomenon. During the process of growth and development this external shape as well as Fat mass may also changes as per individual because of daily life activity. Lifestyle has an important role in this regards. Literature which were available with the limitation of the investigator and formulated the problem stated as Assessment of body composition of tribal boys and girls in jhargram district.
- For the purpose of the study the investigator randomly selected 150 students age ranging from 6 to 9 years students from jhargram district. The criterion measured were age in years , height in cm, weight in kg, skin folds of triceps, chest , abdomen, thigh, in mm. the obtained data was statistically treated to find out the body composition in respect of lean body mass, % - Fat and total fat weight in kg of the subjects.

5.2 Conclusion

On the basis of result & Discussion Researcher intend to conclude following Statement:

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- 1) Researcher In case of body fat % girls group is having higher mean value in comparison to the boys. On the other hand in case of boys within the group 9 years boy have the higher body fat %.
- 2) May conclude that 9 years girls are having higher Lean body mass than boys. In case of boy 8 years age group are having higher Lean body mass.
- 3) In case of fat mass girls are having higher mean value in comparison to the boys. On the other hand 9 years girls are also having the highest fat mass in comparison to the other girl group.

5.3 RECOMMENDATIONS

On the basis of the findings and conclusions, the following recommendation were made

1. The findings of the study should be taken into consideration while going for talent hunts for nutritional of the different age's tribal boys and girl.
 2. Further it is recommended that similar study can be conducted among school boys and girls separately.
 3. Similar study may be carried out in professional urban area's tribal boys.
 4. Similar study can be done among different period of tribal boys and girls.
 5. Similar study can be conducted among hilly. Coastal and rural area boys and girls.
- Similar study can be conducted among Indian tribal and other country tribal boy

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