

Physical fitness and health status of adolescent girls in relation to socio - economic background

■ VIBHA BHATNAGAR AND KAMLA MAHAJANI¹

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Members of the Research Forum

Associated Authors:

Department of Foods and Nutrition,
College of Home Science, Maharana
Pratap University of Agriculture
and Technology, UDAIPUR
(RAJASTHAN) INDIA,
Email: niks.mahajani666@gmail.com

Author for correspondence :

VIBHA BHATNAGAR
Department of Foods and Nutrition,
College of Home Science, Maharana
Pratap University of Agriculture
and Technology, UDAIPUR
(RAJASTHAN) INDIA
Email: vibhasuresh@gmail.com

■ ABSTRACT

The present study was conducted to assess the physical fitness and health status of adolescent girls in relation to socio-economic background. One hundred and eighty girls aged 13-15 years were purposively selected from government and public schools located in Hanumangarh city, Rajasthan. An interview schedule was developed to collect the information regarding background profile and physical activities. For anthropometric measurements, height and weight were measured and Body Mass Index (BMI) was calculated. Physical fitness was assessed by step up test, curl up test and sit and reach test. Results of background information revealed that majority of respondents were Hindu (68.34%) and belonged to OBC (52.77%). Food habits showed that 69.44 per cent subjects were vegetarian while non-vegetarian and eggitarian constituted 26.11 and 4.45 per cent, respectively. Only 55, 43.34 and 41.66 per cent respondents were performing exercise from middle, lower and upper socio-economic class and out of these, 38.09 and 36.90 per cent respondents were participating in yoga and sports activities, respectively. Anthropometric measurements indicated that mean \pm SD of height was highest (157.10 ± 6.69 cm) in the subjects of middle class, whereas the mean weight was found maximum (48.65 ± 6.69 kg) in upper SES class. No significant difference was found between SES groups and cardio respiratory endurance whereas a significant ($p < 0.01$) difference was observed between SES and muscular endurance and between SES and flexibility.

■ **Key Words** : Physical fitness, Health status, Adolescent girls, BMI, SES,

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