COMPRESSION OF FAT PERCENTAGE AMONG PRIMARY STUDENTS OF GOVERNMENT AND PRIVATE SCHOOL

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ABSTRACT
The purpose of the study was the comparison of fat percentage among primary students of government and private school. To attain this aim, a total of 100 students of primary level (50 each from government and private school respectively) with 8 to 12 years of age were randomly selected from Pilibhit rural area. The data received from the participants was analyzed by employing t-test. The results of the study showed that students studying in private Schools have high level fat percentage in comparison to students studying in primary Government school. By revealing the importance of the school educational settings, this study clarifies the impact of school educational set-up to gain a fat %among school students.
Keywords: Health, Education, Fitness and Physical

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 activities. 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).

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 experience. Therefore, the present study was undertaken to study the impact of school educational set-up (primary government and private school) on obesity (fat %) on school going children.

METHODOLOGY
The purpose of the study was the compression of fat percentage among primary government and private school going student. To attain this aim, a total of 100 students (50 from primary government school and 50 from private school respectively) with 8 to 12 years of age and were randomly selected from Pilibhit rural areas. 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 their respective schools. Data was analyzed and compared by employed t-test.

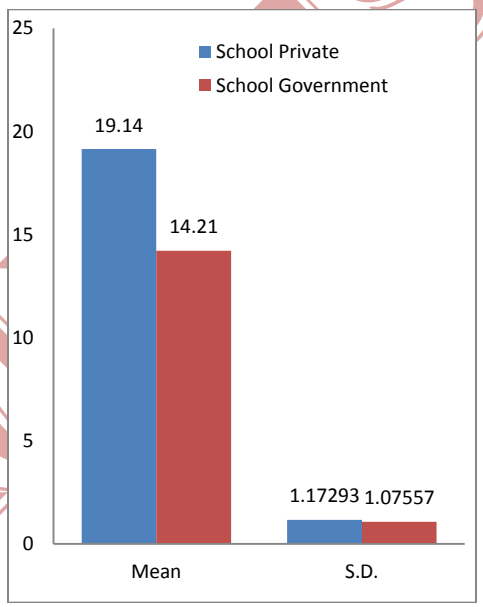
RESULTS

TABLE No.1
COMPARISON OF SCHOOL EDUCATIONAL SET-UP ON FAT % AMONG STUDENTS OF DIFFERENT EDUCATIONAL SET – UP

	School	N	Mean	S.D.	S.E. Mean	df	't' Ratio
Fat Percent	**Private**	48	19.14	1.17293	0.16930	94	21.42
	Government	48	14.21	1.07557	0.15525		

*Significant at 0.05 level 't' (94) = 1.662

Table No.2 reveals that there was a significant difference between school educational set-ups i.e., primary government school and private school students in context to fat % as calculated value (21.42) of 't' was greater than the tabulated value (1.66) with degree of freedom 94. Graphical representation of above table is made in figure no 1.



FINDINGS AND RESULTS

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 primary Government School and private school student. The findings of this research showed that private school students may be more obese in comparison to primary government school students. So, physical educators and coaches should keep this matter in the mind while treating students at different school educational set-ups. There may be many reasons for being obese it needs further investigation.

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