

A COMPARATIVE STUDY BETWEEN TRIBAL AND NON-TRIBAL ADOLESCENTS IN RESPECT TO MOTOR FITNESS HEALTH STATUS ANTHROPOMETRIC AND PSYCHOSOCIAL PARAMETERS

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Abstract

The Indian society is hierarchical, stratified and deficient in vertical mobility.” This society of ours has many social divisions, which have been persisting through the centuries. These divisions consist of poor and rich people on the one hand, touchable and non-touchable on the other. Nevertheless, our society is also divided into tribals and non- tribals. The tribals in India have suffered from environmental deficiencies for ages. They have confined themselves to their own bounds, cutting themselves off from civilized societies. A comparative study was conducted on 1600 adolescents, classified as 800 hundred tribal (400 boys and 400 girls) and 800 hundred non-tribal (400 boys and 400 girls) students selected from the school of different districts of West Bengal. The objective of the study was to find out the motor fitness, health status, anthropometric and psychosocial parameters between tribal and non-tribal (both boys and girls) adolescents. The motor fitness components were speed, agility, explosive strength, balance, co-ordination, reaction time and overall motor fitness. For measuring health status, Optimum Health Scale (OHS) was selected for the present study. The selected anthropometric measurements, triceps skinfold, suprailiac skinfold, abdominal skinfold, thigh skinfold, and body composition (body fat %, fat mass & lean body mass) were selected for the present study. On the other hand, psychosocial parameters were included academic anxiety, stress and adjustment was conducted for all the subjects of the present study. Descriptive statistics along with a t- test was used to analyze the result of the study. The level of significance was 0.05levels. The result revealed that there was a significant difference between tribal and non-tribal adolescents on motor fitness, health status and psychosocial parameters. Motor fitness was one of the most important criteria in this study and both tribal boys and tribal girls proved to be better in all the motor fitness test in comparison to their non-tribal counterparts. Whereas in other criteria for example health status and psychosocial aspects non-tribal secured better scores than the tribals.

Keywords: Motor Fitness, Health Status, Anthropometric, Psychosocial, Tribal & Non-tribal