RESEARCH ARTICLE

A PROSPECTIVE POOLED ANALYSIS OF BMI ON SPORTS PLAYERS AND NORMAL INDIVIDUALS

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ABSTRACT

Objective: To check personal BMI maintenance in the normal individuals and the sports persons with age group 12-22 years. **Method:** Prospective Observational Study was conducted at kodela Siva prasada rao stadium, Narsaraopet. Three hundred and fifty individuals (N=350) participated in the study. The electronic precision balance and the standard scale were used for the assessment of the BMI in the participants. **Results:** It is interpreted 90.69% sports persons and 37.03% normal individuals were observed to be with normal BMI. In the study, 195 sports players were in normal BMI and 85 normal individuals were having poor BMI. **Conclusion:** This study clearly depicts deviations of BMI from the normal values. There is an immediate need for awareness programme and counseling to the normal individuals to counsel and educate the individuals about the significance to BMI.

Key words: BMI, Awareness programmes, Counseling.

INTRODUCTION

What is BMI

The BMI is defined as the body mass divided by the multiplication of the body height with itself and is universally expressed in units of kg/m2, resulting from weight in kilograms and height in meters. BMI can be used to scrutinize for weight categories that may lead to health problems but it is not diagnostic of the body fatness or health of an individual. Body mass index uses an individual's weight and height as an assessment of their body shape. A person's body mass index can be used as a standard to determine whether they are under weight, normal weight or over weight for their height.

MATERIALS AND METHODS

A study of individual measurement of BMI in relevant aged people of inclusion criteria were considered to calculate the BMI of individual personally who were playing sports at the model Siva praasad rao stadium.

Study Design: Prospective Observational Study.

Study Location: At kodela Siva prasadarao stadium, Narasaraopet, Guntur, Andhra Pradesh.

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Study Duration: May to July.

Sample Size: 350N.

**Inclusion criteria:** The persons who are playing sports since 3 to 4 years from Age (12years-22years).

Exclusion criteria: The players below Age 12 were not taken because they are not considered because for the calculation of BMI of children is of different process. The patient above age 22 was not considered because they may have any other social habits.

Material Used: A suitable electronic precision balance and a suitable length calculating standard scale were considered.

Method: The players were involved in the study by considering the above criteria after taking their decision to participate in the study. The level of BMI of each player was analyzed using the precision balance and standard scale and the BMI levels were assessed.

Total Number of Sample Size: N=350

Person type	BMI (<19)	BMI (19-24)	BMI (24>)
Sports persons	5	195	15
Normal persons	25	50	60

BMI LEVELS
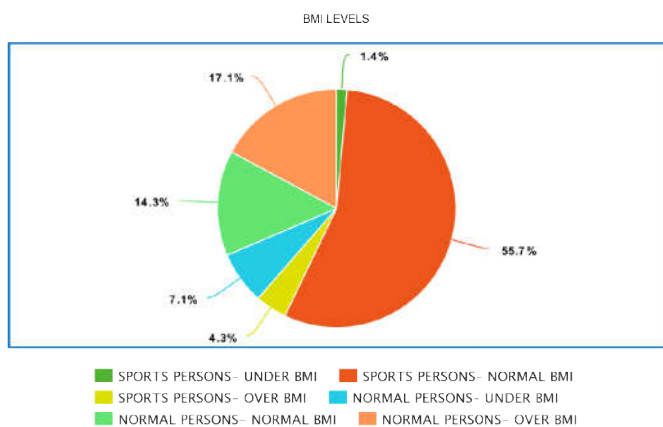
Bar graph differentiating sports persons and normal individuals BMI
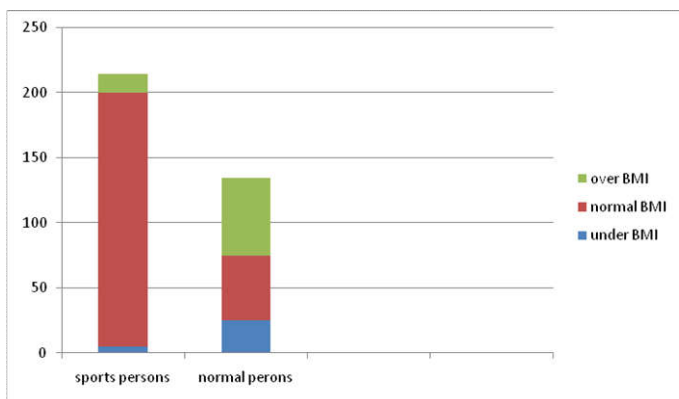
DISCUSSION

Under BMI and over BMI were the condition majorly observed in the normal individuals who are not doing any of the physical exercises and in the passive food habits. So as a developing country like India there is a need for the maintenance of physical appearance. Results precisely indicate that the normal individuals BMI were deviated from the standard ranges.

Conclusion

This study evidently depicts the abnormal BMI in the normal individuals. There is an immediate need for awareness campaign and counseling to the normal individuals to have some physical exercise to maintain their complexion. In case negligence about their health in individuals may cause certain disorders like Hyper tension, cardiac failure, renal failure and some other disorder which may spread to the further generations.

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