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Effect of Profession on B.M.I. Index of Lawyers Belonging to Various Age Groups

Prof. Biswajit Basumatary^{1*} Mr. Gaurav Sanotra²

¹ Dean, N.E.R.C. L.N.I.P.E., Guwahati

² Assistant Professor, L.N.I.P.E., Gwalior

Abstract – The present study was conducted with the aim of investigating the B.M.I. status of Lawyers of 25-35, 36-45, and 46-55 years age group. The data were collected from 300 lawyers having membership of different Elite health clubs situated in Delhi, Gurugram, and Chandigarh. The selection of the subjects were made in purposive manner. The subjects volunteered to the research study after knowing the objectives of the study. Their B.M.I. scores were calculated with the help of formula $\text{weight in Kilogram/height in meter}^2$. After collection of data it was analyzed with the help of SPSS software. Two Way ANOVA technique was used for the assessment of significant difference amongst selected age groups and professions. The level of significance was set at 0.05 for all the statistical analysis. The results of the study reveals that 25-35 years age group and 36-45 years age group do not differ from each other significantly. 25-35 and 46-55 years of age group differs from each other significantly. Age group 36-45 shown the least B.M.I. score amongst all the groups which is theoretically better and this group mean was significantly different than other two groups.

Keywords: B.M.I., Elite Health Clubs, One Way ANOVA.

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INTRODUCTION

The present research work is a part of Ph.D. thesis entitled "Analysis of Health Problems, Exercise Habits and Fitness status of Different Age Group Professional of Elite Health Club Members". There are two types of fitness which can be commonly observed in all the human beings. The first is general fitness which is useful for the successful completion of some of the basic activities of daily life. These activities are common to each individual irrespective of Cast, creed, color, religion etc. i.e. ability to walk, run, jump, climbing stairs etc. The second type of fitness is specific fitness. Specific fitness is the fitness that an individual possess to perform his/her job gracefully. A human body adopts this kind of fitness after a long course of work experience. For example an I.T. professional develops certain kind of fitness that allows him to sit for long hours with considerably less amount of effort and fatigue. The present study is a piece of work which have been done to assess the specific fitness of the Lawyers of different age group. It was assumed that with the time the lawyers will achieve specific fitness which is necessary for the improvement in Health related fitness variable B.M.I. The trend observed by analyzing the data, suggests that these particular professionals attain the work specific fitness after the age of 35. This trend seems working till the age 46 and after that the professionals starts losing their fitness in terms of body mass index.

METHODOLOGY

Part of the Ph.D. thesis work done by Dr. Gaurav Sanotra has been presented in this paper. 300 Lawyers from 7 different chain Fitness health clubs were selected purposively. 100 subjects from each age group 25-35, 36-45, and 46-55 years participated in the study voluntarily. The data were collected from 7 Elite Chain Fitness Clubs situated in Delhi, Gurugram, and Chandigarh namely Elimention Health and sports, Ozone, Fitness First, Talwalkar, Celebrity fitness, Fitness Anthem and gold Gym. The data were collected from the subjects after making them aware about the purpose of the study. The height of the subjects was measured with the help of Stadiometer. The weight of the subjects was measured with the help of standard digital weighing machine. The subjects B.M.I. scores were calculated by using the formula $\text{Weight (kg)/ height (meter)}^2$. After the collection of data it was analyzed with the help of SPSS software. To find out the significant difference amongst the selected age groups and professions two- way ANOVA was employed. To determine that which group is having highest and which group is having lowest mean scores a post-hoc test was conducted after the analysis.

RESULTS

Table 1

Two way ANOVA table for the data on B.M.I. scores

Dependant Variable: Body Mass Index (B.M.I.)

Source	Type III Sum of Squares	Df	Mean Square	F
Corrected Model	3670.092	14	262.149	15.495*
Intercept	1438643.217	1	1438643.217	85036.142*
Age Group	399.195	2	199.597	11.798*
Profession	1614.067	4	403.517	23.851*
Age Group * Profession	1656.831	8	207.104	12.242*
Error	251123.261	1485	16.918	
Total	1467436.570	1500		
Corrected Total	28793.353	1499		

*significant at 0.05 level of significance

From the table 1 it is clear that main effect of age and profession on B.M.I. index is significant. The interaction effect is also found to be significant in this case.

Table – 2

Post Hoc Mean Comparison of Body Mass Index (B.M.I.)

Among three age groups of Lawyers

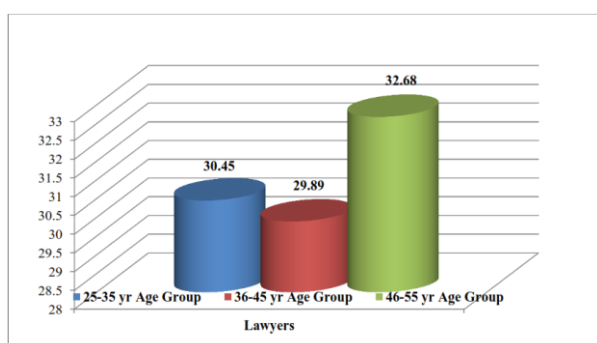
Profession	25-35 yrs Age Group	36-45 yrs Age Group	46-55 yrs Age Group	Mean Difference	CD
Lawyers	30.45	29.89		0.56	0.68
	30.45		32.68	2.23*	
		29.89	32.68	2.79*	

*significant at 0.05 level of significance

It is evident from table 2 that age group 1 (25-35 y) and group 2 (36-45 y) do not differ from each other because the mean difference observed between the two (0.56) groups is less than the critical difference 0.68. Age group 3 (46-55 yr) is significantly different from both (age group 1 & 2) the groups as the observed mean difference is higher than the critical difference.

Figure 1

Graphical representation of group means pertaining to three age groups.



Graphical representations of group means have been presented in above figure. The age group 36-45 years shown the lowest mean score which is better than other two groups.

DISCUSSION OF FINDINGS

In the present study the researcher was interested in finding out the effect of age group on B.M.I. index of Lawyers. The Lower the B.M.I. Index score the better indicator it is of good health. The age group 36-45 years has shown the least mean score which can be inferred as the optimum time require for a Lawyer to get accustomed with healthy lifestyle by doing his job. The results of the study also indicates higher mean score for the age group 46-55 years which could be the result of aging and low motivation levels. The age group 25-35 years has shown the 2nd lowest mean score which can be due to active lifestyle and high level of food intake.

CONCLUSIONS

Within the limitation of the study the following conclusion have been made:

1. Age group does affect the B.M.I. Index of Lawyers having membership of different Elite health clubs.
2. Being engaged in regular physical activities the lawyers have lowest B.M.I. Index at the age of 36-45 years.
3. Output of the study suggests that the lawyers have shown their 2nd best low B.M.I. index at the age of 25-35 years.
4. On or after the age of 46-55 the B.M.I. Index starts to increase with time which is a poor indicator of health.

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Corresponding Author

Prof. Biswajit Basumatary*

Dean, N.E.R.C. L.N.I.P.E., Guwahati