

# VIDYASAGAR UNIVERSITY

A Project Work

On

## A Comparative study on Health Status between Rural and Urban Boys (16-17 years of age)

This project work is submitted for the partial fulfillment for the award of degree of B.Sc. (Hons) from Vidyasagar University



Submitted by

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EXAMINED

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### TO WHOM IT MAY CONCERN

This is to certify that Siuli Kar (Roll:1125129; No.: 170119; Regn. No.:129011 of Session: 2017-2018) a student of B.Sc.(H), 5<sup>th</sup> sem, Dept. of Nutrition, under Vidyasagar University, PaschimMedinipur, has completed her project work under my guidance on the topics "A Comparative Study on Health Status Between Rural and Urban Boys" for the partial fulfillment for the award of degree of B.Sc. from Vidyasagar University.

I am satisfied for her performance. She is energetic and up to date in her work; I wish success in her life.

Date: 07-11-2019

  
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A Vocabulary finds no appropriateness to express my heartfelt love and thanks from the very core of my heart to my classmates and juniors for their constant encouragement and help throughout the study.

Date:

(Siuli Kar)

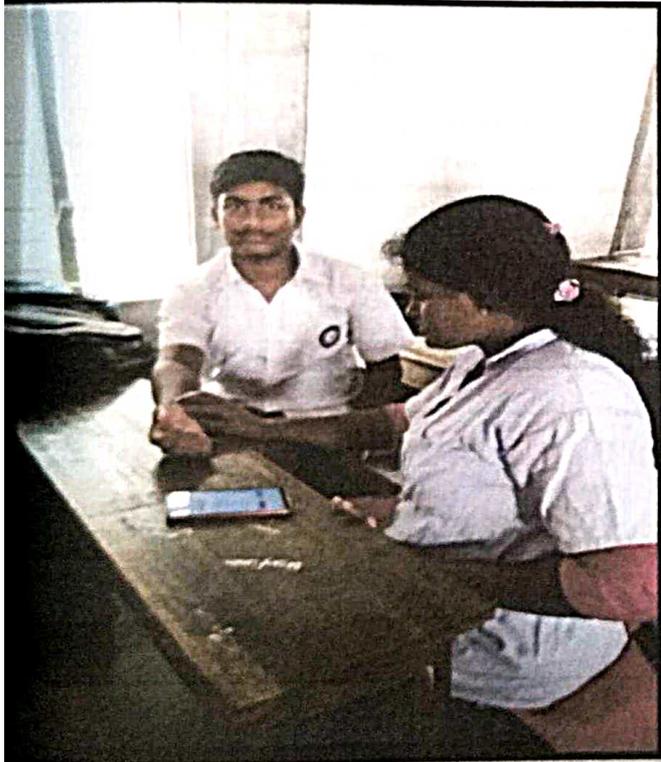
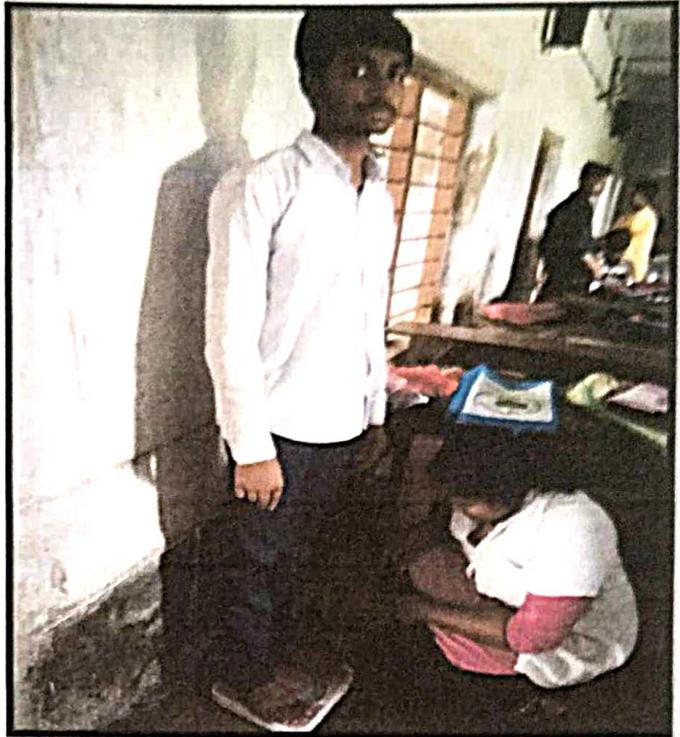
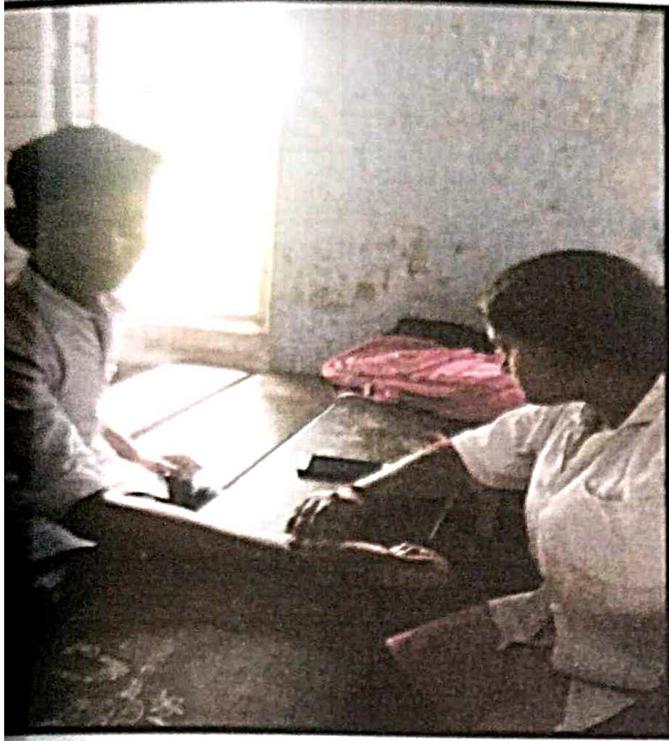
# ABSTRACT

Adolescence is a phase of maturation. It is a transitional period of physical and psychological human development between childhood and adulthood, the cultural purpose of which involves preparation assume adult roles. Classically, adolescence occurs from 12 to 22-25 years old. The world health organization (WHO) defines an adolescence as any person between ages 10 and 19. Adolescents are more is an intense anabolic period at this time physical development are appear the most common problems among adolescents relate to growth and development school, mental health disorders and the consequences of risky or illegal behaviours, including injury and substance use disorders. The aim of the study is to assess the health status of rural and urban adolescent boys using anthropometric measurements. The survey was conduct out at Purba Medinipur, West Bengal. The data was collected for rural and urban boys (n=15) and for urban boys (n=15). Different measurement like height, weight, BMI, Pulse rate, Waist Hip ratio, biceps, triceps, sub scapula, MUAC, arm flex were carried out. Therefore, there were no significant difference ( $p>0.05$ ) BMI, Supraspinale, Systolic pressure, Waist between rural and urban boys. But it is found that there was significant ( $p<0.05$ ) difference in Rural and Urban adolescent boys.

Keyword: Adolescent, Height, Weight, Physical development, MUAC, Biceps

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**Different activities during survey of Rural adolescent boys of Bhagwanpur-II Block area.**