

# VIDYASAGAR UNIVERSITY

**A Project Work On**

## **A Comparison study on Health Status between Cycling and Motorcycling**

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



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This is to certify that Mr./Miss. Bulti Jana  
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successfully completed a dissertation / project entitled A Comparison  
Study on Health status between Cycling and  
Motorcycling men (20-30 years).  
for the paper CC-12P in the year 2023-24

Date :



Apurba Ghosh  
19/02/2024

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### TO WHOM IT MAY CONCERN

This is to certify that Bulti Jana (Roll:1125129; No.: 210124; Regn. No.: VU211022722of Session: 2021-2022) a student of B.Sc. Part –III, Dept. of Nutrition, under Vidyasagar University, PaschimMedinipur, has completed herproject work under my guidance on the topics 'A comparison Study on Health Status betweencycling and motorcycling'for the partial fulfillment for the award of degree of B.Sc. from Vidyasagar University.

I am satisfied for herperformance. Sheis energetic and up to date inherwork; I wish success in herlife.

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## ACKNOWLEDGEMENT

*First and foremost, I would like to pay my obeisance to God Almighty for always bestowing me with His blessings without which I could not have achieved anything that I have today.*

*I express my deep sense of gratitude to Dr. Swapan Kumar Misra, Principal, Mugberia Gangadhar Mahavidyalaya, for providing necessary facilities to carry out the present investigation.*

*The guidance of one's teachers is of paramount importance in his/her academic life. In this regard I am deeply indebted to Ms. Pranati Bera, sact lecturer Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya, for her valuable advice and guidance.*

*I am really obliged to other faculty members of the, Dr. Apurba Giri, Assistant Professor and Head, Dept. of Nutrition, Mr. Chandan Khanra, Mr. Tanmoy Giri, Ms. Keya Dash, Ms. Rikta Jana, Mr. Probir Jana for their valuable suggestion and lab attendant Mr. Prabal Das for his assistance.*

*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: 20.02.24

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## **A Comparison study on Health Status between cycling and motorcycleing.**

### **ABSTRACT**

In this present study a survey was conducted to compare health status between cycle riders and motorcycle riders men (20-30). The survey was carried out at Mugberia Gangadhar Mahavidyalaya , Mugberia, Purba Medinipur ,West Bengal. The data was collected for cycle riders (n=15) and motorcycle riders (n=15). Different measurement like weight(kg), height(m), waist circumference(m), hip circumference(m), chest circumference(m) ,blood pressure(mmHg), pulse rate (beats/min)and skin fold measurement ( biceps & triceps). The participants were asked about their working activity, symptoms and diseases. It was found that there was no significant ( $p>0.05$ ) difference in weight, height, BMI, BSA, chest circumference, systolic pressure, diastolic pressure, pulse pressure, biceps and triceps. But is has noticed that waist hip ratio ( $p<0.005$ ) and pulse rate ( $p<0.25$ ) are significant in cycling as compare to motorcycleing. It was observed that more percentage of cycle riders are suffering from headache, back pain, joint pain, fatigue, dyspnea, hypertension and obesity as compare to motorcycle riders.

**KEYWORDS :-**Cycling men, motorcycleing men, health, comparison, BMI, waist hip ratio, symptoms and diseases.

## LIST OF TABLES

TABLE HEADING	PAGE NO.
Classification of adult BMI according to WHO	11-15
Percentage of Cycling and Motorcycling Men suffering in different diseases and symptoms	21 .
Tabular representation of Anthropometric measurement of Cycling and Motorcycling Men.	19-20

## LIST OF FIGURES

NO. OF FIGURES	NAME OF FIGURES	PAGE NO
1	Comparison of weight (kg) between cycling and motorcycling men.	16
2	Comparison of height (m) between cycling and motorcycling men.	16
3	Comparison of BMI ( $\text{kg/m}^2$ ) between cycling and motorcycling men .	16
4	Comparison of BSA ( $\text{m}^2$ ) between cycling and motorcycling men.	16
5	Comparison of waist hip ratio (m) between cycling and motorcycling.	17
6	Comparison of chest circumference (m) between cycling and motorcycling men.	17
7	Comparison of calf measurement (mm) between cycling and motorcycling men.	19
8	Comparison of systolic blood pressure (mmHg) between cycling and motorcycling men.	17
9	Comparison of diastolic blood pressure (mmHg) between cycling and motorcycling men.	17
10	Comparison of pulse pressure (mm-Hg) between cycling and motorcycling men .	18
11	Comparison of pulse rate (beats/min) between cycling and motorcycling men.	18
12	Comparison of biceps (mm ) between cycling and motorcycling men .	18
13	Comparison of triceps (mm ) between cycling and motorcycling men .	18
14	Comparison of muscle calf (mm) between cycling and motorcycling	19



## **LIST OF ABBREVIATION**

WHO= World Health Organization

BMI=Body Mass Index

BSA= Basal Metabolic Rate

WHR=Waist Hip Ratio

SBP= Systolic Blood Pressure

DSP= Diastolic Blood Pressure

SD=Standard Deviation

SE=Standard Error



# **CONTENT**

<b>SL.NO.</b>	<b>SUBJECT</b>	<b>PAGE NO.</b>
<b>1.</b>	<b>Introduction</b>	<b>1-3</b>
<b>2.</b>	<b>Aims &amp; Objective</b>	<b>4</b>
<b>3.</b>	<b>Review of Literature</b>	<b>5-10</b>
<b>4.</b>	<b>Materials &amp; Methods</b>	<b>11-15</b>
<b>5.</b>	<b>Results &amp; Discussion</b>	<b>16-23</b>
<b>6.</b>	<b>Summary &amp; Conclusion</b>	<b>24</b>
<b>7.</b>	<b>References</b>	<b>25-27</b>



**Plate 1: Different activities during survey of cycling and motorcycling men (20-30)**

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Plate2: Different activities during survey of cycling and motorcycleing men (20-30)