

A Study of Growth in Physical and Physiological Variables Among Mala Boys of Visakhapatnam District, Andhra Pradesh

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ABSTRACT A cross-sectional study was undertaken among Mala boys in rural school situated in the 4 mandals viz. Visakhapatnam (Rural), Pendurthi, Anandapuram, and Bheemunipatnam of Visakhapatnam District of Andhra Pradesh (South India) during February to October 1996. The sample consisted of 547 healthy boys aged 0+ to 18+ years. In this paper data on stature, body weight, upper arm, calf, chest, abdominal and head circumferences and skinfolds at triceps, biceps, subscapular, medial calf, forearm, suprailiac, abdominal and anterior thigh sites and blood pressure and pulse rate are presented, including patterns of change in these physical and physiological traits with advancing age. It has been observed that there is an increase in all the dimensions with increase in age except skinfolds. Analysis of the data reveal that all the dimensions exhibited the maximum mean annual increments between 14+ and 15+ years for all the measurements except triceps, biceps, anterior thigh and medial calf skinfold which in turn exhibits it two years earlier the spurt that is. 12+ and 13+ years. Blood pressure and pulse rate increased with increase in age with few fluctuations. These boys are shorter and lighter than the National Standards (ICMR, 1984). The findings of the study can be used as a reference material for Mala boys of Visakhapatnam.