

Menarcheal Status and Physical Structure of Punjabi Girls

S.P. Singh, Puneet Pal Singh and Sheenu Bala

Department of Human Biology, Punjabi University, Patiala 147 002, Punjab, India

KEYWORDS Anthropometry. Physical Structure. Female. Punjab

ABSTRACT The present study has been conducted on 301 Punjabi adolescent girls with a view to exploring the relationship between sexual maturity and physical structure. Data in respect of anthropometric measurements and menarcheal status were collected from Ropar District of Punjab during April 1990. Anthropometric measurements have been taken following the standard techniques given by IBH/HA sub-committee. Status quo information regarding menarcheal status was collected from the girls. Amount of body fat was derived from the equations of Slaughter et al. (1988) and log transformations were applied to the skinfolds before applying any statistics. The data were split up into two groups, viz., early and late matures on the basis of menarcheal status. Age based comparisons indicate that the early maturing girls have larger body dimensions than the late maturing ones. The menstruating girls are fatter than the no menstruating ones at 13 and 14 years. The menstruating girls have broader physical frame, are more massive and possess a greater sturdiness of their musculo-skeletal structures. The early maturity is linked to greater physical performance whereas the late maturity brings in other problems related to social adjustments.