

Socio-cultural Determinants of Physical Fitness: A Study among the Jats of Delhi

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ABSTRACT In order to study the physical fitness of Jats, the present study was conducted on 580 Jat school children of Delhi in the age range of 10 to 18 Years. The study delineates the relationship between various socio-cultural variable and physical fitness. Family details including parental education, occupation, physical activity level, monthly income, residence and family types, consumption of milk and meals etc., were taken using questionnaire method. Results of bivariate analysis between these familial factors and various physical fitness tests indicated that parental occupation income, their activity level, nature of family and residence influenced the physical fitness of subjects. Therefore, we need to link physical fitness not only with health aspect of individuals, but also and more importantly with the availability of facilities or the socio-cultural milieu of the population under study.