

Secular Trends in Somatotypes among Female University Students

Baljit Kaur, Surinder Kaur, S.P. Singh, L.S. Sidhu and Rupinder Kaur

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

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ABSTRACT The present study highlights secular trends in somatotypes in two populations of Punjabi females viz. Jat Sikh and Bania, examined during different time periods that is, 1973 and 1997. Cross-sectional data was taken on 611 subjects; 311 during the first time and 300 during the second. The age group of the former group was 16-23 years while that of the latter was from 23-25 years. The two groups under investigation have shown positive secular trend for height and weight. The trend of endomorphy has registered an increase with the passage of time while ectomorphy value has declined. With time, mesomorphy increases in the Jat Sikhs and decreases in the Banias.