

Somatotypic Variations: An Analysis of Some Traditional Occupations

A.P. Singh¹ and S.P. Singh²

1. Department of Human Anatomy Desh Bagat Dental College & Hospital, Muktsar, Punjab, India

2. Department of Human Biology, Punjabi University, Patiala 147002, Punjab, India

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ABSTRACT Somatotype variations among adult men of Punjab belonging to four different Occupational Groups, viz., Tailors, Farmers, Carpenters and Blacksmiths have been investigated. A cross-sectional sample of 800 subjects (200 of each group) ranging in age from 30-40 years, was measured from April, 2002 to January, 2004 from different areas of Punjab. The Heath-Carter Anthropometric Somatotype (1967) is 4.5-3.1-2.8 for Tailors, 4.0-3.4-2.8 for Carpenters and 4.5-3.3-2.9 for Blacksmiths thus pointing towards meso-endomorphic dominance of physique. Farmers represent central type of body physique with somatotype as 2.9-3.2-3.6. Musculo-skeletal development is more prominent in Carpenters whereas Tailors and Blacksmiths reflect relatively more amount of non essential fat. The Farmers physique is more diverse as reflected by the higher value of SDM which is 4.87 ± 2.81 . Inter-Group differences for endomorphy component are found to be relatively more than those for ectomorphy and mesomorphy component of somatotype.