

Age Changes in Somatotype Components of Rural and Urban Punjabi Brahmin Females

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KEYWORDS Endomorphy. Mesomorphy. Ectomorphy. Age Changes. Rural-Urban. Punjabi. Brahmin

ABSTRACT The aim of this cross-sectional research was to study the age changes in somatotype components of rural and urban Punjabi Brahmin females, ranging in age from 40 to 70 years. Urban Brahmin females (6.05-4.13-1.33) are more endomorphic and mesomorphic, but less ectomorphic than their rural counterparts (5.69-3.74-1.76). Both the rural and urban Brahmin females of present study demonstrate dominance of endomorphic component followed by mesomorphic and ectomorphic components throughout the age range under consideration. Mean somatotype ratings of rural and urban Punjabi Brahmin females are concentrated in mesomorphic endomorph sector of the somatochart at all ages and do not exhibit a shift in the component dominance as the age progresses.