



Somatotype Variation in Relation to Sexual Maturation of Adolescent Girls of Sirmaur District, Himachal Pradesh

Taranpreet Kaur* and R. K. Pathak**

*Department of Anthropology, Panjab University, Chandigarh, India
E-mail: *preettaran@yahoo.com, **rajrkpathak@hotmail.com*

KEYWORDS Somatotype. Maturation. Menarche

ABSTRACT Adolescence marks a period of swift growth that is manifested in body size, shape and composition. This phenomenon occurs in all children though it varies in intensity and duration from one child to another. The adolescent spurt in skeletal and muscular dimensions is closely related to rapid development of the reproductive system which takes place at this time. In the present study the relation between somatotype and maturation of adolescent girls of Sirmaur district, Himachal Pradesh, is investigated. Age at menarche is used as indicator of female sexual maturity. The results revealed that the girls, who are early maturing, are endomorph – ectomorph, whereas the girls, who are late maturing, are balanced- ectomorph.