

## Self-Concept of Obese and Non-Obese Urban Teenagers

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**ABSTRACT** The present study is based upon a sample consisting of 160 teenager boys and girls in the age group of 13-19 years from ten public schools of Ludhiana city (Punjab). Their height (cm) and weight (kg) were measured and BMI (Body Mass Index) was calculated to categorize them as obese and non-obese teenagers. All subjects belonged to upper and upper-middle-class socio-economic strata. Results revealed that an overwhelming majority of the urban teenagers, both obese as well as non-obese, had above average self-concept in all the six dimensions of self-concept irrespective of age and sex. Contrary to most of the similar studies in other countries, the present study failed to find any negative impact of obesity on the self-concept of the teenagers from Ludhiana, Punjab.