

Physical Activity and Somatotypes among Ao Naga Boys

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ABSTRACT The study reports physical activity levels and somatotypes among Ao Naga boys aged 8 to 15 years from Mokokchung town, Nagaland. A structured schedule was used to access the different physical activity levels among the subjects. The age-wise comparison was tested using t-test. The result revealed that during these seven years there was an overall increase of 0.1 units in endomorphy, 0.8 units in ectomorphy, and a decrease of 0.3 units in mesomorphy, but significant difference between age groups 8 and 15 years was seen only in ectomorphy component. The somatoplots of mean somatotypes fell in the ectomorphic mesomorph at ages 8 and 9 years, and from 10 years onwards the somatoplots were distributed in the mesomorph-ectomorph sectors of the somatochart. The comparison of somatotype components within physical activity level was test by t-test. Also, to assess the relation between physical activity level and somatotypes at various ages, the age range was divided into two age intervals as follows: pre puberty (ages 8-10 years), and puberty (ages 11-15 years). The mean endomorphy was found to be significantly higher among the inactive boys and lower among the active ones in both pre puberty and puberty boys. Mean ectomorphy was also found to be significantly higher among the active pubertal boys. Furthermore, mean somatotypes components also showed significant differences due to walking hours to and from home to school and sedentary behaviour among puberty boys.