

122 ASSOCIATIONS OF BODY COMPOSITION WITH PHYSICAL SELF-DESCRIPTION AMONG LOWER PRIMARY SCHOOL BOYS

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Physical self-description (PSD) plays an important role in physical education outcomes. Body composition is part of physical education component. The purpose of the present study is to determine the associations of body composition between PSD among lower primary school-going boys. Body composition test were measured using skinfold measurement and bioelectrical impedance analysis (BIA) (air displacement plethysmograph). PSD was measured using standard questionnaire for children. A total of 200 male school-going children were voluntarily selected after obtained approval from school and parents. The mean height and weight of the subjects was 1.35 ± 7.90 m and 32.1 ± 10.1 kg, respectively. The mean body mass index of the subjects was 17.3 ± 4.1 kg/m². The validation based on standard criterion for body composition revealed that body fat correlated significantly with two site skinfold using equation from Kagawa ($r = 0.89$, $p < 0.001$) and Lohman ($r = 0.922$, $p < 0.001$); eight body site skinfold using Kagawa ($r = 0.921$, $p < 0.001$) and BIA ($r = 0.553$, $p < 0.001$). Statistical analysis shows that two body site skinfold using Lohman equation has a highest correlation with criterion test. The present study also found that, there was a significant correlation between body fat percentages and PSD ($p < 0.05$) whereby there was 11 components of PSD positive correlation towards body fat percentages among the subjects. The knowledge gain from the relationship between body fat percentages and PSD gives a significant input on physical growth and psychological development in children.