

Relationship between the anthropometric characteristics and physical fitness with the self-esteem of boys in adolescence

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The purpose of study was to investigate the relationship between the anthropometric characteristics and physical fitness with the self-esteem of boys in adolescence in the city of Bandar Anzali first high school students. The research method was descriptive and field. For this purpose 140 students were ed as available sample. The mean age of subjects was 12.7 ± 0.63 and mean body mass index was 22.23 ± 4.83 and body fat percentage was 30.13 ± 7.01 and average maturity was 3.81 ± 0.75 and self-esteem 31.74 ± 7.98 . In order to do research , AAHPERD test , including tests of 540 meters Running , bars , sit-up and flexibility in the assessment of physical fitness , was used . Also, to get the self-esteem of subjects Cooper Smith questionnaire was used and Tanner 5-step scale was used to determine the amount of maturity And for measurements of body mass index anthropometric and the percentage of fat , Caliper was used . In analyzing the data descriptive statistics was used and kolmogorov-Smirnov test was used To determine the Naturalness of the data and to determine the relationship and Spearman correlation test was used to determine significance. Analysis of the data showed that between physical fitness and self-esteem of boys in adolescence , is not significant relationship. But between physical fitness and body mass index and percentage of body fat and puberty , is a significant relationship.

Keywords : anthropometric , physical fitness , self-esteem , maturity

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