

The Effect of Body Mass Index on Self-Perception And Span of Attention

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Abstract

The aim of present study was to see the effect of Body Mass Index on Self-perception and Attention span. The sample for the present study consisted of 120 healthy subjects (balanced number of males and females age range 20-45 years from Jaipur city. The subjects were not on diet, were not undergoing any fitness programme, were not athletes and/or pregnant. Falling door type tachistoscope with cards inserted Dot Arrays was used to measure attention span and Semantic Differential Technique 9 (Osgood, Suci & Tannenbaum, 1957) to measure self-perception. The results showed that the both weight and gender have significant main effect on attention span and self-perception. The interactive effect of gender and weight on span of attention and self-perception was found to be insignificant. The future research may take in consideration other moderating variables of BMI with respect to impact on psychological functions.

Keywords: BMI, weight, span of attention, self-perception

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