



PHYSIOLOGICAL DIFFERENTIALS BETWEEN COLLEGE MEN KABADDI AND KHO-KHO PLAYERS

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Abstract:

The purpose of the study was to compare the selected physiological variables such as breath holding time and resting pulse rate between college men kabaddi and kho-kho players. To achieve this purpose of the study, sixty men players studying in the colleges in and around Kashmir, India were selected as subjects at random. Among the subjects, thirty kabaddi players and thirty kho-kho players were selected. Among physiological variables, the following variables namely breath holding time and resting pulse rate were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables by using holding the breath for time and radial pulse respectively. The independent 't' ratio was used to analyze the significant difference, if any between groups. The .05 level of confidence was fixed as the level of significance to test the 't' ratio obtained, which was considered as an appropriate. The results of the study showed that there was a significant difference between college men kabaddi players and kho-kho players on breath holding time and resting pulse rate.

Key Words: Physiological Variables, Breath Holding Time, Resting Pulse Rate, Independent "t" Ratio

Introduction:

Kabaddi and Kho-Kho are two of the most familiar sports in India. Both require a great deal of fitness and stamina to excel in the sports. Breath holding time and resting pulse rate are two important parameters to assess an individual's physical fitness. Breath holding time is the amount of time a person can hold his/her breath. It is a measure of an individual's lung capacity and helps in assessing their physical endurance. For kabaddi and kho-kho players, breath holding time should be at least one minute. Resting pulse rate is the number of times the heart beats per minute when a person is at rest. It is a measure of an individual's overall health. For kabaddi and kho-kho players, the resting pulse rate should be between 45 to 55 beats per minute. Therefore, kabaddi and kho-kho players should aim for a breath holding time of at least one minute and a resting pulse rate between 45 to 55 beats per minute to be able to perform at their best in the sports..

Methodology:

The purpose of the study was to compare the selected physiological variables such as breath holding time and resting pulse rate between college men kabaddi and kho-kho players. To achieve this purpose of the study, sixty men players studying in the colleges in and around Kashmir, India were selected as subjects at random. Among the subjects, thirty kabaddi players and thirty kho-kho players were selected. Among physiological variables, the following variables namely breath holding time and resting pulse rate were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables by using holding the breath for time and radial pulse respectively. The independent 't' ratio was used to analyze the significant difference, if any between groups. The .05 level of confidence was fixed as the level of significance to test the 't' ratio obtained, which was considered as an appropriate.

Analysis of the Data:

Breath Holding Time:

The mean, standard deviation and 't' ratio values on breath holding time of kabaddi players and kho-kho players have been analyzed and presented in Table I.

Table 1: The Mean, Standard Deviation and 't' Ratio Values between College Men Kabaddi And Kho-Kho Players on Breath Holding Time

Groups	Mean	Standard Deviation	't' ratio value
Kabaddi Players	43.69	0.69	16.76*
Kho-kho Players	48.72	0.71	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence with df 58 was 2.002).

The table 1 shows that the mean values on breath holding time for kabaddi players and kho-kho players were 43.69 and 48.72 respectively. The obtained 't' ratio value on breath holding time 16.76 which was greater

than the table value required for significance with df 58 was 2.002. The results of the study showed that there was a significant difference between college men kabaddi players and kho-kho players on breath holding time.

Resting Pulse Rate:

The mean, standard deviation and 't' ratio values on resting pulse rate of kabaddi players and kho-kho players have been analyzed and presented in Table II.

Table 2: The Mean, Standard Deviation and 't' Ratio Values between College Men Kabaddi Aand Kho-Kho Players on Resting Pulse Rate

Groups	Mean	Standard Deviation	't' ratio value
Kabaddi Players	71.99	0.86	5.87*
Kho-kho Players	70.69	0.92	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence with df 58 was 2.002).

The table 2 shows that the mean values on resting pulse rate for kabaddi players and kho-kho players were 71.99 and 70.69 respectively. The obtained 't' ratio value on resting pulse rate 5.87 which was greater than the table value required for significance with df 58 was 2.002. The results of the study showed that there was a significant difference between college men kabaddi players and kho-kho players on resting pulse rate.

Conclusion:

- There was a significant difference between college men kabaddi players and kho-kho players on breath holding time.
- There was a significant difference between college men kabaddi players and kho-kho players on resting pulse rate.

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