



COMPARATIVE STUDY OF PHYSIOLOGICAL VARIABLES ANALYSIS ON HANDBALL AND FOOTBALL GUJARAT STATE PLAYERS

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ABSTRACT For this study Handball, Football players was selected from state level tournament The age group was between 13-17 years The further study was delimited to only girls For this study Handball players 48 and Football players 48 (Total - 96) was selected, Physiological factors for Analysis was taken into consideration. Like Blood pressure Pulse rate, Vital capacity Keeping in view the basic limitations, of the research work, conclusion shows that In Physiological aspects Blood pressure of Football players condition good than Handball players but in pulse rate Handball players performance were best than football players

KEYWORDS :

INTRODUCTION

A branch of physiology concerned with how the body adapts physiologically to the acute (short-term) stress of exercise or physical activity, and the chronic (long-term) stress of physical training. Exercise physiologists, for example, study how our bodies obtain energy from the food we eat and use the energy to initiate and sustain muscle activity. A sound knowledge of exercise physiology enables coaches and athletes to optimize the amount and type of training. Exercise physiology is the study of the acute responses and chronic adaptations to a wide-range of physical exercise conditions. In addition, many exercise physiologists study the effect of exercise on pathology, and the mechanisms by which exercise can reduce or reverse disease progression. Accreditation programs exist with professional bodies in most developed countries, ensuring the quality and consistency of education. In Canada, one may obtain the professional certification title - Certified Exercise Physiologist for those working with clients (both clinical and non clinical) in the health and fitness industry. The physiology of exercise is a broad concept that addresses the central issue as to how the body adapts itself to the demands of physical activity. Physiology is the academic study of the various processes, systems, and functions of the human body as influenced by the performance of physical activity. Exercise is a term that has a variety of possible meanings, each dictated by circumstances.

METHOD

For this study Handball, Football players was selected from state level tournament .The age group was between 13-17 years. The further study was delimited to only girls.

For this study Handball players 48 and Football players 48 (Total - 96) was selected In this study, Physiological aspects like) Blood pressure Pulse rate Vital capacity Blood Pressure (High and Low) was obtained during the rest period by digital blood pressure and the pulse rate monitor Pulse rate will be obtained during the rest period. The pulse rates for 1 minute was be measured by a stethoscope. Pyrometer instrument was used for test

RESULT ANALYSIS AND CONCLUSION

To find out the comparison of , physiological variables analysis on handball and football Gujarat state players "t" test was applied. Statistical analysis was done of the raw scores and Mean Difference and standard Deviation was found and was represented throw graph

TABLE-1 The Difference of the Significance of the Mean of Hand ball and Football Players in the Performance of Blood pressure Systolic

Players	MEAN	DIFFERENCE	"t" RATIO
Handball	115.70	8.52	3.68
Football	107.18		

Significant level 0.05(96) is 1.95 From table 1 it is seen that Handball players mean is 115.70 and Football players mean is 107.18 Mean difference between this two groups is 8.52 and 't' ratio is 3.68 which is significant at 0.05 level. Graphically it is represented in Graph -1

GRAPH -1 The Difference of the Significance of the Mean of Handball and Foot ball Players in the Performance of blood Pressure Systolic

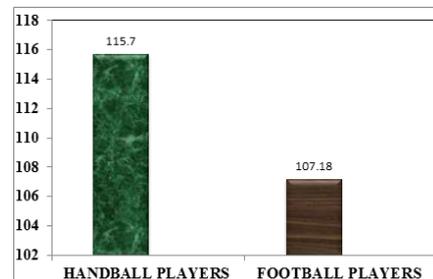


TABLE-2 The Difference of the Significance of the Mean of Hand ball and Football Players in the Performance of Blood pressure Diastolic

Players	MEAN	DIFFERENCE	"t" RATIO
Handball	69.39	7.58	4.38
Football	61.81		

Significant level 0.05(96) is 1.95 From table 2 it is seen that Handball players mean is 69.39 and Football players mean is 61.81 Mean difference between this two groups is 7.58 and 't' ratio is 4.38 which is significant at 0.05 level. Graphically it is represented in Graph -2

GRAPH -2 The Difference of the Significance of the Mean of Handball and Foot ball Players in the Performance of blood Pressure Diastolic

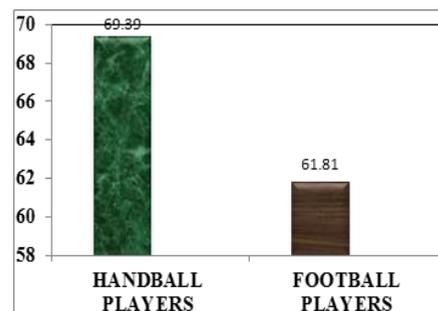


TABLE-3 The Difference of the Significance of the Mean of Hand ball and Football Players in the Performance of pulse rate

Players	MEAN	DIFFERENCE	"t" RATIO
Handball	84.39	7.79	4.24
Football	92.18		

Significant level 0.05(96) is 1.95 From table 3 it is seen that Handball players mean is 84.39 and Football players mean is 92.18 Mean difference between this two groups is 7.79 and 't' ratio is 4.24 which is significant at 0.05 level. Graphically it is represented in Graph -3

GRAPH -3 The Difference of the Significance of the Mean of Handball and Foot ball Players in the Performance of pulse rate

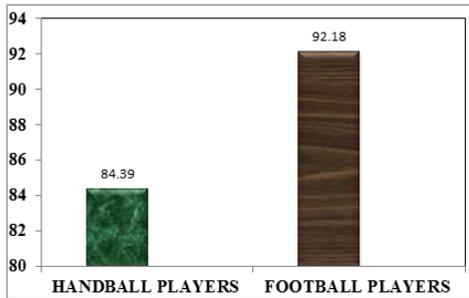
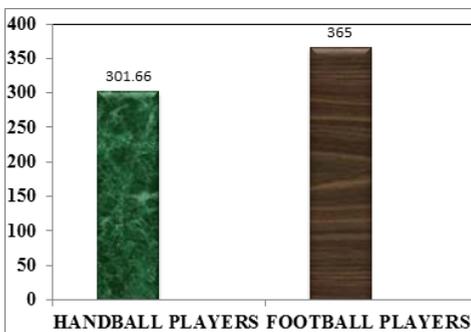


TABLE-4 The Difference of the Significance of the Mean of Hand ball and Football Players in the Performance of Vital Capacity

Players	MEAN	DIFFERENCE	“t” RATIO
Handball	301.66	63.33	5.03
Football	365		

Significant level 0.05(96) is 1.95 From table 4 it is seen that Handball players mean is 301.66 and Football players mean is 365 Mean difference between this two groups is 63.33 and 't' ratio is 5.003 which is significant at 0.05 level. Graphically it is represented in Graph -4

GRAPH -4 The Difference of the Significance of the Mean of Handball and Foot ball Players in the Performance of Vital Capacity



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