

A Study of Selected Physiological Variables between Inter Collegiate Judo and Wrestling Players of Nagpur Maharashtra

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Abstract

The purpose of the present study was to find out the Comparison of Selected Physiological Variables between the Inter Collegiate Judo and Wrestling Players of Nagpur Maharashtra. Eighty male students were selected purposively from Inter College Competitions, ranging from 18 to 25 years of age were selected as subjects for this study. In the present study Pulse rate was measured manually for 1 minute and the score was recorded. Systolic and diastolic blood pressures were measured by using sphygmomanometer and stethoscope and the score was recorded in mmHg. The data of the selected variables were analysed through Statistical procedure by using Independent ‘t’ test and also the level of significance for the present study was set at. 05 levels which was found to be the appropriate enough for the study. From the result of the study it was found that Judo players showed significantly better in Physiological variables as compare to Wrestling Players.

Key Words: Physiological Variables, Judo Players and Wrestling Players.

Introduction

Human physiology is the science of the mechanical, physical, and biochemical functions of humans, their organs, and the cells of which they are composed. The principal level of focus of physiology is at the level of organs and systems within systems. Much of the foundation of knowledge in human physiology was provided by animal experimentation. Physiology is closely related to anatomy; anatomy is the study of form, and physiology is the study of function. Due to the frequent connection between form and function, physiology and anatomy are intrinsically linked and are studied in tandem as part of a medical curriculum. The purpose of the present study was to find out the Comparison of Selected Physiological Variables between the Inter Collegiate Judo and Wrestling Players of Nagpur Maharashtra.

Material and Methods

Eighty male students were selected purposively from Inter College Competitions ranging from 18 to 25 years of age were selected as subjects for this study. In the present study Pulse rate was

measured manually for 1 minute and the score was recorded. Systolic and diastolic blood pressures were measured by using sphygmomanometer and stethoscope and the score was recorded in mmHg. The data of the selected variables were analysed through Statistical procedure by using Independent ‘t’ test and also the level of significance for the present study was set at. 05 levels which was found to be the appropriate enough for the study.

Results

Table-1

Comparative analysis of selected Physiological variables between Inter Collegiate Judo and Wrestling Players of Nagpur Maharashtra

Group	Number	Mean	S.D	‘t’ Value
Pulse Rate	Judo Players	91.7	8.93	4.30*
	Wrestling Players	84.94	7.06	
Systolic blood pressure	Judo Players	115.67	6.97	3.49*
	Wrestling Players	112.57	8.93	

Diastolic blood pressure	Judo Players	76.2	4.88	3.32*
	Wrestling Players	75.2	6.25	

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Findings and Discussion

In the present study there was significant difference observed between the Inter Collegiate Judo and Wrestling Players of Nagpur Maharashtra in all the selected physiological components. The analysis of results indicates a high level of better physiological efficiency in the group of the examined Judo Players as compared to Wrestling Players.

The results of the ‘t’ value showed significant Differences in Pulse rate, Systolic and diastolic blood pressures Components between Inter Collegiate Judo Players were found superior and stronger than their counterparts.

Conclusion

In conclusion the results of the present study confirm that Inter Collegiate Judo are comparatively better than Inter Collegiate Wrestling Players in selected physiological. Judo Players are superior to Wrestling Players in Pulse rate, Systolic blood pressure Diastolic blood pressure etc.

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