



COMPARATIVE STUDY OF VITAL CAPACITY AND PULSE RATE BETWEEN KABADDI AND WRESTLING PLAYERS

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ABSTRACT

The purpose of the study was to investigate vital capacity and pulse rate between kabaddi and wrestling game players. Another purpose of the study was to find out relationship in vital capacity and pulse rate between Kabaddi and wrestling game players. The subjects of the study were collected from the 100 subjects (50 subjects from kabaddi games, while another 50 subjects were from wrestling games), who were selected from different organizations either affiliated to the government body at center or in the state, to public or private sector, to different sports boards or councils who are engaged in coaching either for kabaddi and wrestling players. The age level of subjects ranged from 20 to 25 years. All the subjects will be the residents at India. Standard and progressive matrices organizational to measure vital capacity between kabaddi and wrestling players, Wet-Spirometer was used and pulse rate measure between kabaddi and wrestling players, Manual method was used. To find out significant difference vital capacity and pulse rate between kabaddi and wrestling game players, t-test was used. To find out relationship vital capacity and pulse rate between kabaddi and wrestling game players, Product moment correlation was computed. The result of the data reveals the significant difference found was found vital capacity and pulse rate between kabaddi and wrestling players. Further it also shows that significant difference relationship vital capacity and pulse

rate between kabaddi and wrestling game players.

Keyword: Lung Capacity, Blood Pressure, Kabaddi and Wrestling.

INTRODUCTION

Most young people participate in sports as a daily feature of their life. Play and participation in physical fitness programs increase personal productivity, it also promotes social work and discipline. Human beings get a part of physical and mental growth in their lifetime. It develops highly organized human activities from a very simple beginning. The success and failure of a player is dependent on the combination of different training abilities given to him during training. During the competition, an athlete is expected to perform well and in such a situation the performance of the athlete depends on his various training abilities as well as his mental capacity. In a place where players are physically, technically and socially equal, it is a mind that perhaps has the greatest scope for competitive advantage. Man is an active creature. Despite the temptations for inaction which arises from modern techniques, humans are not fundamentally involved or sedentary creatures. Physiology is the science in which the study of various activities occurring in the internal organs of the body is studied. Under this, there is a study to understand the work done by the body and also to study the results of the coordinated work of the internal organs of the



body. Broadly, physiology is the science that acts in the body parts. The word "function" means the special work done by an organ. The type of eye is part of eye sight, digestive stomach, vital capacity, pulse rate, respiratory lung and heart of blood.

METHODOLOGY

The total numbers of subjects for this study were 100 male kabaddi and wrestling players (50 subjects were selected from kabaddi, while another 50 subjects was selected from wrestling game players). The age level of subjects ranged from 20 to 25 years. All the subjects will be the residents at India. Necessary data were collected for vital capacity between kabaddi and wrestling players, wet spirometer was used and pulse rate between kabaddi and wrestling players, manual method was used. To find out significant deference vital capacity and pulse rate between kabaddi and wrestling game players, t-test was used. To find out relationship vital capacity and pulse rate between kabaddi and wrestling game players, Product moment correlation was computed. The level of significance was set at .05 levels.

RESULTS OF THE STUDY

TABLE-1
T-RATIO OF THE MEANS OF VITAL CAPACITY BETWEEN
KABADDI AND WRESTLING GAMES PLAYERS

	Game		't' ratio
	Kabaddi Players	Wrestling Players	
Mean	3806	4034	1.757*
S.D	658.20	639.39	

*Significant at 0.05 level $t_{(0.05)(98)} = 1.66$

It is evident from table-1 that significant difference was found between the mean scores of kabaddi players and wrestling

players in relation to vital capacity as the t-value was found 1.757. This was higher value than the required value at 0.05 level of significance.

TABLE-2
CORRELATION COEFFICIENT OF VITAL CAPACITY
BETWEEN KABADDI AND WRESTLING GAMES PLAYERS

Players	Correlation of Coefficient
Kabaddi	0.347*
Wrestling	

Significant at .05 level $r_{(0.05)(50)} = 0.279$

It is evident from table-2 that significant correlation was found between kabaddi and wrestling games players in relation to vital capacity. To find out pulse rate between kabaddi and wrestling game players, t-ratio statistics was used and presented in table-3.

TABLE-3
T-RATIO OF THE MEANS OF PULSE RATE BETWEEN
KABADDI AND WRESTLING GAMES PLAYERS

	Game		't' ratio
	Kabaddi Players	Wrestling Players	
Mean	84.66	76.32	5.505*
S.D	12.94	10.76	

Significant at 0.05 level $t_{(0.05)(98)} = 1.66$

It is evident from table-3 that significant difference was found between the mean scores of kabaddi players and wrestling players in relation to pulse rate as the t-value was found 5.505. This was higher value than the required value at .05 level of significance.

TABLE-4
CORRELATION COEFFICIENT OF PULSE RATE BETWEEN
KABADDI AND WRESTLING GAMES PLAYERS

Players	Correlation of Coefficient
Kabaddi	0.293*
Wrestling	

Significant at .05 level $r_{(0.05)(50)} = 0.279$



It is evident from table-4 that significant correlation was found between kabaddi and wrestling games players in relation to pulse rate.

DISCUSSION OF FINDINGS

Significant difference was found between the mean scores of kabaddi and wrestling players in relation to vital capacity. Sources of vital capacity as studied by Kumar M. (2018) There is no significant difference in blood pressure but There exists a significant difference in hemoglobin percentage and vital capacity among students of B.P.Ed. and M.P.Ed. Students. The prevalence of vital capacity was also studied by Rahaman S., Bakhtiar M. (2017), Vital capacity and pulse rate were higher among the volleyball group than to the comparison group. The physiological profiles are evident among high level athletes in different games around the world. Its assessment and comparison can help to plan effective training strategies and future selection of talented athletes in basketball and volleyball games. Significant difference was found between the mean scores of kabaddi and wrestling players in relation to pulse rate. Sources of pulse rate as studied by Bhardwaj S.K. (2011), also found significant difference was found in case of resting pulse rate, resting respiratory rate, fat percentage and lean body weight among sprinters, middle distance runners, long distance runners, throwers and jumpers.

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