

2018 - 2019

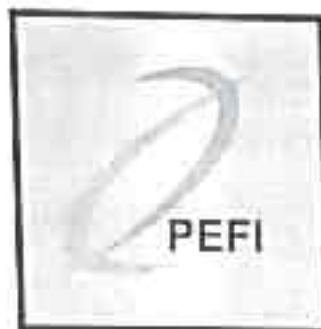
National Conference

on

Interdisciplinary National Conference on Role
Of Physical Education and Other Disciplines in
Enhancing the Performance of a Player &
Fitness for Young and New India

24th Dec. 2018

Organized By,



IQAC

**Bar. R. D. I. K. & N. K. D. College,
Badnera – Amravati**

Collaboration with

Art & Science College , Kurha

And

Physical Education Foundation of India

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Comparative Study Of Physiological Parameters Of Yogic And Runners

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Abstract:

The main purpose of the study was to find the Physiological parameters of Yogic and Runners. The researcher took the male subjects for the study. The sources of the data were made from the yoga players and runners, who were participated in the inter-collegiate tournament of Sant Gadge Baba Amravati University, Amravati during the session of 2016-2017. Forty (40) subjects were selected for this study. Twenty (20) subjects were taken from yoga group while the remaining twenty (20) were taken from runners. The 40 subjects were selected by the simple random sampling method. The data was collected from the subjects by using standard test and analysis and interpretation was done on the basis of special statistical techniques viz. mean, standard deviation and 't' test. The level of significance was kept at 0.05 for testing the hypothesis. The concluded that there is insignificant difference in systolic and diastolic blood pressure between yogic and runners and there is significant difference in pulse rate and exhale capacity between yogic and runners.

Keywords: Physiological parameters, Yogic and Runners

Introduction:

Physiological systems are highly adaptable to exercise. Each task has major physiological components fitness for the task required for effective functioning of the appropriate system. Involvement in systematic programme of training brings about desirable changes in the physical and physiological ability which enhances the athlete's performance in his sports. It is a known fact that adding regular physical activity to one's daily routine will improve health and well-being. Regular physical activity maintained body's physiological and physical fitness. Being physically active has also been proven to help build healthy bones, joints, and muscles and helps to perform better performance in competitions. [1] Different people think differently regarding the physical fitness. For a common man, to have a good physique is a symbol of physical fitness. Doctors consider physical fitness a proper functioning of the physiological systems of the body. In fact, physical fitness is considered as the capacity or ability of an individual to do or perform the routine work effectively with joy or pleasure. Physical fitness is more than the possession of strength, speed and endurance. Physical fitness means having the best work, to engage in recreational activities and to meet the emergencies when they arise. Physical fitness implies a relation between the task and work to be performed and the individual's capacity to perform that work moreover the recovery is faster and quicker. [2]

Methodology:

The researcher took the male subjects for the study. The sources of the data were made from the yoga players and runners, who were participated in the inter-collegiate tournament of Sant Gadge Baba Amravati University, Amravati during the session of 2016-2017. Forty (40) subjects were selected for this study. Twenty (20) subjects were taken from yoga group while the remaining twenty (20) were taken from runners. The 40 subjects were selected by the simple random sampling method. Following equipment would be used for collection of data:

1. **Blood Pressure:** It was measured by Sphygmomanometer.
2. **Pulse Rate:** Digital Stop watch was used to measure the pulse rate.
3. **Exhale Capacity:** It was measured by Peak Flow Meter.

Analysis of Data:

The data was collected from the subjects by using standard test and analysis and interpretation was done on the basis of special statistical techniques viz. mean, standard deviation and 't' test. The level of significance was kept at 0.05 for testing the hypothesis.

Table-1: Showing comparison of blood pressure between yoga group and runners

Variables	Group	N	Mean	SD	SE	MD	Ot	df	Tt
Systolic Blood Pressure	Yogic	20	115.250	4.191	1.162	0.500	0.430	38	2.02
	Runners	20	115.750	3.076					
Diastolic Blood Pressure	Yogic	20	80.800	2.505	0.664	0.550	0.828	38	2.02
	Runners	20	81.550	1.599					

Table-1 reveals that there is insignificant difference in systolic blood pressure between yogic and runners. The obtained t-value of 0.430 is less than the table value of 2.02 and reveals that there is insignificant difference in Diastolic blood pressure between yogic and runners. The obtained t-value of 0.828 is less than the table value of 2.02.

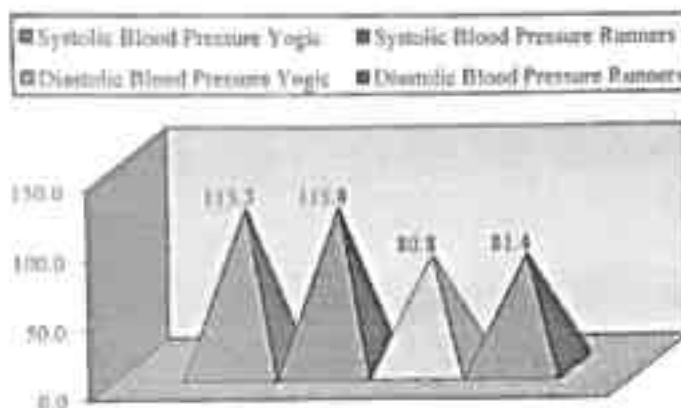


Fig.1: Mean value of blood pressure between yoga group and runners

Table-2: Showing comparison of pulse rate between yoga group and runners

Variables	Group	N	Mean	SD	SE	MD	Ot	df	Tt
Pulse Rate	Yogic	20	69.450	1.317	0.441	1.000	2.268*	38	2.02
	Runners	20	70.450	1.468					

Table-2 reveals that there is significant difference in pulse rate between yogic and runners. The obtained t-value of 2.268 is more than the table value of 2.02.

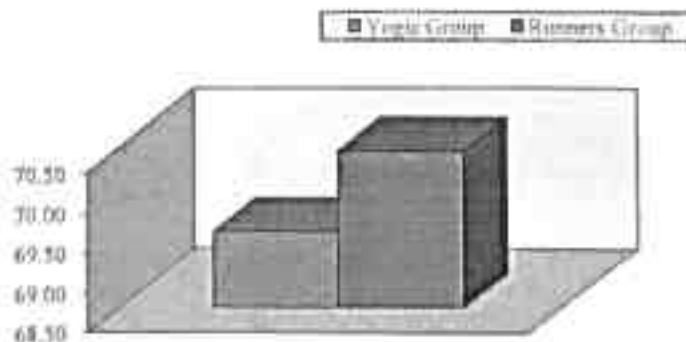


Fig.2: Mean value of pulse rate between yoga group and runners

Table-3: Showing comparison of exhale capacity between yoga group and runners

Variables	Group	N	Mean	SD	SE	MD	Ot	df	Tt
Exhale Capacity	Yogic	20	448.250	41.016	13.633	33.500	2.457*	38	2.02
	Runners	20	481.750	45.110					

Table-3 reveals that there is significant difference in exhale capacity between yogic and runners. The obtained t-value of 2.457 is more than the table value of 2.02

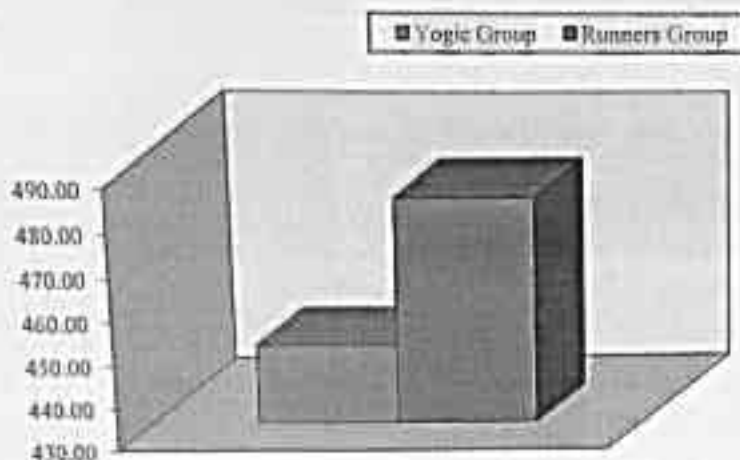


Fig.3: Mean value of exhale rate between yoga group and runners

Conclusion:

On the basis of the finding the following Conclusions were drawn. Thus from above we can conclude that there is insignificant difference in systolic and diastolic blood pressure between yogic and runners and there is significant difference in pulse rate and exhale capacity between yogic and runners.

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Certificate

This is to certify that Dr./ Mr./ Mrs. Shrikant S. Mahulkar

of Late Dattamaya Pusodkar Arts College Nandgaon-Peth has actively participated in National Conference.

He / She has submitted paper for publication / poster, entitled Comparative Study of Physiological Parameters of Yogic & Runners

He / She was the Resource Person/ Chair-Person/ CD-Chair-Person for the Technical Session.

Umeshi

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