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COMPARATIVE STUDY OF PHYSIOLOGICAL VARIABLES OF KABADDI AND HANDBALL PLAYERS

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Abstract:
The main purpose of this study was to find out the Physiological Variables (Haemoglobin and Pulse Rate) variables. For the present study the source of subjects were selected from Interuniversity Players of Sant Gadge Baba Amravati University Amravati. Fourty (40) subjects were selected for this study. Twenty (20) subjects were taken from Kabaddi, while the remaining twenty (20) were taken from handball Interuniversity Players in Sant Gadge Baba Amravati University Amravati. The data pertaining to each of the Haemoglobin and Pulse Rate variables were examined by the special statistical methods viz. mean, standard deviation and 't' test. The subjects were selected by using simple random sampling method. It was hypothesized that there would be significant difference of diurnal variations in the selected Haemoglobin and Pulse Rate variables of Kabaddi and Handball Players.
Key Words: Haemoglobin and Pulse Rate Variables of Kabaddi and Handball Players.

Introduction:
The human physiology is the study of body function. In physiology we study how our organs, systems, tissues, cells and molecules within cells work and how their functions are put together to maintain our internal environment.
Physiology is studies how human body functions. Physiologists study the various characteristics of living things. Their studies range from the most basic unit of organism, the cell, to the more complex organs and organ systems such as the brain and respiratory systems.
Pulse rate is actually the frequency of pressure waves (waves per minute) propagated along the arteries such as carotid as radial arteries.
Hemoglobin is basically organic material with a very interested organic structure known as haeme. The interesting thing about this structure is that it contains iron and this iron is capable of combining with oxygen to form oxyhae moglobin in Red Blood Cells by means of this function o2 is carried out to the tissues from the lungs.
The determination of blood constituents are of great importance in relation to health and disease in human beings. Physically fit consumes more oxygen. In fact, the hemoglobin is responsible for the transport of oxygen wherever the concentration of hemoglobin increases which helps in the required supply of oxygen. The normal average Red Blood Cells count in adult male is taken as 5.5 million per cubic millimeter and female 4.8 million per cubic millimeter. Increasing the Red Blood Cell Status of an individual it is necessary to evaluate the hemoglobin percentage.
Handball is also one of the fastest games it is a game played by 7 players including the keeper in a short field. Passing, throwing and running in this game has made it faster. In handball, throwing is the only means by which it is possibly to score goals. It is probably the most important skill in the game of handball. In Handball synchronization of all the

body movement is most important. Each movement is a chain reaction which result in good results i.e. throwing and shooting the goal.
Today Kabaddi Is the Faster Games It is also the fastest growing sports in the world. It is for every it is played by both sexes of all ages and sizes and also by the physically challenge, including those in the wheel chair, A rare beauty of Kabaddi all in that it can be alone. All you need is ball basket, a confined space (such as a driveway or playground) and your imagination to provide a competitive game like experience that other sports simple cannot match.
In India National Kabaddi federation was formed in the year 1949 and organized a professional competition in which fourteen teams participated, those teams were divided into east and west called world champion.

Source of Data:
The data pertaining to this study were collected from the players participating in Selection among Kabaddi and handball players Trial of Sant Gadge Baba Amravati University, Amravati.

Selection of Subject:
The researcher was selected the (40) subjects were selected for this study. Twenty (20) subjects were selected from Kabaddi players, while the remaining twenty (20) were selected from handball Players in Sant Gadge Baba Amravati University Amravati.

Sampling Method:
The simple random sampling was applied to select the subjects for this study.

Criterion Measures:
The following criterion measures were chosen for analysis the hypothesis.

Physiological Variables measures were:
Pulse Rate: Stop watch was used for measure the pulse rate.
Hemoglobin: HB percentage of the subjects was measured by HB apparatus (Sahil's Haemometer).

Statistical Analysis and Interpretation
The data collected on 40 subjects was Analyzed by Applying 't' test to compare Pulse Rate and Hemoglobin variable and co-relation test was applied to find out relationship between Kabaddi and hand ball players with their performance.
Level Of Significance:
To test the hypothesis, the level of significant was set at 0.05 level of confidence which was considered adequate & reliable for this study.

Table 1 Comparison of Pulse Rate Between Kabaddi and Hand Ball Players

Group	Mean	S.D.	S.E.	M.D.	O.T.	T.T.
Kabaddi	66.80	6.442	1.849	0.120	0.065	2.000
Handball	65.03	6.631				

Graph 1 Showing the Mean value of Pulse Rate Between Kabaddi and Hand Ball Players

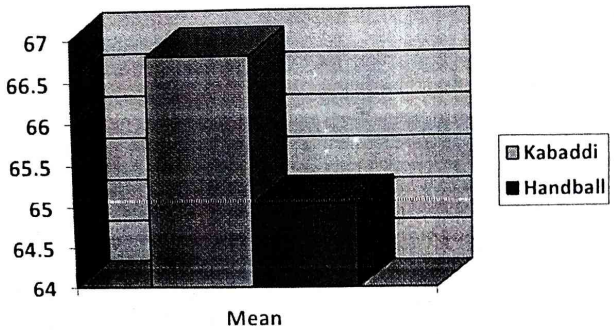
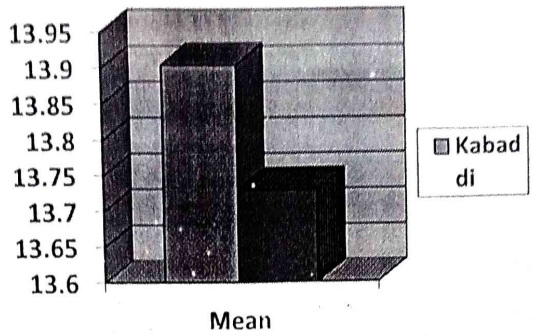


Table 2 Comparison of Hemoglobin Between Kabaddi and Hand Ball Players

Group	Mean	S.D.	S.E.	M.D.	O.T.	T.T.
Kabaddi	13.904	1.060				
Handball	13.73	1.011	0.293	0.032	0.109	2.000

Graph 2 Showing the Mean value of Haemoglobin Between Kabaddi and Hand Ball Players



Conclusion:

On the basis of finding and within the limitation of present study the following conclusion have been drawn:

On the basis of result it was found that there was insignificant difference in the Pulse Rate and Hemoglobin variables of Kabaddi and Hand Ball Players.

In the beginning it was Hypothesized that there will be Positive relationship Between in physiological variables(Pulse Rate and Hemoglobin) of Kabaddi and Hand Ball Players with their performance on the Basis of Result it was found there was Negatives Relationship between Kabaddi players and Hand Ball players with their performance.

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