

## A COMPARATIVE STUDY OF SELECTED PHYSIOLOGICAL VARIABLES BETWEEN BOXING AND JUDO PLAYERS

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### ABSTRACT

Physical execution in different aggressive games occasions depends to a great extent on the incorporated status of the diverse physiological components of the individual for example the condition of wellbeing and limit with respect to physiological reactions to address the difficulties of the aggressive circumstance, aside from the system, strategies and expertise. In this way, the principle reason for the connected physiological research is to assess and screen the preparation plan adequately. The reason for the examination was to look at chosen physiological factors between male Boxing and Judo Players. This investigation was led on 30 subjects, 15 from each Game (Boxing and Judo), the age went from 18-25 years. The Physiological factors chose for the investigation were Vital Capacity, Resting Pulse Rate, Positive Breath Holding Capacity, and Resting Respiratory Rate. The t-test was utilized at 0.05 dimension of noteworthiness. Boxing and judo are a game of irregular nature, portrayed by brief span, high power blasts of movement.

**KEYWORDS:** Physiological, Vital limit, Breath Holding Capacity and Resting Respiratory Rate.

### INTRODUCTION

Physical execution in different focused games occasions depends generally on the coordinated status of the distinctive physiological systems of the individual for example the condition of wellbeing and limit with respect to physiological reactions to address the difficulties of the aggressive circumstance, aside from the procedure, strategies and expertise. Boxing and judo are a game of irregular nature, described by brief length, high force blasts of movement.

### Objective of the Study

The motivation behind the examination was to analyze chosen physiological factors for example Imperative Capacity, Resting Pulse Rate, Positive Breath Holding Capacity and Resting Respiratory Rate between male Boxing and Judo Players

### Methodology

This investigation was directed on 30 subjects, 15 from each Game (Boxing and Judo), the age ran from 18-25 years. The examination was to analyze chosen physiological factors between male Boxing and Judo Players. The factual system utilized to gauge chosen physiological factors between male Boxing and Judo Players was free t-test at 0.05 dimension of criticalness.

### Findings

The discovering relating to Boxing and Judo Players based on chosen physiological factors for example Essential Capacity, Resting Pulse Rate, Positive Breath Holding Capacity and Resting Respiratory Rate are given on table 1 and 2.

It is clear from table 2 that there was unimportant contrast between the methods for Boxing and Judo players on the scores of fundamental limit, resting beat rate, positive breath holding and resting respiratory rate.

If there should be an occurrence of imperative limit the got estimation of 't' (1.10) was lesser than the arranged estimation of 't' (2.048) at (28) level of opportunity with 0.05 dimension of criticalness.

If there should be an occurrence of resting beat rate the acquired estimation of 't' (0.32) was lesser than the organized estimation of 't' (2.048) at (28) level of opportunity with 0.05 dimension of centrality.

If there should arise an occurrence of positive breath holding the acquired estimation of 't' (-0.08) was lesser than the classified estimation of 't' (2.048) at (28) level of opportunity with 0.05 dimension of centrality.

In the event of resting respiratory rate the got estimation of 't' (0.81) was lesser than the arranged estimation of 't' (2.048) at (28) level of opportunity with 0.05 dimension of criticalness.

## DISCUSSION

To look at chosen physiological factors for example Fundamental Capacity, Resting Pulse Rate, Positive Breath Holding Capacity and Resting Respiratory Rate t-test was utilized.

If there should arise an occurrence of indispensable limit the acquired estimation of 't' (1.10) was lesser than the arranged estimation of 't' (2.048) at (28) level of opportunity with 0.05 dimension of criticalness.

If there should arise an occurrence of resting beat rate the got estimation of 't' (0.32) was lesser than the arranged estimation of 't' (2.048) at (28) level of opportunity with 0.05 dimension of centrality.

If there should be an occurrence of positive breath holding the got estimation of 't' (-0.08) was lesser than the arranged estimation of 't' (2.048) at (28) level of opportunity with 0.05 dimension of importance.

If there should be an occurrence of resting respiratory rate the acquired estimation of 't' (0.81) was lesser than the arranged estimation of 't' (2.048) at (28) level of opportunity with 0.05 dimension of criticalness.

## CONCLUSIONS

1. Insignificant distinction ( $p < .05$ ) was found among Boxing and Judo players in connection to Vital Capacity.
2. Insignificant distinction ( $p < .05$ ) was found among Boxing and Judo players in connection to Resting Pulse Rate
3. Insignificant distinction ( $p < .05$ ) was found among Boxing and Judo players in connection to Positive Breath Holding Capacity.
4. Insignificant distinction ( $p < .05$ ) was found among Boxing and Judo players in connection to Resting Respiratory Rate.

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