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A Survey: Physiological parameters among cricket and soft ball players

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Abstract

The main purpose of this study was to find out the Physiological Parameters (Pulse Rate & Exhale Capacity) among Cricket and Soft Ball Players. For the present study the source of subjects were selected from Jammu University. Forty (40) subjects were selected for this study. Twenty (20) subjects were taken from cricket game players, while the remaining twenty (20) were taken from softball game Players. The data pertaining to each of the selected Physiological Parameters (Pulse Rate & Exhale Capacity) were examined by the special statistical techniques 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 among Physiological Parameters of Cricket And soft Ball Players.

Keywords: Physiological parameters, cricket, soft ball

Introduction

The meaning of 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 function are put together to maintain our internal environment. Physiology is the study of how human body functions. Physiologists study the various characteristic 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.

The physiological parameters seems to play a very important role in the modern competitive sports in production of more excellent performance, because competitions are organized more frequently than ever the sum sets at a place at a particular time it may rise at other place, moreover because of physiological parameters and difference in time the athletes the same time at another place. It is well known that the individual performance in any sports activities follows diurnal physiological parameters. Pattern method may be derived to condition the athletes to produce peak performance with change in diurnal physiological parameters.

Pulse rate

The frequency per minute of pressure waves propagated along the superficial, peripheral arteries such as carotid and radial arteries.

Exhale capacity

The amount of air that can be expired from the lung after maximum inspiration was called as exhale capacity of lungs.

Softball

The history of softball is still unfolding, and the game has undergone numerous modifications since its creation in 1887, but it is still one of the most preferred sports games in the country and has developed a following in several countries throughout the world, especially in Australia, China, and Japan. Loved by amateurs and professionals of all ages and athletic backgrounds, the world can only anticipate what is in store for the future of America's other favorite pastime.

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Cricket

Cricket is a bat-and-ball game played between two teams of eleven players on a cricket field, at the center of which is a rectangular 22-yard-long pitch with a wicket (a set of three wooden stumps) sited at each end. The first written “laws of cricket” were established in 1744. They stated, “The principals shall choose from among the gentlemen present two umpires who shall absolutely decide all disputes. The stumps must be twenty-two inches high and the bail across them six inches. The ball must be between five and six ounces, and the two sets of stumps twenty-two yards apart.” There were no limits on the shape or size of the bat. It appears that 40 notches were viewed as a very big score, probably due to the bowlers bowling quickly at shins unprotected by pads. The world’s first cricket club was formed in Hambledon in the 1760s, and the Marylebone Cricket Club (MCC) was founded in 1787.

Methodology

Source of data

For the present study the source of subjects were selected from Jammu University.

Selection of the subject

Forty (40) subjects were selected for this study. Twenty (20) subjects were taken from cricket, while the remaining twenty (20) were taken from softball.

Sampling Methods

The subjects were selected by using simple random sampling method.

Equipment used for collection of data

Exhale capacity: It will be measured with 40 yard Shuttle run.

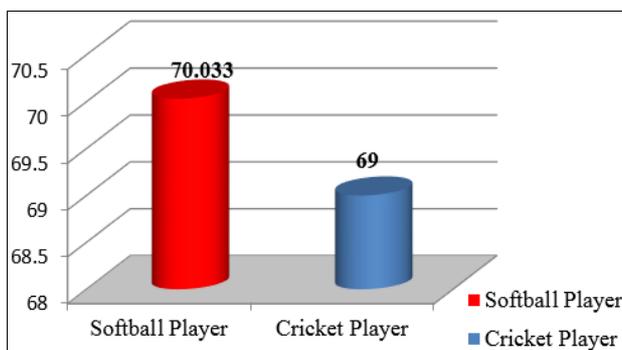
Pulse rate: To count the Heart Rate or beats per minute.

Analysis and interpretation of data

The purpose of this study was to find out the Physiological Parameters (Pulse Rate & Exhale Capacity) among Cricket and Soft Ball Players. The data pertaining to each of the selected physiological variables were examined by the special statistical techniques viz. mean, standard deviation and ‘t’ test.

Table 1: Comparison of mean value of pulse rate among cricket and softball players

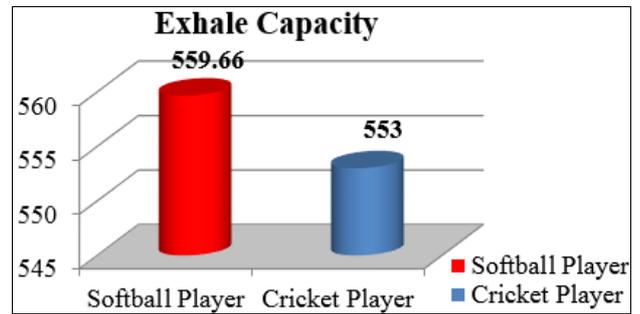
Game	Mean	S.D.	M.D.	S.E.	D.F.	O.T.	T.T.
Cricket	69	1.72	1.033	0.42	58	2.43	2.02
Softball	70.033	1.80					



Graph 1: Graphical representation of mean difference of pulse rate among cricket and softball players

Table 2: Comparison of mean value of exhale capacity among cricket and softball players

Game	Mean	S.D.	M.D.	S.E.	D.F.	O.T.	T.T.
Cricket	553	45.94	6.66	66.89	58	0.099	2.02
Softball	559.66	41.89					



Graph 2: Graphical representation of mean difference of exhal capacity among cricket and softball players

Conclusion

The researcher compared Cricket and Softball Players, within the limitations of the present study and on the basis of findings, it is concluded that there is significant difference among Physiological Parameters (Pulse Rate & Exhale Capacity) among Cricket And soft Ball Players. It is found that there is significant difference in Pulse Rate among Cricket and Soft Ball players, and also it is found there is insignificant difference in Exhale capacity among Cricket and Soft Ball Players. Hence the researcher’s pre assumed hypothesis is partially accepted.

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