



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2019; 4(1): 1506-1508

© 2019 Yoga

www.theyogicjournal.com

Received: 05-01-2019

Accepted: 14-02-2019

Showkat Ahmad Chat

Phd Scholar, Dr. C V Raman
University, Kota, Bilaspur,
Chhattisgarh, India

Shahid Ul Islam War

Mphil Scholar, Mewar University
Ganga, Chittorgarh Rajasthan

Comparative study of selected physiological variables of post graduate students: Special reference to University of Kashmir

Showkat Ahmad Chat and Shahid Ul Islam War

Abstract

In the modern scientific age, in every field of human endeavour, systematic objective of scientific procedure are followed in accordance with the principals based on experience, understanding in application of scientific knowledge. Their field of games and sports is no exception to this in field of games and sports has taken place and their international achievement has been made possible due to research, experimentation and application of scientific knowledge in games and sports. Every nation increasing concerned about health, fitness of its citizen realizing that health and fitness are basic fundamentals of every citizen.

Keywords: Organ's function, contraction of muscle, humen endeavour

Introduction

Physiology is the study of 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. In physiology we study how different parts of organs of an organism work together to achieve a particular function in our body, for example, the digestion of food involves the action of hormones and other chemicals produced by the stomach, liver and pancreas, Muscle contraction occurs through the action of chemical massages produced by nerves that supply the muscles. If we learn how the body functions normally, then we can understand what happens when organs function abnormally and we can take care of our body.

Hypothesis

It was hypothesized that there will be significant difference in physiological variables between Master of Physical Education and master of computer application Post Graduate Students of University of Kashmir.

Methodology

This chapter includes information regarding the selection of subjects, sources of data, collection of data, criterion measurement tests and Equipments:

Source of data

The subjects were selected from the Post Graduate Departments of master of computer application & Master of physical education students of University of Kashmir.

Sample

Sixty (60) subjects were selected for the collections of data among them thirty (30) were selected from M.C.A and thirty (30) were selected from M. P. Ed. Only male subjects were selected respectively from master of computer application and M. P. Ed of Post Graduate Departments of University of Kashmir, were selected as subjects for this study.

Criterion Measures

The following criterion measures were chosen for testing the hypothesis.

Correspondence

Showkat Ahmad Chat

Phd Scholar, Dr. C V Raman
University, Kota, Bilaspur,
Chhattisgarh, India

1. Wet Spiro meter was used to measure the vital capacity in (Lit).
2. Sphygmomanometer was used to measure the Blood

3. Hemoglobin percentage of the subjects was measured by using hemoglobin apparatus (Sahli's Haemo Meter).

Table 1: Showing Comparison between M.P.Ed and master of computer application Post Graduate Students of University of Kashmir in Systolic Blood Pressure

Group	Mean	S.D.	S.E. Comb.	M.D.	O.T.	T.T.	D.F.
M.P.Ed.	117.00	6.513	2.222	1.667	0.750	2.000	58
M.C.A.	115.333	6.814					

*Non Significant at 0.05 level of confidence.

Tabulated 't' 0.05 (58) = 2.000

Table-1 shows that there is least significant difference between means of Master of Physical Education and master of computer application students of systolic blood pressure. Where mean value of Master of Physical Education Students are 117.00 and that of master of computer application Students mean value is 115.333. Whose mean difference is 1.667 to check the significant difference of systolic blood pressure between Master of Physical Education and master of computer application students.

Table -2 shows that there is least significant difference between means of Master of Physical Education and master of computer application students of Diastolic Blood Pressure. Where mean value of Master of Physical Education Students is 74.333 and that of master of computer application Students

mean value is 69.667. Whose mean difference is 4.667. To check the significant difference of Diastolic blood pressure between Master Of Physical Education and master of computer application students. The data was again analyzed by applying 't' test. But before applying 't' test S.D. was calculated. S. D. of Master Of Physical Education is 7.279 and that of master of computer application students is 7.649. Their combine standard error was calculated which is 2.489.

It was found that there is no significant difference in Diastolic blood pressure of Master Of Physical Education and master of computer application students because calculated 't' = 1.875 which is less than Tabulated 't' = 2.000 at 0.05 level of significance.

Table 2: Showing Comparison between M.P.Ed and master of computer application Post Graduate Students of University of Kashmir in Diastolic Blood Pressure

Group	Mean	S.D.	S.E. Comb.	M.D.	O.T.	T.T.	D.F.
M.P.Ed.	74.333	7.279	2.489	4.667	1.875	2.000	58
M.C.A.	69.667	7.649					

*Significant at 0.05 level of confidence.

Tabulated 't' 0.05 (58) = 2.000

Table-3 shows that there is significant difference between means of Master Of Physical Education and master of computer application students of Hemoglobin. Where mean value of Master Of Physical Education students is 14.580 and

that of master of computer application Students mean value is 13.000, whose mean difference is 1.580. To check the significant difference of Hemoglobin between.

Table 3: Showing Comparison between M.P.Ed and master of computer application Post Graduate Students of University of Kashmir in Haemoglobin

Group	Mean	S.D.	S.E. Comb.	M.D.	O.T.	T.T.	D.F.
M.P.Ed.	14.58	1.123	0.416	1.580	3.796	2.000	58
M.C.A.	13.00	1.363					

Non Significant at 0.05 level of confidence.

Tabulated 't' 0.05 (58) = 2.000

Master of Physical Education and master of computer application students. The data was again analyzed by applying 't' test. But before applying 't' test S.D. was calculated. S. D. of Master Of Physical Education is 1.123 and that of master of computer application students is 1.363. Their combine

standard error was calculated which is 0.416. It was found that there is significant difference in systolic blood pressure of Master Of Physical Education and master of computer application students because calculated 't'.

Table 4: Showing Comparison between M.P.Ed and master of computer application Post Graduate Students of University of Kashmir in Vital Capacity

Group	Mean	S.D.	S.E. Comb.	M.D.	O.T.	T.T.	D.F.
M.P.Ed.	3.990	0.427	0.130	0.617	4.750	2.000	58
M.C.A.	3.373	0.347					

*Significant at 0.05 level of confidence.

Tabulated 't' 0.05 (58) = 2.000

Comparative Study of Selected Physiological

Table-4 shows that there is significant difference between means of Master of Physical Education and master of

computer application students of Vital Capacity. Where mean value of Master of Physical Education students is 3.990 and that of master of computer application Students mean value is

3.373. Whose mean difference is 0.617. To check the significant difference of Vital Capacity between Master Of Physical Education and master of computer application The data was again analyzed by applying 't' test. But before applying 't' test S.D. was calculated. S. D. of Master Of Physical Education is 0.427 and that of master of computer application students is 0.347. Their combine standard error was calculated which is 0.130. It was found that there is significant difference in systolic blood pressure of Master Of Physical Education and master of computer application students because calculated 't' = 4.750 which is greater than Tabulated 't' = 2.000 at 0.05 level of significance.

Discussion of Finding

The findings of this study show that there was partially significant difference among the Master of Physical Education and Master of computer application Post Graduate students of Kashmir University.

A comparison of selected Physiological Variables indicted significant difference. The Master of Physical Education students showed significant difference in Vital Capacity and Hemoglobin than master of computer application students, but insignificant difference in Blood Pressure. In all cases the Master of Physical Education students showed better mean than the master of computer application student.

References

1. Sharma NP. Sports History, (New Delhi: Khel Sahitya Kendra 2004, p.1.
2. Chinnapa Reedy. Principles of Sports, (New Dehli: Ashish Publishing House 1992, p. 35.
3. Bucher CA, West DA. Foundation of Physical Education and Sports, (New York: Times Mirror Mosby College Publishing, 10th Edition 1987, p. 134.
4. 1Ajmer Singh *et al.* Essentials of Physical Education, (New Delhi: Kalyani Publishers, Third Edition 2008, pp.197-199.
5. Ajmer Singh *et al.*, *ibid.*, p. 295.
6. Ajmer Singh *et al.* Essentials of Physical Education, (New Delhi: Kalyani Publishers, Third Edition, 2008, pp. 61-62.