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BLOOD PRESSURE AND VITAL CAPACITY OF  
ATYA-PATYA AND KHO-KHO PLAYERS



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Short Profile

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**ABSTRACT:**

The main purpose of this study was to compare the blood pressure and vital capacity of National level Atya-Patya and Kho-Kho male players. To achieve the purpose of the study, data was collected from sixty players of each game. The age of the subjects were ranging from 18-25 years. The data collected was treated with the statistical technique 't' test and found there is a significant difference in Systolic & Diastolic blood pressure and Vital capacity of Atya-Patya and Kho-Kho players.

**KEYWORDS**

*Systolic BP, Diastolic BP, Vital Capacity, Kho-Kho, Atya-Patya Players.*

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## INTRODUCTION

Atya-Patya and Kho- Kho are an immensely popular sport in India. In some parts of India it is even played on a professional level. Atya-Patya and Kho- Kho ranks as one of the most popular traditional sports in India. Like all Indian games, it is simple, inexpensive and enjoyable. Atya-patya& Kho-Kho is the thrilling and ancient game of India. These are one of the Major Games of Indian origin, is very popular particularly in rural areas. In the moonlights the game is played in the villages. Through the game has been played since time immemorial, it was played with different names and improvised and convenient rules according to situation.

Man is the most intelligent and admirable being among all the creations of god. His quest for knowledge is an internal and insatiable education completely modifies the behavior and personality of an individual. The human body is the crowning glory of God's creation; it is superior to the best machines that modern technology can build.

Records and outstanding sporting achievement requires the highest standard of performance and maximum will power to achieve that standard. The limits of physiological and psychological performance are being consistently advanced through training and competition. Evaluation and analysis of world championships, Olympic games etc., indicate that only those athletes will achieve impressive performance who are suited for the sports in question, who possess the necessary psychological and moral characteristics, who have an outstanding physiological potential who have perfect command of the techniques and tactics of their sports and who have proved themselves over a number of years of competition.

The basic physiological mechanisms are either to increase when they fall and decreases when they increases i.e., positive or negative feedback mechanism.

## PURPOSE OF THE STUDY:

The main purpose of this study was to compare the systolic, diastolic blood pressure and vital capacity of National level Atya-Patya and Kho-Kho players.

## METHODOLOGY:

To achieve the purpose of the study, data was collected from one hundred and twenty players, sixty players from each game, who have represented Karnataka state in Atya-Patya and Kho-Kho game. The age of the subjects were ranging from 18-25 years.

## STATISTICAL TECHNIQUE:

The collected data was analyzed by using 't' statistical technique with the help of SPSS 20th version.

## RESULTS:

After analyzing the data within the limitation of the study results are presented in the following

tables.

Table1. Shows Mean, standard deviation and 't' value of systolic blood pressure of Atya - Patya and Kho -Kho players.

variable	players	N	Mean	Standard deviation	't' value
systolic blood pressure	Atya-Patya	60	119.13	5.20	0.468
	Kho-Kho	60	118.75	3.65	

\*significant at 0.05 level.

The above table indicates the mean value, standard deviation and 't' value of systolic blood pressure of Atya-Patya and Kho - Kho players. In this Atya - Patya players have shown significant difference than Kho-Kho players.

Table 2. Shows Mean, standard deviation and 't' value of diastolic blood pressure of Atya - Patya and Kho - Kho players.

variable	players	N	Mean	Standard deviation	't' value
Diastolic blood pressure	Atya-Patya	60	78.58	4.99	0.428
	Kho-Kho	60	78.23	3.90	

\*significant at 0.05 level.

The above table reveals the mean value, standard deviation and't' value of diastolic blood pressure of Atya - Patya and Kho-Kho players. In this Atya - Patya players have shown significant difference than Kho-Kho players.

Table 3. Shows Mean, standard deviations and't' value of vital capacity of Atya-Patya and Kho-Kho players.

variable	players	N	Mean	Standard deviation	't' value
vital capacity	Atya-Patya	60	3.63	0.498	3.193
	Kho-Kho	60	3.91	0.455	

\*significant at 0.05 level.

The above table shows the mean value, standard deviation and 't' value of vital capacity of Atya -Patya and Kho- Kho male players. Here Kho-Kho players are having more mean value than Atya - Patya players.

### DISCUSSION ON FINDINGS:

The above result shows that there is a significant difference in the physiological variable such as systolic, Diastolic blood pressure and vital capacity of Atya-Patya and Kho-Kho Players.

In physiological variable systolic and Diastolic blood pressure, there is a slight mean difference in both the games. This clearly shows that both the games need controlled blood pressure.

In another physiological variable, The Kho-Kho players are having more vital capacity than Atya-Patya players. Because, in Kho game the running & sideward movement is more and Game condition and techniques are more when compare to atya-patya players. This is one of the reasons.

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