

A COMPARATIVE STUDY OF BREATH HOLDING CAPACITY AMONG BOXERS AND WRESTLERS.

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Abstract-

In the present study, an attempt has been made to compare breath holding capacity component among Boxers and Wrestlers. The study was carried out on 300 male players in the age group of 17-28 years, from Boxers (N=150) and Wrestlers (N=150). The subjects were under graduate students of Diff. Colleges from Haryana. The data was collected by use of stop watch. The data was analyzed and compared with the help of statistical procedures in which arithmetic mean, standard deviation (S.D.), t-test were employed. Boxing male players and Wrestling male players breath holding capacity was found no significantly difference.

Keywords- breath holding capacity, Wrestlers, Boxers.

Introduction

Health fitness is important for all individuals throughout their life. The achievement and maintenance of those qualities are necessary for an individual to function efficiently and to enhance his or her health through the prevention and remediation of disease and illness which is the central focus of health fitness. An increasing body of research supports the contribution of regular, appropriate physical activity to health and to one's quality of life. The world of Games and Sports has crossed many miles as a result of different types of researches. In the modern specific age, Sportsmen are being trained by highly tackled specific equipment for best achievement in their concerned branches of Sports.

Wrestling

By the end of the 19th century, this modern "Greco-Roman" wrestling style went on to become the most in fashionable sport in Europe. Because of that and the rise of gymnasiums and athletic clubs, Greco-Roman wrestling and modern freestyle wrestling were soon regulated in formal competitions. On continental Europe, prize money was offered in large sumsto the winners of Greco –Roman tournaments, and freestyle wrestling spread rapidly in the United kingdom and in the United States. The Lancashire style of folk wrestling may have formed the **basis** for Catch wrestling also known as "catch as catch can." The Scots later formed a variant of this style, and the Irish developed the "collar-and-elbow" style which later found its way into the United States. Wrestling as a modern sport developed in the 19th century out of traditions of folk wrestling, emerging in the form of two styles of regulated competitive sport, "freestyle" and "Greco-Roman" wrestling (based on British and continental tradition, respectively), now summarized under the term "amateur wrestling" by the beginning of the modern Olympics.

**Method**

For the purpose of the investigation, the sample for the study were 300 male players in the age group of 17-28 years, from Boxers (N=150) and Wrestlers (N=150). The subjects were under graduate students of different colleges of Haryana. To test the breath holding capacity of the subjects, they were divided into two groups i.e. Boxers and Wrestlers to perform according breathing capacity to increase their physiological variables. Breath holding capacity was measured of every individual with the help of stop watch.

To examine the hypothesis of the study that there will be no significant difference in the breath holding capacity of Boxing male players and Wrestling male players, descriptive statistics and t-test analysis was employed for the present data.

DESCRIPTIVE STATISTICS OF BREATH HOLDING CAPACITY

Table no.1 indicates the values of descriptive statistics of the Boxing male players and Wrestling male players for breath holding capacity, which shows that the mean and S.D. values of Boxing male players and Wrestling male players were 42.21 & 3.28 and 43.48 & 3.12 respectively. S.E.M values of the Boxing male players and Wrestling male players were found to be 0.38 and 0.32 respectively.

Table No. 1

Descriptive statistics of breath holding capacity of Boxing male players and Wrestling male players (in seconds)

Variable	Group	N	Mean	Std. Deviation	Std. Error Mean
breath holding capacity	Boxing male players	150	42.21	3.28	0.38
	Wrestling male players	150	43.48	3.12	0.32

Table No. 2

T-test description of Boxers and Wrestlers breath holding capacity

Variable	Groups	df	t-value	Sig.
breath holding capacity	Boxing male players- Wrestling male players	298	0.52	0.067

The t-test value of breath holding capacity of Boxing male players and Wrestling male players had shown in table 2 As shown in the table the boxers and wrestlers were significantly similar breath holding capacity ($t=0.52$, $p>0.05$). There was no significant difference in physiological variable breath holding capacity between Boxing male players and Wrestling male players.

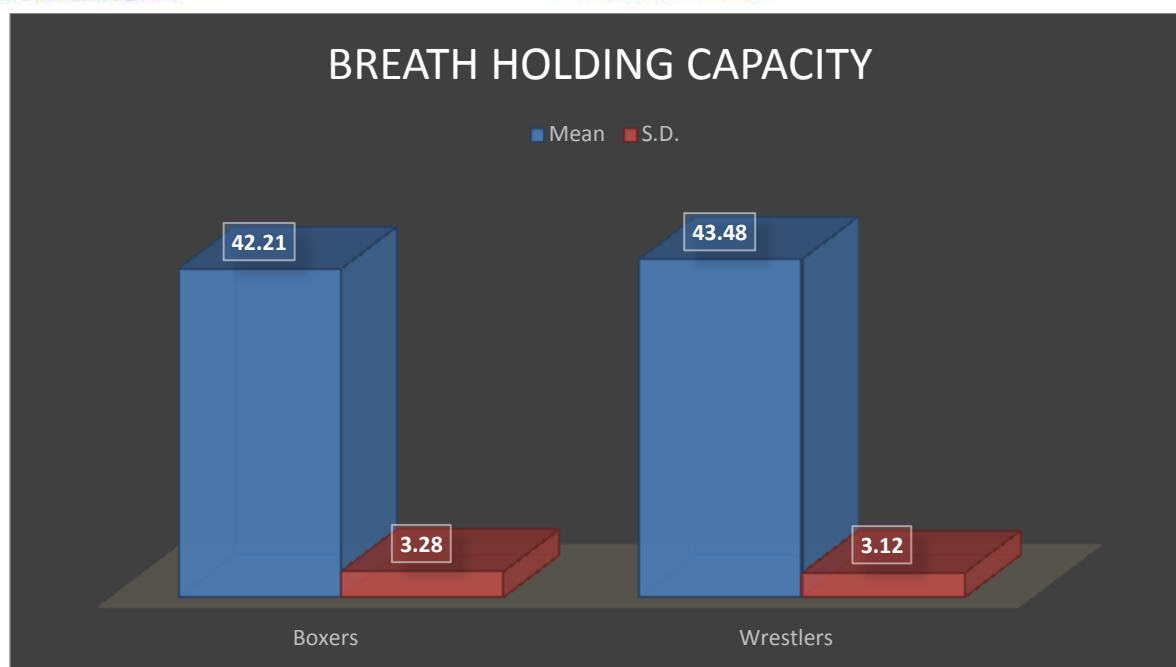


Figure No. 1: Bar diagram showing the mean value of breath holding capacity between Boxing male players and Wrestling male players

Conclusion

The Both groups (Boxing male players and Wrestling male players) had good breath holding capacity and Both groups (Boxing male players and Wrestling male players) were approximately similar breath holding capacity. So there was no significant difference in breath holding capacity between Boxing male players and Wrestling male players.

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