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Comparison of Selected Physical and Physiological Parameters between Obese and Non Obese Men

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Abstract

The purpose of the study was to compare the selected physical and physiological parameters such as cardio respiratory endurance and resting pulse rate between obese and non obese men. To achieve this purpose of the study, thirty men obese students and thirty men non obese students study in the Department of Physical Education and Sports Sciences, Annamalai University, Annamalai Nagar, Chidambaram, Tamilnadu, India were selected as subjects were ranged from 17 to 24 years. Among the physical fitness and physiological components the following variables namely cardio respiratory endurance and resting pulse rate were selected. And they were tested by using Cooper's 12 min Run / walk and Radial Pulse. The data were collected on selected criterion variables and they were statistically analysed by using independent't' ratio. In all the cases, .05 level of confidence was fixed to test the significance. The results of the study showed that there was a significant difference between obese men and non obese men on selected criterion variables such as cardio respiratory endurance and resting pulse rate.

Keywords: Obese, Physical, Physiological.

Introduction

The scientific research in the fields of Physical Education and Sports is a precious benefit to athletes and trainers. The Physical Education Scientists have been trying to develop new methods of training and techniques to attain higher level of performance in games and sports, through research in physical education and sports. Physical activities and sports serving as vehicles to achieve and maintain social relationship with other people. Sports for all become very popular slogan all over the world today. Obesity is a chronic state of being overweight. It's a life threatening condition and current research has shown that obesity is the leading cause for the increased health threats those persons of the developed world. What worse is the over two third of the industrialized worlds population is suffering from obesity and that's putting them in greater health dangers. Everyone desires good health and it is the ultimate objective of all those who want happiness in life. Each and every one has to follow good health practices in the routine life. Minor health disorders are quite common to all. In the case of major health problems, the precautionary measures are plenty. Some people control health disorders on the other hand; it leads to several other adverse health problems. Health is our birthright and to remain healthy, it is not necessary to depend upon any health centre physician or medication. It is entirely in our hands to keep healthy. However, in the present-day conditions keeping good health is becoming more and more difficult and diseases are proliferating. All sorts of evils have crept into our society. Utter selfishness, cut-throat competition, communal riots, and rampant corruption-all these are attributable to the progressive degeneration of the human body and mind. Certain yogic principles have to be observed for maintaining sound health. The continuous, systematic and regular practice of yoga is an effective tool to maintain good health and also help to eliminate all the dreadful diseases from the human body.

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Methodology

The purpose of the study was to compare the selected physical and physiological parameters such as cardio respiratory endurance and resting pulse rate between obese and non obese men. To achieve this purpose of the study, thirty men obese students and thirty men non obese students study in the Department of Physical Education and Sports Sciences, Annamalai University, Annamalai Nagar, Chidambaram, Tamilnadu, India, were selected and the age of the subjects were ranged from 17 to 24 years. Among the physical fitness and physiological components the following variables namely cardio respiratory endurance and resting pulse rate were selected. And they were tested by using Cooper's 12 min Run / walk test and Radial Pulse. The data were collected on selected criterion variables and they were statistically analysed by using independent 't'

ratio. In all the cases, .05 level of confidence was fixed to test the significance. The mean, standard deviation and 't' ratio values on each criterion variables were analysed separately and presented below,

Results

Table I. The mean, standard deviation and 't' ratio values on cardio respiratory endurance of obese and non obese men

Groups	Mean	S.D	't' ratio
Obese men	1105	27.80	6.45*
Non Obese men	1211	25.48	

***** Significant at .05 level confidence,
(The table values required for significance at .05 level of confidence with df 58 was 2.002).

The table I shows that the mean values on cardio respiratory endurance for obese men and non obese men were 1105 and 1211 respectively. The obtained 't' ratio value on cardio respiratory endurance 6.45 which was greater then the table value required for significance with df 58 was 2.002. The results of the study showed that there was a significant difference between obese and non obese women on cardio respiratory endurance. The mean, standard deviation and 't' ratio values on resting pulse rate was analysed separately and presented below.

Table II. The mean, standard deviation and 't' ratio values on resting pulse rate of obese and non obese men

Groups	Mean	S.D	't' ratio
Obese men	57.2	2.87	4.85*****
Non Obese men	62.4	2.51	

***** Significant at .05 level confidence,
(The table values required for significance at .05 level of confidence with df 58 was 2.002).

The table II shows that mean values on resting pulse rate for obese men and non obese men where 57.2 and 62.4 respectively. The obtained 't' ratio value on resting pulse rate 4.85 which was greater than the table value required for significance with df 58 was 2.002. The results of the study showed that there was a significant difference between obese and non obese men on resting pulse rate.

Conclusions

Based on the results of the study, the following conclusions were drawn:

1. There was a significant difference between obese men and non obese men on cardio respiratory endurance.
2. There was a significant difference between obese men and non obese men on resting pulse rate.

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