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Effect of SAQ Training on Selected Physiological Parameters among College Male Kabaddi Players

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Abstract

The purpose of the study was to find out the effect of SAQ training on selected physiological parameters among college male kabaddi players. For the present study the 30 male kabaddi players from Affiliated Colleges of Bharathidasan University, Tiruchirappalli, Tamilnadu, India were selected at random and their age ranged from 19 to 23 years. For the present study pre test – post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group 'A' and Group 'B'. Group 'A' underwent SAQ training and Group 'B' has not undergone any training. The data was collected before and after twelve weeks of training. The data was analyzed by applying dependent 't test. The level of significance was set at 0.05. The SAQ training had positive influence on breath holding time and resting heart rate among kabaddi players.

Keywords: SAQ Training, Physiology, Kabaddi.

Introduction

Training because speed, agility, or edge (S.A.Q) has turn out to be a common method about coaching athletes. They do every benefit beyond speed, agility, or rapid preparation, whether or not she are school kids concerning a hockey field then authorities between a training camp. This approach has been around for much years, but it is now not old principally by way of every athletes appropriate in imitation of a deficiency concerning knowledge respecting the drills. Training between speed, endurance, and rapidity perform remain ancient in imitation of improve pace or power, or according to advertise completed pressure at some point of high-speed movements. Increases of muscle electricity of entire multiplanar movements encompass some advantages of speed, agility, and celerity training; Genius signal efficiency; kinaesthetic then physique spatial awareness; propeller skills; or day on reaction. Agility additionally depends concerning the speedy yet unique synchronisation over the body's tremendous muscle mass into a individual operation. Both natural capability (genetic) education or journey are the manufacture about the rate concerning one's agility. When such is blended including excessive stages on speed, energy and endurance, swiftness is extra powerful. With specific training, velocity can keep appreciably enhanced. The term synchronisation or brawny democracy is chronic by way of some writers synonymously together with agility. It is, however, a overall union so people including enough strength; endurance; balance; hand-eye, foot-eye or usual adjustment about the body; then pliability are additionally intensive within theirs capability because agility. In mean words, swiftness has been committed so a awesome odd identity recognized via the capacity regarding the individual in imitation of rapidly then precisely change deportment or path and up to expectation agility is sharply associated with ignoble components of normal machine ability such so coordination, balance, stability, heavy strength, limit yet endurance (Polman et al. 2009).

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Methodology

The purpose of the study was to find out the effect of SAQ training on selected physiological parameters among college male kabaddi players. For the present study the 30 male kabaddi players from Affiliated Colleges of Bharathidasan University, Tiruchirappalli, Tamilnadu, India were selected at random and their age ranged from 19 to 23 years. For the present study pre test – post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group 'A' and Group 'B'. Group 'A' underwent SAQ training and Group 'B' has not undergone any training. The data was collected before and after twelve weeks of training. The data was analyzed by applying dependent 't test. The level of significance was set at 0.05.

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Table 1. *Variables and test*

S.No	Variables	Tests
1	Breath Holding Time	Nose Clip Method
2	Resting Heart Rate	Bio-Monitor

Results

The findings pertaining to analysis of dependent 't' test between experimental group and control group on selected variables among kabaddi players for pre-post test respectively have been presented in table 2 to 3.

Table 2. *Significance of mean gains & losses between pre and post test scores on selected variables of SAQ training group*

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Breath Holding Time	43.00	56.73	13.73	7.39	1.90	7.19*
2	Resting Heart Rate	72.93	68.80	4.13	1.30	0.33	12.29*

* Significant at 0.05 level

Table 2 shows the obtained 't' ratios for pre and post test mean difference in the selected variable of breath holding time (7.19) and resting heart rate (12.29). The obtained ratios when compared with the table value of 2.14 of the degrees of freedom (1, 14) it was found to be statistically significant at 0.05 level of confidence. It was observed that the mean gain and losses made from pre to post test were significantly improved in physiological parameters namely breath holding time (13.73, $p<0.05$) and resting heart rate (4.13, $p<0.05$) thus the formulated hypothesis is accepted.

Figure I. Comparisons of pre – test means and post – test means for experimental group in relation to selected variables

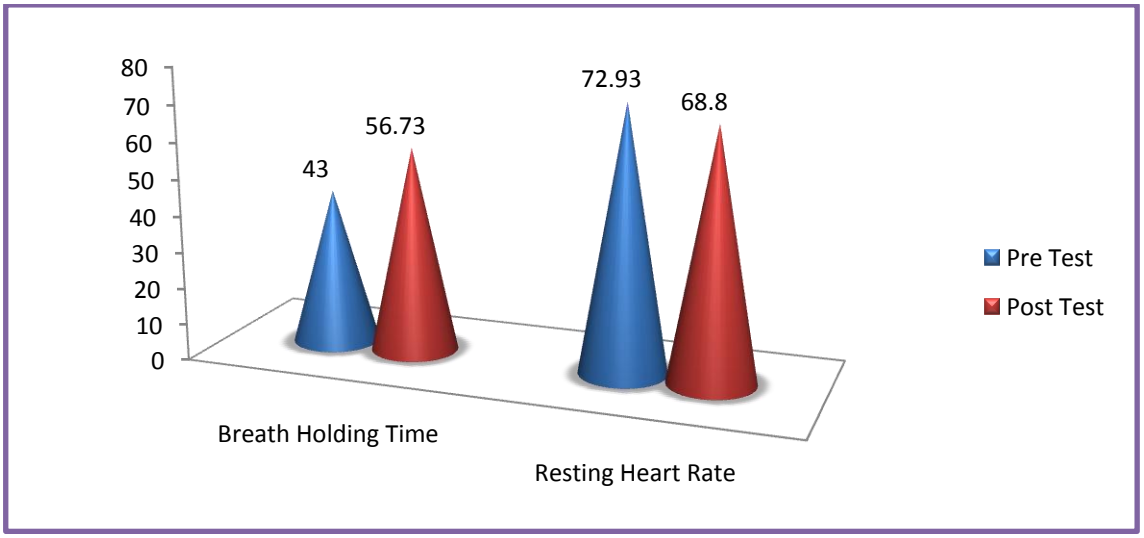

Table 3. *Significance of mean gains & losses between pre and post test scores on selected variables of control group (CG)*

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Breath Holding Time	41.53	43.93	2.40	5.61	1.45	1.65
2	Resting Heart Rate	72.40	72.06	0.34	1.67	0.43	0.77

* Significant at 0.05 level

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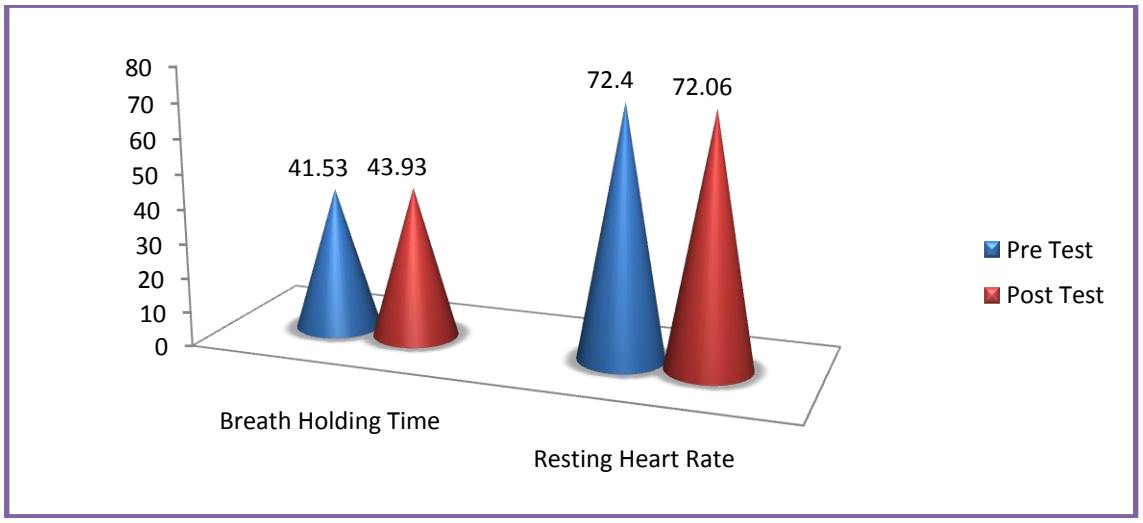
Table 3 shows the obtained 't' ratios for pre and post test mean difference in the selected variable of breath holding time (1.65) and resting heart rate (0.77). The obtained ratios when compared with the table value of 2.14 of the degrees of freedom (1, 14) it was found to be statistically significant at 0.05 level of confidence. It was observed that the mean gain and losses made from pre to post test were not significantly improved in physiological parameters.

Figure II. Comparisons of pre – test means and post – test means for control group in relation to physiological parameters



Conclusions

On the basis of findings and within the limitations of the study the following conclusions were drawn:

1. The SAQ training had positive influence on breath holding time and resting heart rate among kabaddi players.
2. The experimental group showed better improvement on breath holding time and resting heart rate among kabaddi players than the control group.

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