



REVIEW OF RESEARCH

ISSN: 2249-894X

IMPACT FACTOR : 5.7631(UIF)

VOLUME - 11 | ISSUE - 12 | SEPTEMBER - 2022



COMPARATIVE STUDY OF SELECTED PHYSIOLOGICAL AND PSYCHOLOGICAL PARAMETERS OF MEGHALAYA AND MANIPUR FOOTBALL PLAYERS

Dr. Yogesh S. Nirmal

Associate Professor,

Degree College of Physical Education, Amravati (M.S.)

ABSTRACTS

Researcher examined the comparative study of selected physiological and psychological parameters of Meghalaya and Manipur Football players. The purpose of the study was to find out the significant difference in the selected physiological and psychological parameters of both the football players. Researcher hypothesized that; there may be a significant difference in the selected physiological and psychological parameters of football players. The present study was delimited to 30 male soccer players of collegiate level as subjects. The age of the subjects ranged between 18-25 years. To collect the data physiological (cardio vascular endurance and cardio respiratory endurance) and psychological components (anxiety) were measured. The data pertaining to this study was collected from male footballers of Meghalaya and Manipur, who study in Degree College of Physical Education, Amravati. 15 Meghalaya and 15 Manipur footballers were selected by using Simple Random Sampling method For Physiological components. Harvard Step Test (Cardiovascular endurance). 2. Beep Test (Cardio respiratory endurance). In Psychological components the data was collected through Sport competition anxiety test (Martens 1977) to measure anxiety. To determine the difference between the Physiological and Psychological variables between Manipur and Meghalaya Footballers independent 't' test separately for each selected variable. To test the hypothesis, level of significance was chosen at 0.05. Manipur footballers have better anxiety levels than the Meghalaya footballers. Cardiovascular endurance and Cardio respiratory endurance of both the footballers is likely to be same.



KEY WORDS : Manipur, Meghalaya, Footballers, Physiological, Psychological parameters, cardiovascular endurance, Cardio respiratory endurance.

INTRODUCTION

Physiology can help you understand the performance of soccer players and improve performance by understanding the impact of exercise on different parts of the player. Psychology itself is mental training that helps players improve cohesion and communication. Physiology and psychology play a fundamental role in the success of a team or player at a high level. Under the hypothesis, a high level of safe athlete will be submitted to physiology and psychology, becoming one of the highest level of games and sports. Improvements in performance levels are considered common sense that if all other factors are checked, it undoubtedly leads to improved performance levels for players. Exercise

physiology can be done to what happens to the body when he takes the time, and these changes can be made to the function of the function that is repeated after repeated steps and changes, and can be made to improve adaptation to exercise and training.

Sports psychology refers to the application of psychological theory to aspects of sports such as coaching and education. Sports psychologists use psychological assessment techniques to achieve optimal performance. Sports psychology is involved in the analysis of human behaviour in different types of performance. Modern people live in a stressful world where important success skills are based on his psychological skills. He must carry out the psychological aspects of his life to seek an explanation of his actions. Actions can be defined as the total sum of human responses, where a person responds to work searching for the work of psychological elements as motivation, attention, interest, anxiety, emotions, personality, introvert, and extra versions.

Physiology is the biology industry. Knowing how your body functions during exercise will improve your performance, and using scientific principles to help your body recover better, better performance, and faster. Sports physiology examines the effects of movement on function and body structure. Athletes' performance is measured by sports physiologists with the help of special testing and specially designed techniques. This provides valuable information to coaches, fitness trainers and sports physiologists, ensuring athletes perform at the highest level. Exercise physiology developed from this study on anatomy and physiology to examine how body structure and function changes when exposed to acute and chronic movements. It is primarily about examining how the body physiologically adapts to the acute or short-term stress of training and the chronic or long-term stress of physical training. Sports physiology continues to use these concepts, particularly from training physiology to athlete training and improving athlete performance in certain sports.

STATEMENT OF THE PROBLEM

Researcher studied on "**Comparative study of selected Physiological and Psychological Parameters of Meghalaya and Manipur Football Players**".

Purpose of the Study

The purpose of the study was to find out the significant difference in the selected physiological and psychological parameters of Manipur and Meghalaya football players.

Hypothesis

Researcher hypothesized that, there may be a significant difference in the selected physiological and psychological parameters of Meghalaya and Manipur football players.

Delimitations

The present study was delimited to male soccer players of collegiate level were chosen as the subjects. The soccer players were from Degree College of Physical Education Amravati. The age of the subjects were ranging from 18-25 years. A total of 30 soccer players was selected for the present study. The study was selected from the below mention physiological (cardio vascular endurance and cardio respiratory endurance) and psychological components (anxiety)

METHODOLOGY

The data pertaining to this study was collected from male footballers of Meghalaya and Manipur, who study in Degree College of Physical Education, Amravati. 30 male footballers were selected randomly as a subject i.e., 15 Meghalaya and 15 Manipur footballers. Simple Random Sampling method was adopted for the selection of players for Physiological components. Harvard Step Test was used to check the cardiovascular endurance of players and recorded in numbers. 2. Beep Test was adopted to check the Cardio respiratory endurance and recorded in numbers. In Psychological components the data was collected through Sport competition anxiety test (Martens 1977) to measure anxiety.

Analysis and Interpretation of Data

To determine the difference between the Physiological and Psychological variables between Manipur and Meghalaya Footballers independent 't' test separately for each selected variable. To test the hypothesis, level of significance was chosen at 0.05 which is considered appropriate for this study.

Table -1
Descriptive Statistics of Psychological and Physiological Parameters among the Meghalaya and Manipur Footballers

Variable	Group	Mean	Standard Deviation	Standard Error	Mean Difference	p-value	t-ratio
Anxiety	Meghalaya	19.80	2.651	0.888	2.47	0.01	2.77*
	Manipur	17.33	2.193				
Cardio Respiratory Endurance	Meghalaya	48.84	3.66	1.381	1.16	0.35	0.941@
	Manipur	50.14	3.89				
Cardio Vascular Endurance	Meghalaya	80.40	13.335	4.464	0.8	0.79	0.26@
	Manipur	79.20	11.007				

* Significant at 0.05 level

Tab $t_{0.05(28)}=2.048$

@ Not Significant at 0.05 level

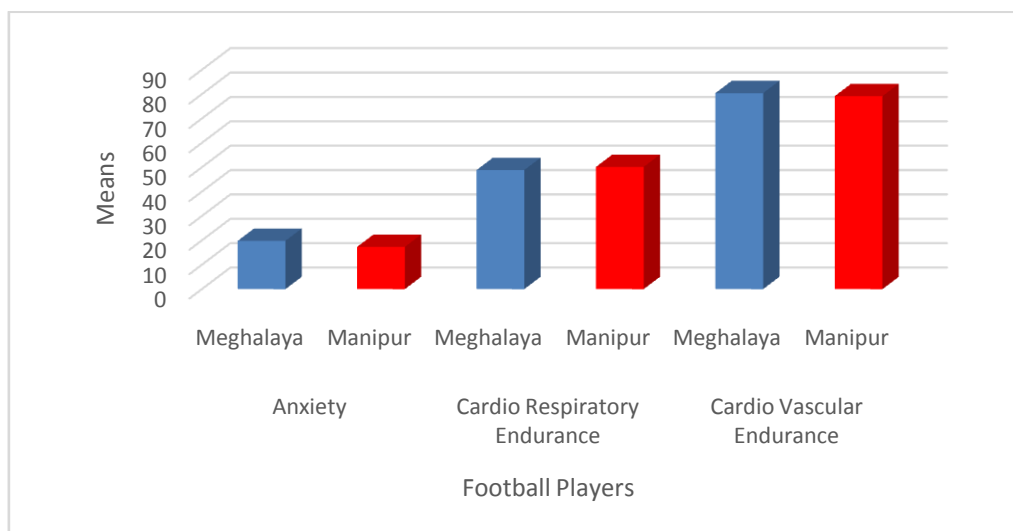


Figure-1 Showing the Means of Psychological and Physiological Parameters among the Meghalaya and Manipur Footballers

CONCLUSIONS

- Manipur footballers have better anxiety levels than the Meghalaya footballers.
- Cardiovascular endurance of Manipur and Meghalaya footballers is found to be similar.
- Cardio respiratory endurance of both the footballers is likely to be same.

REFERENCES

1. DaussinF. N., PonsotE., DufourS. P., Lonsdorfer-WolfE., DoutreleauS., B. Geny, F. Piquard & R. Richard, (2007), "Improvement of VO2max, V'O2max, by Cardiac Output and Oxygen Extraction Adaptation During Intermittent Versus Continuous Endurance. Training". European Journal of Applied Physiology, 101, 377-383

2. Franch, Jesper, Madsen, Klavs; Djurhuus, Mogens S.; Pedersen, Preben K, (Aug. 1998), Improved Running Economy Following Intensified Training Correlates With Reduced Ventilatory Demands, *Medicine& Science in Sports & Exercise*, 30(8), 1250-1256
3. Korshoj M, Lidegaard M, Skotte Jh, Krustrup P, Krause N, Sogaard K, Holtermann A (2015 Mar) Does aerobic exercise improve or impair cardiorespiratory fitness and health among cleaners? A cluster randomized trail. *Sc and Work Environ Health*,;41 (2):140-52
4. MurugesanGanesh, (July 1993)"A Comparative Study of anxiety and self concept among different grade soccer referees in Tamil Nadu." (Dissertation for M.phil., Alagappa University)
5. RadhaK. P., (Feb 1991). Psychological factors and soccer performance of South Indian University Players. *Souvenir First International and Sixth National Conference of Sports Psychology*, 17
6. Raincy D. W. and Cunningham, (Sept 1988), Comparative trait anxiety in male and female college athletes. *Research Quarterly*, 59.



Dr. Yogesh S. Nirmal

Associate Professor, Degree College of Physical Education, Amravati (M.S.)