

A comparative study of vital capacity between football and swimming players

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ABSTRACT

The present study has been designed to investigate the vital capacity between football and swimming games players who participate at national and state level. For accomplish the study total 40 players (20 players of football and 20 players of swimming) of different games were selected through random sampling as subjects of this study. All the samples were selected from Rohtak district, Haryana. The age of the sample were ranged from 18 or 28. For measuring the vital capacity wet spirometer was used in the study. SPSS version 20 was used to apply all statistical terms and t test was applied to compare the results. The level of significance was set at 0.05. A significant difference was found in vital capacity of football and swimming games players. Swimming games players are having strong lungs capacity in comparison of football players.

1. Introduction

After completely filling the vital capacity, the amount of air to extract the lungs. The significant capacity represents the amount of change in volume completely, from completely empty lungs to full lungs. In human medicine, significant capacity is an important remedy for a person's respiratory health. A healthy adult will have an important capacity between 2 and 5 liters. A significant decrease in significant capacity is a sign of restricted lung disease, in which the lungs can not fully expand. If the critical capacity is normal, but the lungs still do not function properly, it may be a sign of a pulmonary barrier disease in which the lungs are stranded or blocked in the airways. A typical adult has an important capacity of between 3 and 5 liters. The critical capacity of a human being depends on age, gender, height, mass and ethnic origin. The number of lungs and lung capacity refer to the amount of air associated with various stages of the respiratory cycle. The number of lungs is measured directly, while the lung capacity is estimated from the volume. A significant capacity can be used to help in the separation of the causes of lung disease. Significant capacity decreases in restricted lung disease. In preventive lung disease, it is usually normal or only a slight reduction.

2. Objectives of the study

- To compare the vital capacity between football and swimming games players.

3. Hypothesis of the study

- There would be no significant difference in vital capacity between football and swimming games players.

4. Research process and methodology

- For accomplish the study total 40 players (20 players of football and 20 players of swimming) of different games were selected through random sampling as subjects of this study.
- All the samples were selected from Rohtak district, Haryana.
- The age of the sample were ranged from 18 or 28.

5. Tools and techniques

- To accomplish the study wet spirometer was used.

6. Statistical Method

- SPSS version 20 was used to apply all statistical terms and t test was applied to compare the results.
- The level of significance was set at 0.05.

7. Mean difference in vital capacity between football and swimming games players

Table no. 1

(N = total numbers of students)

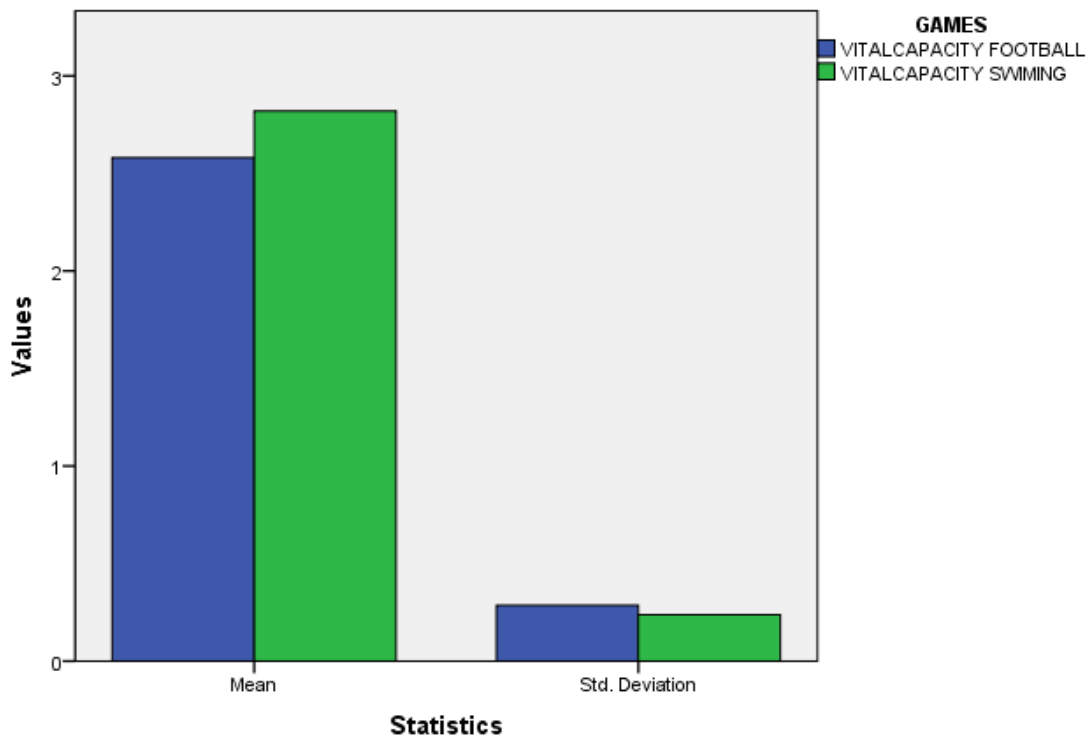
S.NO	VARIABLES	GROUP	N	MEAN SCORE	SD	Df	t-value
1	VITAL CAPACITY	FOOTBALL	20	2.58	.28	38	2.88*
2		SWIMMING	20	2.82	.23		

*significant at 0.05 level

Table 1. Shows that 't' value (2.88). The mean score of football and swimming games players is higher than the table value 0.05. The mean score of football games players (2.58) is lower than the swimming games players (2.82), which shows a significant difference. We find out that there is a significant

difference in vital capacity of football and swimming games players. The hypothesis which was formulated earlier that "There would be no significant difference in vital capacity between football and swimming games players" is rejected.

Figure 1
Vital capacity graphical presentation between football and swimming games players
Group Statistics



8. Result

A significant difference was found in vital capacity of football and swimming games players. The hypothesis which was formulated earlier that “There would be no significant

difference in vital capacity between football and swimming games players” is rejected. Swimming games players are having strong lungs capacity in comparison of football players.

References

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