

# Comparative Study of Cardio-Vascular Endurance, between Tobacco Addicted and Non-Addicted Students

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## ARTICLE DETAILS

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## ABSTRACT

The objective of this study was to know and compare the Cardio-vascular Endurance between Tobacco Addicted and Non-Addicted Students. For this study 25 Tobacco Addicted and 25 Non-Addicted Male Students those who were studying in Faculty of Physical Education and Sports Science, Sadra. of Gujarat Vidyapith were selected as subjects.

Further by Cooper's 12min. run/walk test the data was collected. The obtained score was then compared using 't' test. The level of significance was set at 0.05.

## 1. Introduction

The nexus between tobacco consumption and poverty is well- documented; however, the tobacco control measures are uniformly applied, without due consideration for the high-risk target group. In India, nearly 300 million people live in extreme poverty. About 28.6% of the population consume tobacco.

In India, socio-economic and health inequalities are rampant. Tobacco-related diseases are a cause and consequence of poverty. It is not only merely a social and cultural problem but it is also multifaceted and encompasses biomedical, economic, and geopolitical. Tobacco use in India is projected to have devastating consequences.

India has 29 states and 7 union territories with wide cultural differences and habits; tobacco use is ingrained as a cultural practice and resultant addiction. In India, tobacco is used as smoked and smokeless forms. There are myriad forms; in this review, cigarettes, beedis, and smokeless tobacco (SLT) used orally are considered.

Tobacco affects every part of the body. In India, the burden of cardiovascular diseases, respiratory diseases, tuberculosis,

and cancers is very high. Tobacco is packed with harmful and addictive substances. Scientific evidence has shown conclusively that all forms of tobacco cause health problems throughout life, frequently resulting in death or disability. Smokers have markedly increased risks of multiple cancers, particularly lung cancer, and are at far greater risk of heart disease, strokes, emphysema and many other fatal and non-fatal diseases. Those who chew tobacco, risk cancer of the lip, tongue and mouth.

## 2. Methodology

For the purpose of this study 25 Tobacco Addicted and 25 Non Addicted Male Students of Faculty of Physical Education and Sports Science of Gujarat Vidyapith were selected as subjects for this study. Total 50 students were selected as subjects with random method.

Further, by using Cooper's 12min. run/walk test the data was collected. The obtained score were compared using 't' test. The level of significance was set at 0.05. The statistical calculation was done using Excel spread sheet of MS-Windows version-7.

## 3. Result and Discussion

The mean, mean difference, standard deviation and 't' ratio of the performance of players of both groups in Cooper's 12min. run/walk test.

Sr. No.	Groups	Mean	Mean Difference	SD	't'
1	Tobacco Addicted	2308.4	368.8	195.80	5.13*
2	Tobacco Non-Addicted	2677.2		300.74	

Level of significance at 0.05  $t = 0.05(48) = 2.01$

From the above table it is observed that the mean value of Tobacco Addicted Students was found 2308.4 and mean value of Tobacco Non-Addicted Students was found 2677.2. The mean difference found between Tobacco Addicted and Tobacco Non-Addicted was 368.8. The standard deviation value found was 195.80 of Tobacco Addicted Students and 300.74 of Tobacco Non-Addicted Students. The obtained value of 't' was 5.13\* whereas the required 't' was 2.01. So as the 't' value found was greater than the required 't' value it can be

observed that there was significance difference found in Cardio-vascular endurance of Tobacco Addicted and Non-Addicted Students.

## 4. Conclusion

From the result of the study it was observed that there was significance difference found in Cardio-vascular Endurance of Tobacco Addicted and Non-Addicted Students.

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