

# A Study of selected Physical Physiological variables between Tribal and Aided High school level Football players

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## Abstract

This study was conducted to compare the physical and physiological difference between tribal and aided high school level football players. 10 tribal boys and 10 aided boys football players, who took from Govt. Tribal High School Murikkattukudy and St. George High School Marykulam were selected as sample. Subjects age range between 13 to 15. In physical variables 50 mts. dash test was used to collect data for Speed. Manual method was used to collect data on physiological variables such as Breath holding time. Result revealed that the physical and physiological variables as compared between tribal and aided high school level football players at 0.05 level of significance. 't' test was used for statistical analyses of this study. On the basis of the result, it may be concluded that physical and physiological qualities such as speed and breath holding time which is related with sports performance can be differentiated between tribal and aided school level football players.

**Keywords:** Tribal, Aided, Football, Speed and Breath holding time.

## Introduction

Sport is all forms of completion activity which mean physical activity or games. This may be conducted by usually or organized format. Present day sport is the part of all individual. aim of the sport to use, maintain or improve physical ability and skills while providing enjoyment to participants and in some cases, entertainment for all generation. Some of the sport events are the cultural and traditional part of a particular society.

## Objective of the Study

The Purpose of the study was to find out the difference between the physical and physiological variables among tribal and aided school male football players.

## Materials and Methods

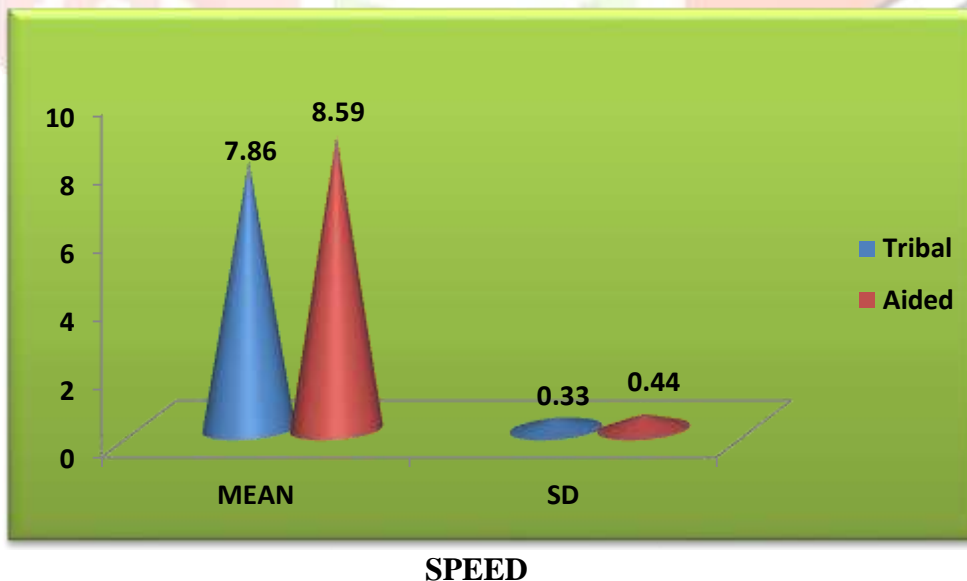
The uptake of this investigation was to the difference between the physical and physiological variables among tribal and aided school male football players. The twenty male football players (ave age.13-15 yrs) from Govt. Tribal High School Murikkattukudy and St. George High School Marykulam were selected as sample. The selected sample divided into an equal number of 10 each. The randomly selected sample comprises of tribal and aided school football players for this study. To assess physical variables 50 mts. dash test was used to collect data for Speed. Manual method was used to collect data on physiological variables such as Breath holding time. To find out the differences in physical and physiological variables of the subject comprising of two predefined groups, 't' test was used. The result was explained in below tables.

## Result and discussion

**Table 1:** Comparison of speed between Tribal and Aided school football players.

Variables	Group	Mean	N	Std. Deviation	Std. Error Mean	't' value
SPEED	Tribal	7.86	10	0.33	0.10	4.20
	Aided	8.59	10	0.44	0.13	

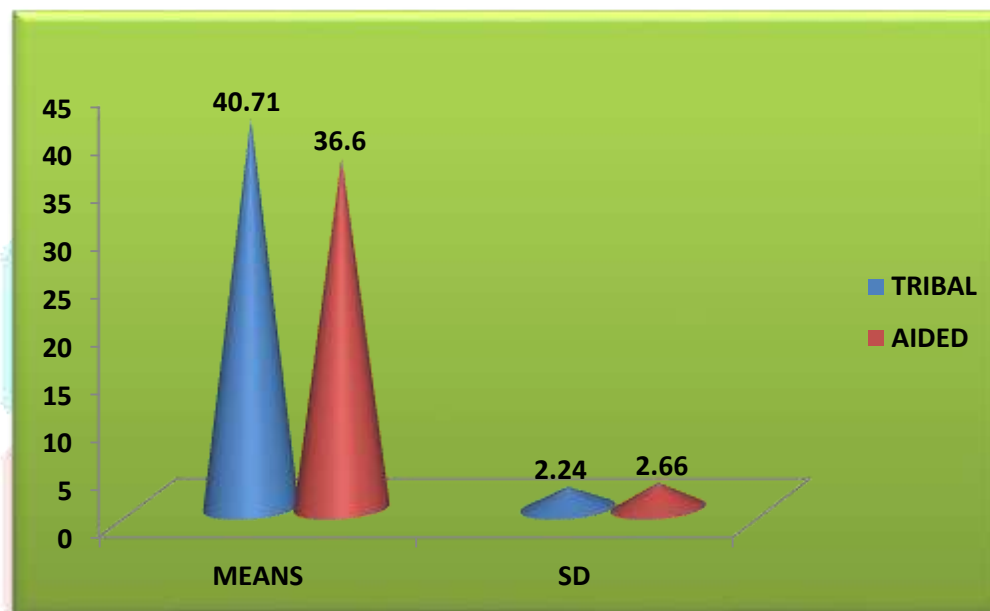
A close look at entries in table1 shows that speed in tribal football players (M=7.86) is lesser as compared to aided football players (8.59). Which is statistically significant at 0.05 level. The result indicates that tribal football players have more speed than aided football players.



**Table 2:** Comparison of breath holding time between Tribal and Aided school football players.

Variables	Group	Mean	N	Std. Deviation	Std. Error Mean	't' value
BREATH HOLDING TIME	Tribal	40.71	10	2.24	0.71	13.04
	Aided	36.60	10	2.66	0.84	

A close look at entries in table1 shows that breath holding time in tribal football players (M=40.71) is higher as compared to aided football players (36.60). Which is statistically significant at 0.05 level. The result indicates that tribal football players have more breath holding time than aided football players.



### BREATH HOLDING TIME

#### References

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