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Influence Of Physical Movements On Selected Physiological Activity Of School Children In Jalgaon City

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Abstract: This research, a sample of 20 randomly selected children from A.T. Zambre Secondary School, Jalgaon, run by KCE Society, was used. The researcher used tests on children of the age group of 12 years. The selected tests were related to the body. These included checking blood pressure, checking heart rate, checking body temperature. All these tests were conducted under ideal conditions. Statistical analysis was done to analyze the collected data and find the results. It was found that physical activity does not affect the selected physical schools of school students in Jalgaon city.

Index Terms – Physical Movements, Physiological Activity

I. INTRODUCTION

In today's fast-paced life, it is easy for everyone to do a little exercise, but not everyone has the time to exercise and the reason is not wrong. One must first understand what a hectic life is. In this, a person gets up early in the morning for work and finishes his necessary work and immediately leaves the house. Arrive at your place of work after a journey of two or three hours and start the journey back to your home after working all day Sleeps after dinner. After waking up the next day, the same program starts again. Thus, a boring life man is in the world and in such a hectic life it is very difficult for him to make time for exercise. So he doesn't even have time to take care of his blood pressure, heart rate, temperature and how much he needs to be balanced. He goes to the doctor whenever he gets sick. Takes some medication and goes back to your routine. In this way we can define a man who lives a fast-paced life.

Also, the general society of human beings is that blood pressure, heart disease are diseases that occur after forties and heart disease is more common in obese people or elderly people but it is a misconception that people are experiencing this disease from any age group. People can do magic. Because we read new news every day in our newspapers that even people in their 20's and 30's are dying prematurely due to heart attacks. Also, high blood pressure does not meet the age limit. Therefore, students going to college can be affected by this disease even if they are under a lot of study stress.

Physiology

Physiology is the study of the functions of different parts of the body in which different physical, chemical phenomena and movements occur in the body.

The body is made up of different tissues and senses. Cells are a microscopic component of the body. It is about the right part of the cell to function properly.

The body needs water to keep various substances in a liquid state. So water is a very important element of the body. About 50% of body weight is in water. This water is called cell endothelium. The rest of the water is outside the cells, which is called extracellular fluid.

Blood pressure

The blood flowing in the body exerts the same pressure on the walls of the blood vessels. This pressure is called blood pressure. The nomenclature of the word blood pressure is usually the maximum arterial pressure. The contraction pressure is called systolic pressure. As the heart expands, the pressure decreases. The minimum of these pressures is called diffusion pressure.

The difference between the contraction pressure and the diffusion pressure is the pulse pressure.

Function of blood pressure:

1) It is necessary to maintain adequate pressure to maintain blood pressure.
2) To generate sufficient pressure for proper filtration through capillaries and kidney capillaries.

Blood pressure depends on:

1) Blood pressure depends on how fast the heart contracts.
2) The amount of blood in the circulation depends on the number of proteins and cells in the blood.
3) Density of blood depends on the amount of protein and cells in the blood.
4) Blood pressure rises if elasticity is reduced due to fear of blood vessels.
5) Blood pressure decreases due to friction resistance of blood vessels due to friction.

High blood pressure is more common in people over the age of 60, ranging from 150 to 90. It is important to consult your doctor to keep your blood pressure in check.

Also you have to look at what are the causes of high blood pressure but many factors play a role in the development of hypertension but in general you know the following causes that cause high blood pressure.- Smoking, Being overweight or obese, Lack of physical ability, Excessive intake of salt in the diet, Excessive consumption of alcohol, Stress, High age, Heredity about high blood pressure means that if parents have high blood pressure in their home, the same problem is likely to affect children, Acute kidney disease, Kidney and thyroid disorders, Essential high blood pressure

II. Objectives of the study

1) To know the blood pressure of school children in Jalgaon city.
2) To measure the heartbeat of school children in Jalgaon city.
3) To measure the body temperature of school children in Jalgaon city.
4) To know the effect of bodily movements on bodily functions.

III. Hypothesis

Physical movements will not affect the selected physiological movements of school children in Jalgaon city.

IV. Limits

1) Participation in physical activities of students
2) Student participation in the test
3) Physical and mental condition of students
4) School grounds and surrounding environment
5) Diet and rest of students

V. Scope

1) The scope of research is limited to AT Zambare School only.
2) The scope of research is limited to Jalgaon city.
3) The scope of research is limited to blood pressure, heart rate, body temperature.

VI. Sample

The sample selection for this research was done in a random manner from KCE Society AT Zambre Madhyamik Vidyalaya Jalgaon. All the selected children were found to be untrained in terms of this research. A total of 20 children were tested for this research. Each child was given a code and an individual form. The selected tests were related to the body and included blood pressure check, heart rate check, body check. These tests were conducted in ideal conditions.

Independent variables-

1) Physical activity plan 2) Blood pressure 3) Heart rate 4) Temperature

Dependent variables-

1) Internal walking - pre-physical movements, fatigue, agitation
2) Outside - Gender - Children, Age - 12 years

Tools-

There are many tests available to study the functions of different parts of the body. It varies according to age and gender. There, researchers have used supplemental tests for 12-year-olds.

1) Personal Information Plan - This includes children's name, age, school etc. Matters will be mentioned.
2) Blood pressure measuring instrument 3) Stethoscope 4) Thermometer

Technique-

Physical activity study (six weeks per day)

- Running for ten minutes
- All beautiful movements for ten minutes
- Twelve sun salutations
- Twenty pushups
- Twenty crunches (seat ups)
- Ten minutes relaxation

Process -

Twenty children were selected for the research and four tests were performed on them. This was followed by a study of the physical movement plan. He was re-tested after a certain period of time.

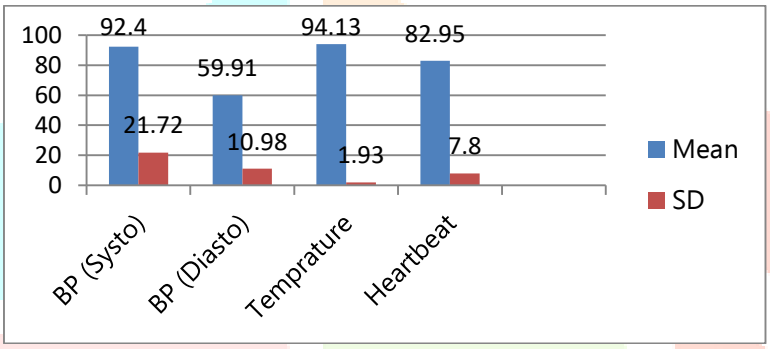
VII. Data collection

These selected tests were conducted on 20 children of KCE Society's A.T. Zambre Secondary School Jalgaon. All the children selected were from Jalgaon city. The above process was followed and the information was collected.

Statistical methods

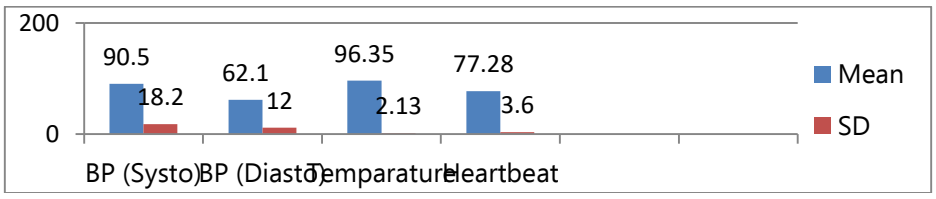
Further statistical tests were deployed to analyze the above compiled interests and to know the result

VIII. Result – Collected Information Result (Pre-Test)



- According to the data collected, the average blood pressure of children (above) is 92. Is. According to the data collected, the average blood pressure (deviation) of children is 21.72.
- According to the data collected, the average blood pressure of children (below) is 59.91.
- According to the data collected, the average blood pressure deviation of children is 10. Is.
- According to the data collected, the average temperature of children is 94. It is 13.
- According to the data collected, the average temperature deviation of the children is 1.93.
- According to the data collected, the average heart rate of children is 82.95.
- According to the information collected, the average heart rate of the children is deviated. It is 7.8

Collected Information Results (Post Test)



- According to the data collected, the average blood pressure of children (above) is 90. It's 5
- According to the data collected, the average blood pressure deviation of children is 18. Is 2
- According to the data collected, the average blood pressure of children (below) is 62. Is 1
- According to the data collected, the average blood pressure deviation of children is 12
- According to the data collected, the average temperature of the children varies. It is 13.

- According to the data collected, the average heart rate of children is 77. It is 28.
- According to the information collected, the average heart rate of the children is deviated. It is 3.6

Variable	T test results	DF	Remarks
12 years old	-2.217	19	A meaningless difference

Discussion

From the above findings, it is clear that the researcher's hypothesis that physical activity will not affect the selective physiological movements of school children in Jalgaon city is acceptable.

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