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**COMPARATIVE STUDY OF RESTING HEART RATE AMONG MALE TRACK  
AND FIELD PLAYERS AND CHESS PLAYER AT COLLEGE LEVEL**

**PRAMOD DALAL**

**Assistant Professor Physical Education**

**S.B.J Degree College, Bisawar, Hathras (u.p)**

**MANJU DALAL**

**Asistant Professor Physical Education**

**R.C.A Girls (p.g) College, Mathura**

**Introduction**

Today the academic fraternity is facing mental unrest due to professional demands, lack of resources, challenging work, various academic and administrative duties and responsibilities. The stress full fast life has created the environment of stress, depression and sadness for the faculty members, students as well as society. The challenges and issues related to fast life are also the matter of anxiety and bad health. The vaccine of stress is in testing process and there is a need to develop happy, healthy and optimistic environment for all. As a matter of fact, most of the faculty members and students in higher education are also in the grip of many psycho-physical problems and unhappiness. And, the global researches proved that unhappiness and bad health are the major obstructions in personal and institutional progress. We know that the unhappy and unhealthy person can't be a successful academician as well as good human resource for higher education. It is to be noted that being good professionals the faculties of higher education should be fully dedicated for duties, determined to the aim having emotional intelligence. These kinds of faculties can lead their institutions towards the real progress with flourishing academic environment. However, in current scenario, it should be the main focus to provide proper training to faculty members for their holistic health through happiness. So that they would be able to serve with the appropriate manner with a soothing and healthy environment for the students. And, they can guide the same to the students for their future academic affairs with the sense of satisfaction and happiness. Keeping in mind, Resercher Mr pramod Dalal is planning to organize a comparative study entitled 'Various Dimensions of Happiness and Holistic Health' for track and field players and chess members of universities and colleges during February 19-25.

### **Hypothesis**

There will be no significant difference in resting heart rate of track and field members and chess players of college level and another the hypothesis is the alternate hypothesis they may conclude that there will be a significant difference between resting heart rate of track and field members and chess players of college level.

Level of significance .05.

### **Limitations**

social economic conditions was the limitation of the study geographical conditions and dietary factor cannot be control so this was the limitation of the study.

### **Delimitation**

only male track and field and chess player of Bahadurgarh government College was involved in the study and the study concentrated only on resting heart rate of the players.

### **Criterion measure**

In this section Researcher select number of subject, selection of variable, selection of test and selection of equipment.

for the need of present study we just select 9 male track and field players of govt college bahadurgarh and eight chess player of the same college as a subject with the sample size of total 17 subjects so that total sample size  $n=17$ .

For the evaluation of Resting heart rate team of medical practitioners was assisted and the test were conducted in the morning hours. As per the convenience of participant.

### **Methodology**

with the help of volunteers this procedure was conducted first of all researcher select all the athlete those who are doing regular practice for track and field events and brief them process of test and same processor is adapted in the chess players kies also. Researcher select 9 best athletes from track and field group and 8 members were selected from chess steamwith expert team of medical practitioners. The equipments which was used for examine the subject was stopwatch stethoscope and manually pulse monitoring method was used.

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**Statistical technique**

To find out the actual significant difference independent ‘t’ test statistical technique was used.

Table-I

VAR0002	N	Mean	Std. Deviation	Std. Error Mean
1	9	54.4444	5.00278	1.66759
2	8	83.8750	7.73559	2.73494

**Independent Samples Test**

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
VAR0001	Equal variances assumed	3.434	.084	-9.428	15	.000	-29.43056	3.12171	-36.08431	-22.77680
	Equal variances not assumed			-9.188	11.751	.000	-29.43056	3.20324	-36.42625	-22.43486

P> t hence there is significant difference.

## **Results**

Since calculated 't' is greater than tab 't', Null hypothesis may be rejected at .05 level of significance. Thus data provide sufficient evidence to ensure that the mean resting heart rate is significantly higher for chess player in coparosion to athletes at .05 level of significance.

## **Conclusion**

As per the results of the study researcher can conclude that the mean score of resting heart rate of chess players was significantly higher than track and field players and by the help of the statistical calculation we can easily observe the differences due to their work schedule these differences exist effect on the cardiac health of individuals.

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