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CORRESPONDENCE BETWEEN BLOOD GLUCOSE LEVEL AND LIKENESS OF PLAYING FOOTBALL

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ABSTRACT

Objective of the present study was to correlate blood glucose level with likeness of playing football.The blood glucose level is the amount of glucose present in the blood of humans and animals. Glucose is a simple sugar. And the 4 grams of glucose are present in the blood. Glucose in the form of glycogen is present in the skeletal muscle and liver cells. The primary source of energy in humans is glucose.Outdoor games are really best source to maintain the good health. Football is one of such games. It also helps to maintain the blood glucose level.Outdoor games are really best source to maintain the good health. Football is one of such games. It also helps to maintain the blood glucose level.

***Keywords*:** blood, glucose, games, football, insulin

INTRODUCTION

The blood glucose level is the amount of glucose present in the blood of humans and animals. Glucose is a simple sugar. And the 4 grams of glucose are present in the blood. Glucose in the form of glycogen is present in the skeletal muscle and liver cells. The primary source of energy in humans is glucose. In the morning glucose level is mostly high in concentration. It may rise after meal. Different drugs can cause the disturbance in the glucose level. The homeostatic mechanism controls the blood glucose level and keeps it within a narrow range. Glucagon hormone can increase the glucose level and insulin hormone can decrease the glucose level. The high level of blood sugar can cause the appetite after a short term. The high level of blood glucose concentration for a long term can cause the serious problems. For example, heart diseases, eye, and nerve damage and kidney problems. The low level of blood glucose is also not good for health it can cause deficiency of energy and a person with low blood glucose level can feel lethargic. (1-3)

Games are good for both body and mind. Outdoor games are really best source to maintain the good health. Football is one of such games. It also helps to maintain the blood glucose level. Objective of the present study was to correlate blood glucose level with likeness of playing football.

MATERIAL & PROCEDURE

The total of 100 subjects participated in this study. All the participants were students of university.

The measurement of the blood glucose level was the first step of the project. To measure the glucose level, blood of each participant was taken from the finger tip. The few drops were taken in the glucometer.

Questionnaire was prepared about this project. This questionnaire contained a question. The question was that whether you liked to play football or not.

Demographic analysis

Statistical analysis was performed in MS Excel.

RESULT & DISCUSSION

Table:1 Correspondence of glucose level (mean± S.D) with likeness of football

	% of those who liked to play football	% of those who did not like to play football
MALES	91.34±6.68	94.07±7.93
FEMALE	94.35±9.05	95.85±4.38
TOTAL	92.33±7.16	94.95±8.35

Above results show that glucose level was more in males for those that like to play football. But there was no sharp difference between the blood glucose levels of females that liked to play football or not liked to play football. (4-10)

CONCLUSION

It was concluded that there was no sharp effect of likeness on blood glucose level.

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