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HOW CHANGING IN BLOOD SUGAR FROM PERSON TO PERSON IMPART INTEREST OF A PERSON FOR PLAYING BADMINTON GAME

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ABSTRACT

The basic object of this study was to correlate the changing blood sugars from person to person and their likeness with games especially badminton game. The major source of the energy in our body is glucose. Blood of our body complete the requirement of energy of cell by supplying glucose to the cell. High level of glucose in blood is dangerous for our body. In case of high level of sugar in our body it is mostly recommended to indulge themselves in healthy body activities.

Key Words: Badminton, Insulin, Blood sugar



INTRODUCTION

Blood sugar level is the measurement of the concentration of sugar (glucose) in the blood. This glucose comes from the food that we eat in our daily routine. The major source of the energy in our body is glucose. Blood of our body complete the requirement of energy of cell by supplying glucose to the cell. High level of glucose in blood is dangerous for our body. In case of high level of sugar in our body it is mostly recommended to indulge themselves in healthy body activities.

All types of exercises are good whether we are walking. At first changing exercise habits can be hard at initial stage for everyone. If we make a rigorous schedule for an exercise such as in case of some practice for sports then we have to maintain our dosage for insulin to protect ourselves from lower level of blood sugar. In our daily routine we are taking carbohydrates from different sources. Carbohydrates are the direct source of glucose and as a result our body's glucose level increases. Our body need to utilize excess oxygen from body.

The objective of present was to find a relationship between changing blood sugar level of different student and their

attraction for games especially badminton game.

MATERIAL AND METHOD

Approximately 130 students participated in this study. All these were students of Bahaudin Zakariya University, Multan, Pakistan.

The process of this study was completed in two steps. In first step blood glucose level of each student was measured by a device by taking sample of blood of each blood. IN second step taste of each student about games especially badminton game was asked.

Statistical Analysis

Arithmetical Analysis was made by MS excel.

RESULT AND DISCUSSION

It is inferred from present study that students with both high glucose concentration and low glucose concentration in their blood showed affinity for badminton game but students with low blood sugar concentration or glucose concentration near the lower normal range of blood glucose concentration showed a little bit more affinity for badminton

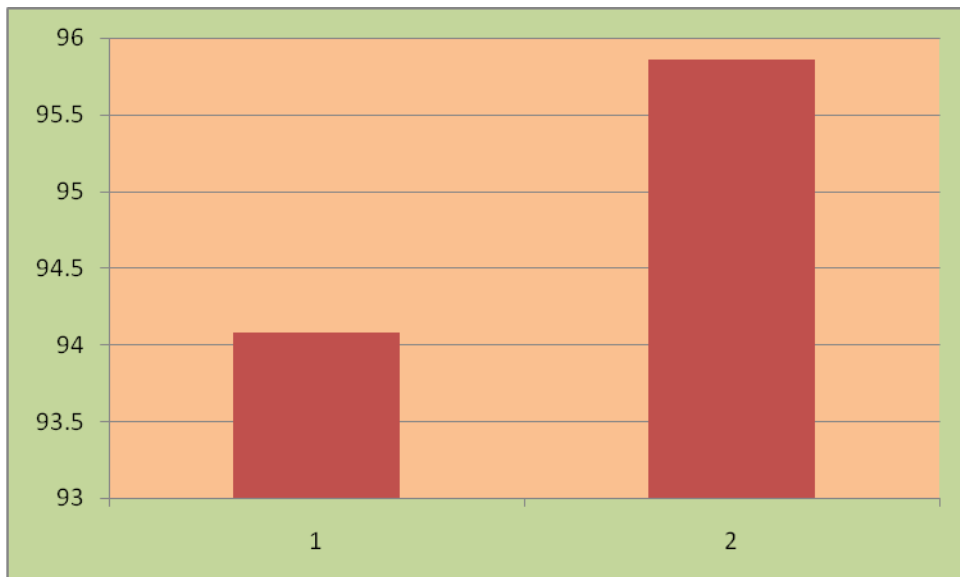


Fig1: Demonstration of likeness and disliking for badminton games among males. First column is for likeness and second column is for disliking. Value represents the average blood glucose level

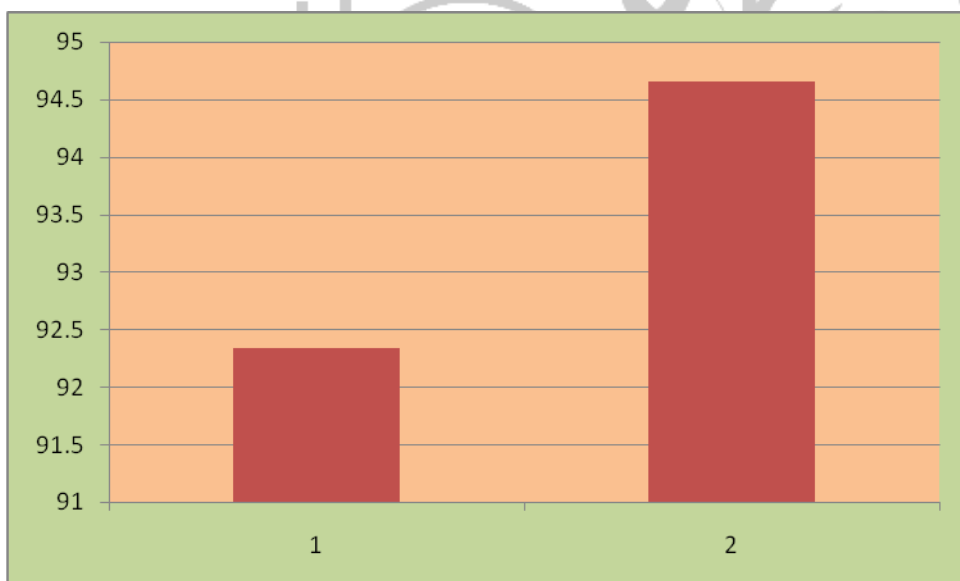


Fig2: Demonstration of likeness and dislikenss for badminton game among female first column is for likeness and second is for dislike. Value represents the average blood glucose level

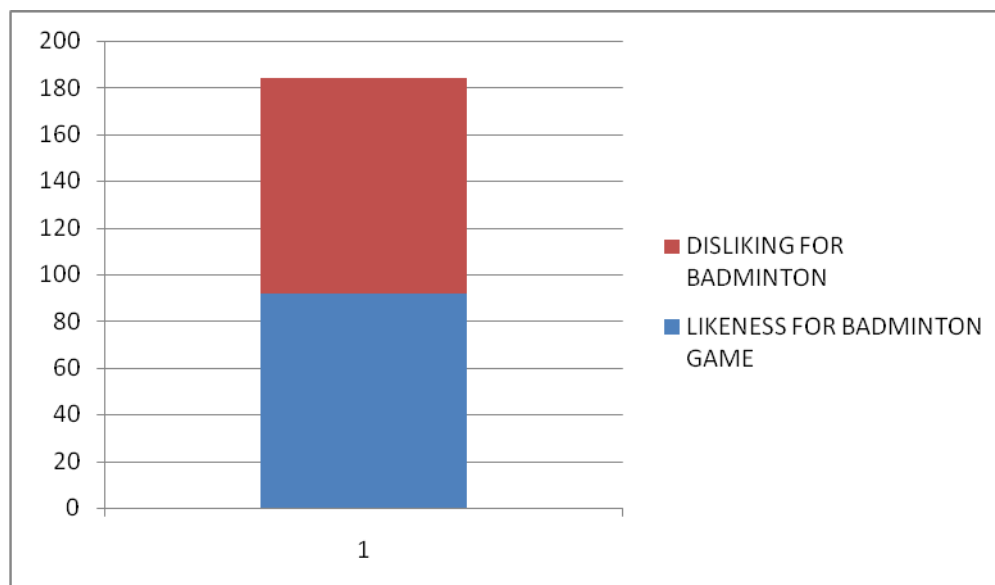


Fig3: Demonstration if likeness and disliking for both male and female for badminton game. Values represent their average blood glucose level

Conclusion

It is concluded from present study that there is no serious effect of changing blood sugar on likeness for games.

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