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EFFECTS OF VARIATION OF BREATHING RATE OF DIFFERENT STUDENTS ON THEIR INTEREST FOR PLAYING BADMINTON GAME

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ABSTRACT

The basic object of present is the correlation of variations of breathing rate from one person to other with likeness and not likeness for badminton game. Breathing rate is the total number of breath in one minute. 13 to 22 breathes per minute are considered as normal range for breathing rate. There are several factors that have effects for changing in breathing rate such as fever, hypertension and asthma. When we indulge ourselves in games or exercise our breathing rate increase. In this project it was tried to find a relation that either this variation while engaging with physical activities have some effects on likeness for game or not

Key word: Breathing rate, Badminton,

INTRODUCTION

Total number of breathes in one minute is known as respiratory rate. The normal range of respiratory rate is 13 to 22. This range of respiratory rate according to some person is above ten and up to twenty five. This range of respiratory rate is for rest condition (1-4). Some people do not have ranges of breath rates in between 13 to 25. There are several reasons for that such as in case of high fever, dehydration, asthma and hyperventilation this breathing rate may increase (5-12). Different studies showthat accurate measurement of respiratory is very significant for prediction of medical events.

The basic objective of the study was to find relation between likenesses for games more specifically for badminton games with changing respiratory rate.

MATERIAL AND METHOD

140 students took part in this study. They were students of Institute of Molecular Biology and Biotechnology, BahauddinZakariya University, Multan, Pakistan.

Firstly, it was asked to each student to measure the respiratory rate. All students measured their respiratory rate. And after measuring the heart rate taste of each student about games was asked. All students showed their own taste about games

A question was prepared that how variations in breathings rate of different students affects their taste for games.

RESULTS AND DISCUSSION

Table1: Demonstration of varying respiratory rate (mean+SD) with affinity for badminton game

	Likeness for badminton game (Mean±SD)	No likeness for badminton game(Mean±SD)
Respiratory rate	20.7±6.8	25.8±14.06

It is inferred from this study that students with average of breathing rate near the normal breathing rate spectrum are more attracted towards games especially badminton game. The students with high breathing rate were less attracted towards games.Studies have shown that our breathing techniques can significantly impact sports performance. In humans, it has been documented that our breathing can modulate sympathetic vasoconstrictor activity within the breath (13-15).

When we engage ourselves in different activities while working or playing, our respiratory rate increases. The reason for this increase is that when we are involved in hard physical activities our body need continual supply of O_2. To inhale more and more oxygen our respiratory rate increases. In this tried it is tried to find relationship between attraction for games and varying respiratory rate from one person to others.

Conclusion

It is concluded from present study that variation in breathing rate of different

students imparts some effects for likeness and less likeness for games.

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