



## Effect of S.A.Q. training program on systolic and diastolic blood pressure of soccer players

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### Abstract

In this Present study researcher has attempt to discover the effect of S.A.Q. Training program on systolic and diastolic blood pressure of soccer players. To check the effect of S.A.Q. Training program on selected variables of soccer players, total 25 all India Inter university female soccer players of Panjab University Chandigarh were selected as subjects. The age of subjects was raging between 19 to 28 years and they were selected through purposive sampling technique. The investigator had selected systolic and diastolic blood pressure of soccer players as dependent variables for the present study. Further six weeks S. A. Q training was elected as independent variable of the study. Paired't' test was applied to find out the difference or to compare mean, standard deviation and standard error mean was computed to describe each variable statistically. The level of significance was set at .05. The results strongly confirm that, six weeks S.A.Q training put significant effects on systolic and diastolic blood pressure of female soccer players

**Keywords:** diastolic blood pressure, soccer players, S.A.Q training

### Introduction

Soccer is played and in addition delighted in by multitude number of individuals everywhere throughout the globe. This is a standout amongst the most perceived games Soccer has obtained ubiquity among the Indian masses with in a game time frame and is the prevalent and generally played Indian game. Despite the fact that the present day session of football had developed in Britain in its primitive from, it had without a doubt been played for a considerable length of time in different nations. Soccer is a game which calls for strenuous and persistent exciting activity and consequently, appeals to the young the world over. The skills involved in the game are basic, common but are profoundly fortifying and fulfilling to any individual who takes part in the game".

The term S.A.Q. is derived from the 1st letters of together of the provisional Speed, agility & Quickness, by the term speed one usually gets the impression that we are speaking about speed in running events but speed also concerns many body parts and varies from one part to another. Speed refers to quickness of movements and one's ability to execute rapidly successive actions in a particular direction over a short period. According to Barrow and McGee (1971), speed is characterized as "one's capacity to perform progressive development of a similar example at a quick rate". Speed of muscle constriction is an acquired quality yet it can be enormously enhanced through preparing by legitimate procedures and by rehearsing fast developments and their appropriate coordination. Speed is incredibly influenced by one's age, height, weight, muscle viscosity, mechanical and

basic components like length of appendages and adaptability of joints.

In this Present study researcher has attempt to discover the effect of S.A.Q. Training program on systolic and diastolic blood pressure of soccer players.

### Procedure and methodology

**Selection of Subjects:** To check the effect of S.A.Q. Training program on systolic and diastolic blood pressure of soccer players, total 25 all India Inter university female soccer players of Panjab University Chandigarh were selected as subjects. The age of subjects was raging between 19 to 28 years and they were selected through purposive sampling technique.

**Selection of Variables:** The investigator had selected systolic and diastolic blood pressure of soccer players as dependent variables for the present study. Further six weeks S. A. Q training was elected as independent variable of the study.

**Data Collection:** To check the systolic and diastolic blood pressure of soccer players Digital Automatic Blood Pressure Monitor was used as tool in this study.

**Statistical Analysis:** Paired't' test was applied to find out the difference or to compare mean, standard deviation and standard error mean was computed to describe each variable statistically. The level of significance was set at .05.

**Data analysis and results of the study**

**Table 1:** Shows of Mean, SD and t-value for Pre and Post Test of blood pressure systolic variable of all India Inter university female soccer players

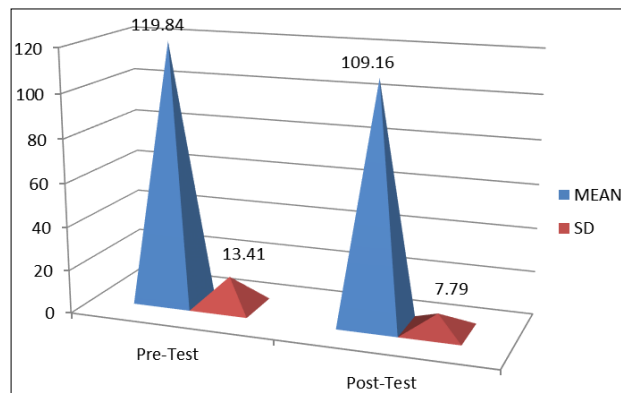
Physiological Variable	Experimental Group	Mean	Standard Deviation	t-value
blood pressure systolic	Pre-Test	119.84	13.41	5.53*
	Post-Test	109.16	7.79	

$t'_{0.05(24)}=1.71$

\*=Significant at 0.05

Table & figure no. 1 statistically shows that the Mean and Standard Deviation with regard to blood pressure systolic variable for pre test is 119.84 and 13.41 where as in case of post test is 109.16 and 7.79 respectively. The calculated t value 5.53 for blood pressure systolic variable is more than the

tabulated value that is 1.71. Hence, the value shows significant difference in pre and post test for blood pressure systolic variable of all India Inter university female soccer players of Panjab University Chandigarh.



**Fig 1:** Shows Mean and SD values for Pre and Post Test of blood pressure systolic variable of all India Inter university female soccer players

**Table 2:** Shows Mean, SD and t-value for Pre and Post Test of blood pressure diastolic variable of all India Inter university female soccer players.

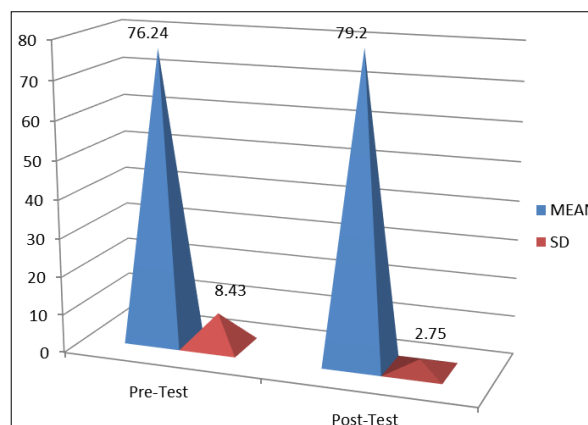
Physiological Variable	Experimental Group	Mean	Standard Deviation	t-value
blood pressure diastolic	Pre-Test	76.24	8.43	1.77*
	Post-Test	79.20	2.75	

$t'_{0.05(24)}=1.71$

\*=Significant at 0.05

Table & figure no. 2 statistically represents that the Mean and Standard Deviation with regard to blood pressure diastolic variable for pre test is 76.24 and 8.43 where as in case of post test is 79.20 and 2.75 respectively. The calculated t value 1.77 for blood pressure diastolic variable is more than the tabulated

value that is 1.71. Hence, the value shows significant difference in pre and post test for blood pressure diastolic variable of all India Inter university female soccer players of Panjab University Chandigarh.



**Fig 2:** Shows Mean and SD values for Pre and Post Test of blood pressure diastolic variable of all India Inter university female soccer players.

### **Conclusions**

Based on the results of the study the investigator has concluded that there was significant effect of six weeks S.A.Q training on blood presser variable of female soccer players.

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