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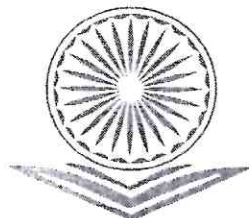
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E-mail : ajanta1977@gmail.com, www.ajantaprakashan.com

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14. Comparative Study of Selected Anthropometrical and Physiological Variables of National Level Powerlifters and Weightlifters

Prof. Ashish M. Talekar

Director of Physical Education, Dept of Physical Education & Sports, Shri PJAC College Pabal, Tal.-Shirur, Dist.-Pune.

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Research Scholar, Dept. of Physical Education, Dr. BAMU University in Aurangabad, MH

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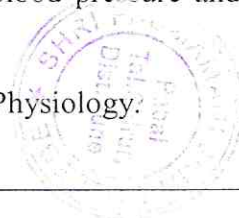
Research Scholar, Dept of Physical Education, Dr. BAMU University in Aurangabad, MH.

Abstract

Anthropometry and physiology play an important role in deciding the particular build of the body with various measurements of the segments of the body it has also its importance in the field of powerlifters and weightlifters game. Altogether the body height length of various level and measurements of the varies body segments, blood pressure, have definite effects on the performance of these lifters. The Researcher in the present study made an effort to test this hunch to compare the difference between the various physiological and Anthropometrical measurements of powerlifters and weightlifters. The present comparative study is related powerlifters and weightlifters in relation to anthropometry and physiological variables. In the present study, 20 male powerlifters and 20 male weightlifters selected through simple random technique from Aurangabad city powerlifters and weightlifters who participated in District level tournament. To know the difference between powerlifters and weightlifters players in relation to anthropometry and physiological variables, Independent sample 't' test was applied.

From the results, it may be concluded that there is a significant difference in Body Height, Body Weight & Leg Length of Powerlifters and Weightlifters players. But no significant difference found in Hand Length, Systolic blood pressure, Diastolic blood pressure and Body Mass Index.

Keywords: Powerlifters and Weightlifters, Anthropometry and Physiology.



Introduction

In Powerlifters and Weightlifters, the special physical condition is always a key factor to monitor the training and select the equipment. Test indicators of body shape include Body Height, Upper Arm Length, Leg Length, Body Weight, Percentage of Body fat, Body Mass Index. With various indicators of lifters known, training schemes can be made to help them make more progress. Physiological and anthropometric measurement and motor fitness variable play a vital role in almost all games and sports. One of the fundamentals of this approach is the study of human measurements or anthropometry. Anthropometry plays an important role in deciding the particular built of the body with various measurements of the body segments, suitable for a particular game and sports and essentially helpful to excel in that game. Physiology is defined by dictionaries as 'the science of the normal functions and phenomena of living things'. Involuntary, such as pulse rate, hemoglobin; blood pressure and vital capacity.

Material and Method

Subjects

For this study a total no. of 40 i.e. 20 Powerlifters and 20 Weightlifters mean age (22.04±1.37) from Aurangabad City lifters were selected as sample of the study, used simple random sampling technique. This was further used for collecting and analyzing data.

Selection of Variable

The study was taken to pinpoint the Anthropometry & Physiology variables. Therefore, based on literary evidence and scholars own understanding the following variable was selected for the purpose of this study.

Test	Tools	Unit
Body Height	Stadiometer	Centimeter
Body Weight	Weighing scale	Kilogram
Hand Length	Meter tape	Centimeter
Leg Length	Meter tape	Centimeter
Heart Rate	Stethoscope/stopwatch	Minute
Systolic blood pressure	Sphygmomanometer	High/Low
Diastolic blood pressure	Sphygmomanometer	High/Low
Body Mass Index	Omron body fat monitor	Percentage

For this research, descriptive comparative method was used. Descriptive statistics (mean, Standard Deviation) and independent sample t test was used for the evaluation of the differences between both the groups, to test the hypothesis at 0.05 level of significance.

Procedure of the study

The researcher was explain details about the conducted test to selected lifters and after that collect data was do score based on lifters perform test. For the collected score compute mean, Standard Deviation (SD) and compare using Independent “t” test to find out the differences amongst powerlifters and weightlifters.

Result of the study

The purpose of the study to find out the comparison of Powerlifters and Weightlifters among Aurangabad City District level tournament participated.

Table no 1
Powerlifters and Weightlifters Descriptive statistics

Test	Players	No	Mean	SD
Body Height	Powerlifters	20	173.9	4.5
	Weightlifters	20	169.9	5.9
Body Weight	Powerlifters	20	61.8	7.2
	Weightlifters	20	57.4	6.4
Hand Length	Powerlifters	20	71.8	15.4
	Weightlifters	20	76.4	3.8
Leg Length	Powerlifters	20	92.3	3.5
	Weightlifters	20	88.5	6.3
Heart Rate	Powerlifters	20	78.9	9.4
	Weightlifters	20	81.6	12.2
Systolic Blood Pressure	Powerlifters	20	106.3	11.6
	Weightlifters	20	104.2	11.9
Diastolic Blood Pressure	Powerlifters	20	62.4	13.5
	Weightlifters	20	59.8	10.4
Body Mass Index	Powerlifters	20	18.7	4.7
	Weightlifters	20	19.3	3.6

Given below in Table no.1, which shows the descriptive statistics, where mean score of Anthropometry & Physiological Variable for Powerlifters and Weightlifters were showed above table with standard deviation.

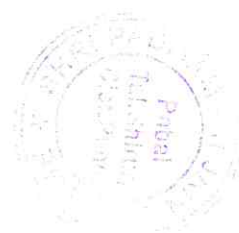


Table no 2 : Comparison between Powerlifters and Weightlifters Using Independent sample Test

Levene's Test for Equality of Variances			t-test for Equality of Means				
Test		F	Sig.	t	Df	Sig. (2-tailed)	Mean Difference
Body Height	Equal variances assumed	1.17	0.28	2.36	38	0.02	3.95
	Equal variances not assumed			2.36	35.48	0.02	3.95
Body Weight	Equal variances assumed	0.00	0.96	2.03	38	0.04	4.40
	Equal variances not assumed			2.03	37.51	0.04	4.40
Hand Length	Equal variances assumed	6.29	0.01	1.28	38	0.20	4.55
	Equal variances not assumed			1.28	21.39	0.20	4.55
Leg Length	Equal variances assumed	3.97	0.05	2.31	38	0.02	3.75
	Equal variances not assumed			2.31	30.03	0.02	3.75
Heart Rate	Equal variances assumed	0.57	0.45	0.76	38	0.44	2.65
	Equal variances not assumed			0.76	35.71	0.44	2.65
Systolic Blood Pressure	Equal variances assumed	0.10	0.74	0.57	38	0.56	2.15
	Equal variances not assumed			0.57	37.98	0.56	2.15
Diastolic Blood Pressure	Equal variances assumed	0.39	0.53	0.66	38	0.50	2.55
	Equal variances not assumed			0.66	35.63	0.50	2.55
BMI	Equal variances assumed	1.62	0.21	0.44	38	0.65	0.60
	Equal variances not assumed			0.44	35.92	0.65	0.60

Table no.2 shows comparison between powerlifters and weightlifters from Aurangabad City. Since the significance value is less than 0.05, Body Height, Body Weight and Leg Length tests. Which shows significant difference between powerlifters and weightlifters at 0.05 level of significance ($p=0.02$), ($p=0.04$), ($p=0.02$). Hence the null hypothesis is rejected and research hypothesis is retained. But no significant difference found in Hand Length, Heart Rate, Systolic blood pressure, Diastolic blood pressure tests. Which shows no significant difference between powerlifters and weightlifters at 0.05 level of significance ($p=0.20$), ($p=0.44$), ($p=0.56$), ($p=0.50$), ($p=0.65$), Hence the research hypothesis is rejected and null hypothesis is retained.

Discussion of the study

The present study shows that there exists significance difference between powerlifters and weightlifters which was similar to the study by Parvinder Singh (2012). In his study he had studied physiological and anthropometry variable of Kabbadi and KhoKho players and the purpose was to assess if both groups differ in each other. He at last concluded that there was significant difference between Body Height, Body Weight and Leg Length variables of Powerlifters and Weightlifters. Hence the null hypothesis was rejected and research hypothesis was retained. But no significant difference found in Hand Length, Heart Rate, Systolic blood pressure, Diastolic blood pressure, variables of Powerlifters and Weightlifters. Hence the research hypothesis was rejected and null hypothesis was retained.

Conclusion of the study

On the basis of the result obtained in the study the researcher made the conclusion that significant difference exist between Body Height, Body Weight and Leg Length variables of Powerlifters and Weightlifters. It was further concluded that Body Height, Body Weight and Leg Length variables of powerlifters was better than weightlifters. But no significant difference exists between Hand Length, Heart Rate, Systolic blood pressure, Diastolic blood pressure, variables of powerlifters & weightlifters. It was further concluded that Hand Length, Heart Rate, Systolic blood pressure, Diastolic blood pressure, variables of weightlifters is better than powerlifters.

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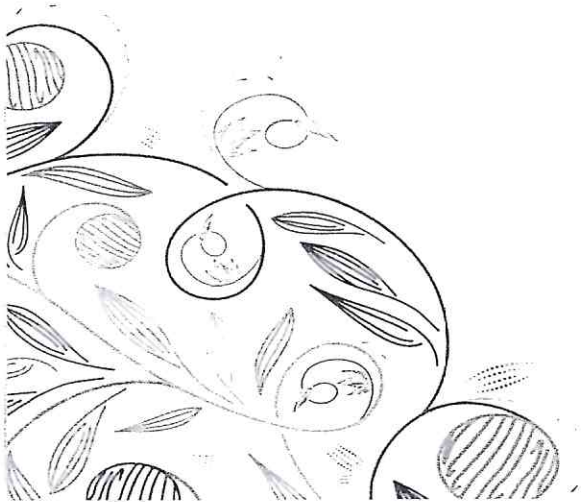
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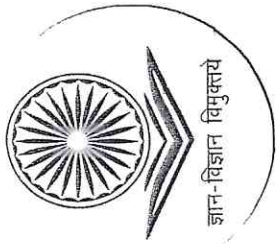
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Ajanta Prakashan

Jaisingpura, Near University Gate,
Aurangabad. (M.S.) 431 004
Mob. No. 9579260877, 9822620877
Tel. No.: (0240) 2400877,

ajanta1977@gmail.com, www.ajantaprakashan.com



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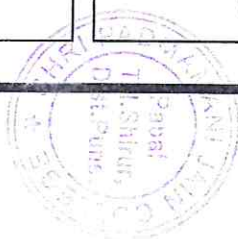
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