How Breathing Rate Relates With Cricket Likeness?

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ABSTRACT

In this study, the main objective was to relate the breathing rate with likeness and playing of cricket. The number of breaths in which chest rises or falls in a one minute known as breathing rate. It is also known as respiratory rate. The average range of breathing for adults about 12 to 18 breaths per minute. The breathing rate increases during the exercise but after exercise or physical activity the breathing rate slows down. The males liked the cricket more than the females and they had the variations among the breathing rate. The breathing rate varies from person to person. After the exercise or physical activity the breathing rate slows down and heart rate increases.

Keyword: Breathing, Anxiety, Sports

INTRODUCTION

The four vital signs are the body temperature, heart rate, respiratory rate and blood pressure. The number of breaths in which chest rises or falls in a one minute known as breathing rate. It is also known as respiratory rate. The average range of breathing for adults about 12 to 18 breaths per minute. The main objective to measuring the respiratory rate is that whether the respiration is normal or abnormal. Normal rate up to 44 breathes per minute is a dangerous level. The breathe rate may increase with fever, illness, or many other physical conditions. High respiratory rate effects on the different parts of the body such as anxiety attacks. The low level of carbon dioxide creates when we take the excessive breathing (1). The breathing rate increases during the exercise but after exercise or physical activity the breathing rate slows down (2).

MATERIALS AND METHODS

In this project 130 students were participated. They were the students of Institute of Molecular Biology and Biotechnology Multan, Pakistan.

In first step of project every student was asked to measure their breathe rate at rest condition. Then taste of each student about games was asked. Results of each student about their taste for games was different (3-12).

STATISTICAL ANALYSIS

Demographic analysis was performed by MS excel.

Project Design

The question was prepared about the likeness of cricket and the normal breathing rate of humans.

RESULTS AND DISCUSSION

Males liked the cricket more than the females and they had the variations among the breathing rate. The breathing rate varies from person to person. After the exercise or physical activity the breathing rate slows down and heart rate increases.

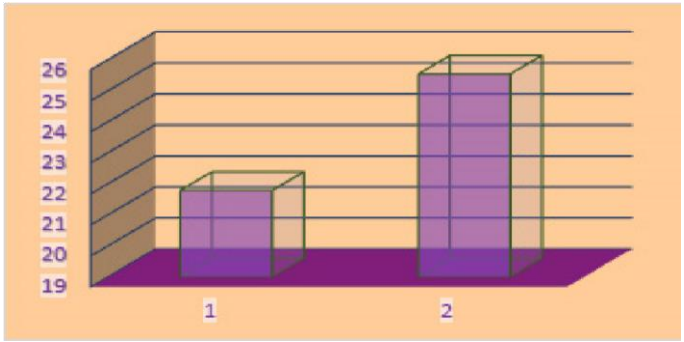

Figure 1: The average ratio of breathing rate of males and females (Mean±SD) who likes and dislikes the cricket

In the journal of sports medicine and doping studies in his paper perspectives on breathing in sports and health concluded that the physical performance is limited by primarily by the muscular, cardiovascular and respiratory systems. In healthy individuals, the systems limiting performance follow a hierarchical order from sedentary subjects being restricted by muscle function; then, generally fit individuals having cardiovascular constraints on physical efforts with elite athletes many times reaching the ceiling effect because of pulmonary restrictions. Slow breathing for 3 months decreased BP response in hand grip and cold pressure tests.

Conclusion

It was concluded from the present study that the cricket likeness was more in males than females. The males had the high range of breathing rate.

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