

Execution of Paralellism of Affinity for Badminton Game and Blood Oxygen Level

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Abstract:- Our blood contains oxygen and also other gasses which are present in different concentrations. The concentration of O₂ in blood is called blood oxygen level. The purpose of present study was to find relationship between affinity for badminton game and blood oxygen level. Not any particular relationship was found but those students having high blood oxygen level showed more affinity for badminton game. Blood oxygen level is actually the measurement of our lungs capacity. If blood oxygen concentration is optimum then attraction toward games can be justified by saying that optimum blood oxygen level is the indication of maximum lung capacity and automatically attraction toward games develops

Key words: Blood oxygen level, oximeter, Badminton

Introduction

Blood contains oxygen when it is circulating in our body which is called blood oxygen level. In our blood different gases are dissolved like O₂ and CO₂. There is a balance between the concentrations of these two gases. If there is a balance between the concentrations of these gases then it means that our lungs are properly functioning. Our blood is circulating continuously. The main purpose of this circulation is to supply (Oxygen) O₂ to tissues of our body and also the removal of carbon dioxide (CO₂). There is particular range for oxygen level in our body. The normal range for blood oxygen level of body is between 72 to 100 millimetres of hydrorgum (mercury). If body have to face some difficulties to deliver oxygen to the tissues of human body then oxygen level shown by the pulse oximeter will be low and results may severe such as pain at different region of the body and coordination losses. Sometime air around us does not contain an optimum quantity of oxygen so problems of low oxygen level may arise. So there is need to monitor blood oxygen level. The basic purpose of knowing blood oxygen level is to know how efficiently our body is distributing oxygen to our body cell and tissues of our body.

As there are several factors that affect on blood oxygen level similarly in this project affinity for badminton game in people with different oxygen level was studied. Badminton is very popular game being played in several countries.

The object of present study was to find a correlation for blood oxygen level and changing affinity of students for badminton game.

Materials and Method

Almost 200 students participated in this study. All these were the students of Bahaudin Zakariya University, Multan, Pakistan.

Peripheral oxygen saturation is an estimation of oxygen saturation level. It is usually measured with pulse oximeter device and also can be calculated by pulse oximetry device according to formula

$$SpO_2 = \frac{HbO_2}{HbO_2 + Hb}$$

This study consists of two steps. In first blood oxygen level of each student was measured with the help of pulse oximeter. Every student was asked to enter his index finger into pulse oximeter. In almost one to two minute blood oxygen level was shown by pulse oximeter.

Project

A question was made by us that do you like badminton game? And taste of each student was asked one by one about this game.

Statistical Analysis

Analytical approach was achieved by MS excel.

Results and Discussion

Table: Demonstration of changing blood oxygen level (Mean±SD) and affinity for badminton game

| | Likeness | Not like | <i>p-value</i> |
|----------------|----------|-----------|----------------|
| Males | 95.7±5.8 | 97.6±2.1 | 0.2 |
| Females | 96.2±4.6 | 96.8±3.4 | 0.6 |
| Total | 96.1±4.8 | 97.1±3.08 | 0.1 |

p>0.05 is not statistical significant.

There is no huge difference exist between the likeness and dislike trend among people with different oxygen level. However students with blood oxygen level ranging 90 to 96 showed likeness toward this game. Students with blood oxygen level below 85 and above hundred showed less interests in badminton game. As blood oxygen saturation level is affected by several factors similarly it put some effects on people behaviour toward different things to some extent. As body activities related to our circulatory system and respiratory system changes blood oxygen level change.

Conclusion

It is concluded from this study that there is only small difference that exist between the average blood oxygen level of students who showed likeness for badminton game and those who did not showed affinity for badminton game. Some students with optimum blood oxygen level showed likeness for badminton game and at the same time students with similar optimum blood oxygen level showed less affinity for badminton game.

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