COMPARATIVE STUDY OF TEMPERATURE AMONG DIFFERENT PHASES OF MENSTRUAL CYCLE IN NATIONAL LEVEL FEMALE PLAYERS

***Nayak Samiksha and **Mehta Deepak**

1. Research Scholar, School of Physical Education, DAVV Indore, **INDIA.**
2. Professor and Head, School of Physical Education, DAVV Indore**, INDIA.**

Email: deepak48mehta@gmail.com

(Received April 30, 2019, accepted October 12, 2019)

ABSTRACT

The day count for menstrual cycle begins on the first day of menstruation when blood starts to come out of the vagina. Objectives of the study is to characterize the Temperature during Menstrual Phase, Follicular phase, Ovulation phase, Luteal phase of Uterine changes during menstrual cycle in female players and to find out whether there were any significant difference among Menstrual Phase, Follicular phase, Ovulation phase, Luteal phase during menstrual cycle in relation to temperature. Fifty (50) national levels female players were selected randomly who have regular menstrual cycle further they were selected from different sports i.e. Hockey, Badminton, Cricket, Football and Volleyball. Data were collected in different phases of menstrual cycle i.e. Menstrual Phase, Luteal phase, Ovulatory phase and Follicular phase. Age of female athletes ranged between 17 to25 years. Temperature was recorded with the help of Thermometer. Descriptive statistics, One Way Analysis of variance was employed to analyse data. Mean and SD value of Menstrual Phase, Follicular Phase, Ovulatory Phase and Luteal Phase were having 98.55 ± 0.50, 97.80 ± 0.65, 98.20 ± 0.69, 98.30 ± 0.46 respectively. Significant difference was found among Menstrual Phase, Follicular phase, Ovulation phase and Luteal Phase of Uterine changes because calculated F value 11.43 was greater than the tabulated value and P value found less than .05. Significant difference was found among four phases i.e. Menstrual Phase, Luteal phase, Ovulatory phase and Follicular in relation to Temperature. And temperature of National female players in Menstrual phase was greater than in comparison to Luteal phase, Ovulatory phase, Follicular phase.

ISSN 2231-1599