**تأثير القات علي بعض المتغيرات البدنية و المهارية والفسيولوجية لدي لاعبي كرة القدم في اليمن**

**مقدمة من الباحث**

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# ABSTRACT

The use of Khat among young athletes is very common in Yemen. Khat abuse affect upon athlete’s performance has not been investigated previously. The purpose of the present investigation is to evaluate the adaptation and responses of Khat abuse upon physical, physiological and skill variables among football players in Yemen.

Comparative and experimental methodology have been employed .The study sample was composed of (34) players of the first –division clubs. The study sample was divided into control group of (17) players who have never used Khat and Experimental group of (17) players who use Khat at regular basis.

The study procedures consisted of: First, adaptation trials consisted of applying a group of physical, physiological and skill tests on the control and experimental group without Khat use for five days for comparative purposes. Second, responses trials consisted of applying the same tests on the experimental group two hours after Khat utilization. T- Test method was employed to examine the Khat effects. The findings showed that Khat adaptations caused negative response among the experimental group in some physical, physiological and skill variables such as flexibility, reaction time, endurance and target precision, estimated VO2 max. However, responses of Khat immediate utilization caused positive changes in most physical, skills and physiological variables. It is concluded that Khat abuse may improve performance immediately after use for Khat user but may have a detriment effect after habitual abuse.