CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

Say C. Coakley (1978) stated that Sports and games have been part and parcel of culture and a reflection of a large macro system of the society within which the life exists. In the analysis of primitive societies, it was found that in the non-game culture which was more in number, the society was non competitive, but it was characterized by a low level of activity. Sports is an institution allied competition activity that involves vigorous physical exertion or the use of relatively complex physical skills by individual whose participation is motivated by a combination of intrinsic and extrinsic factors.

Motor variables are life movements. They are largely inherent and can greatly affect any sport or work environment. Whenever one design his training program, he needs to determine which Motor Ability will affect the desired activity mostly and to what degree each, one can contribute to it. Then, he would evaluate his
strengths and/or weaknesses—particularly as they pertain to each of these abilities.

A number of physiological variables will improve in proportion to resistance training. Selected physiological variables were chosen to this study are body fat, vital capacity & resting heart rate.

Biochemical changes induced by training are increased in glycolytic and lactic acid system capacity. This increase is evidenced by the ability to produce greater quantities of blood lactic acid during exhaustive maximal work. Thus more ATP energy can be generated through this metabolic pathway, thereby improving the performance or working capacity of activities that relay heavily on the system for energy.

Psychology as a behavioral science has made its contributions for improving sport performance. It has helped coaches to coach more efficiently and athletes to perform more proficiently. This psychological aspect in sports is gaining much attention among sports administrators. A rapidly growing area of interest in sports psychology concerns the some of stress management, procedure
such as bio feed back and relaxation training to enhance athletes' performance by reducing the stress.

The purpose of the study is to compare and analyse the selected physiological, psychological, haematological and motor fitness variables of rural and urban schools players of South India. To achieve the above purpose, the investigator selected state level schoolboys who had participated in Republic Day Competitions from four states of South India, namely, Tamil Nadu, Karnataka, Andhra Pradesh and Kerala. Twenty school players from each state were selected and care was taken that among these twenty ten were from rural areas of the respective state and ten were from urban areas of the respective state.

The following physiological, psychological, haematological and motor variables selected for the study.

1. Physiological

   i  Body Fat

   ii Vital capacity (cms)

   iii Resting Heart Rate (Minutes)
2. Psychological

i. Self Concept
ii. Anxiety
iii. Achievement Motivation

3. Haematological

i. Haemoglobin
ii. Differential count
iii. Red Blood Cells

4. Motor Fitness Variables

i. Speed
ii. Agility
iii. Endurance

To achieve this purpose of the study the investigator conducted various standard tests to measure physiological, psychological, haematological and Motor Fitness variables as explained in Chapter III on the subjects and the scores were recorded.
The first part of the analysis of data was to compare the means of the different states to ascertain whether there existed any significant differences between the players in the variables selected. The second part of the analysis of data was to compare the means between rural and urban players of these states.

The results were presented and discussed for arriving at meaningful conclusions.

CONCLUSIONS

The following conclusions are made based on the results of this study.

1. In the physiological variables, there existed significant differences between the states in body fat and resting heart rate and the null hypothesis was rejected. However, the hypothesis was accepted in respect of vital capacity, as there was no significant differences existed.

2. The comparisons between rural and urban schools players of South India proved that urban players have more Body Fat than rural players and this difference was found to be
significant. Hence the null hypothesis was rejected. Since there was no significant difference in respect of vital capacity and resting heart rate between urban and rural school players, the hypothesis was accepted.

3. In the motor fitness variables, there was significant difference between the state school players of South India as far as agility was concerned. Other variables speed and endurance were not significant hence the hypothesis was accepted.

4. When the differences were compared between rural and urban school players of South India, it was found that there existed significant difference in endurance among rural and urban players. The urban school players have more endurance than rural players of South India.

5. The null hypothesis formed that there would not be significant difference among the school players of the states in South India was accepted at 0.05 level in respect of all the three psychological variables, anxiety, motivation and self concept. However, when the comparisons were
made between rural and urban players of South India, significant differences were recorded in motivation was concerned, and it was concluded that urban players were better motivated than rural players.

6. Significant differences were recorded as far as haemoglobin, lymphocytes and red blood cells were concerned between schools players of the South India states. When the datas were put for comparison between rural and urban players of South India, there was significant difference among the players.

RECOMMENDATIONS

The following recommendations are made based on this study.

1. Research literatures have documented that variables like vital capacity, body fat, endurance, and haematological could be improved through specific and proper nutrition and training. Since no significant differences were obtained in this study, it is recommended that adequate specific training shall be
designed to improve these variables among the school players.

2. Similar study could be conducted with more variables like total protein; albumin and globulin could be made among all the four groups of players to strengthen the findings of this study.

3. The variation in the utilisation of different variables study by the urban and rural in different states could be found out.

4. Research studies may be conducted comparing athletes and non-athletes in the same variables to determine the benefits of training in different sports and games.

5. Similar studies may be conducted to compare the women players in the same variables and the selected games at national and international level.

6. Similar studies could be conducted among school children to assess the maturity related changes.