CHAPTER – V
SUMMARY, CONCLUSIONS AND RECOMMENDATIONS
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SUMMARY

Difference among the Indian people are based on their various aspects, one and major of them is financial status. In our agriculture based economy most of us are dependent on agriculture and they are fallen prey to uncertain income. Except some rich and affluent families most people try their hard to make both ends meet. To ameliorate this situation the government introduced some social welfare schemes for the poor. In view of ascertaining the economically backward section, our government divided the whole population into Above Poverty Level (A.P.L) and Below Poverty Level (B.P.L).

The food habit, culture and mode of work depend on religion and cast maximum times in India. It is often found that a specific sect of people belonging to a particular socio-economic background is tending to a fixed food habit and work pattern which keeps a good impact in their physical performance.

Physical structure of a person shows the degree of work efficiency and work ability of that person. A healthy person will have more ability to work and perform other activities than a person who is of weak physical
structure. Healthy body is not only thing that is important; training is also required to enhance the skills. The trained heart beats slower than the untrained heart and pumps more blood per stroke which results more food is delivered to the cells and the unwanted stuffs removes more effectively.

The role of Society and surroundings of an individual also affect physical education and sport within society as well as within the educational process.

Children are the future of a nation. For an emerging and developing country like India, development of underprivileged children holds the key to the progress of the nation itself. Education for underprivileged Children is the key whether we are addressing healthcare, poverty, population control, unemployment or human rights issues. Youth is an integral part of democratic society and future asset of Mankind. It is universally recognized that Sport is an effective way for channelizing the energies of Youth for productive & meaningful purposes. Fitness has proved as a powerful but highly undervalued and under exploited tool for promoting solidarity and in contributing to an atmosphere of tolerance and understanding to the special population as an undefined part of the society.

Socio-economic factors play a vital role in an individual’s performance in sports. The socioeconomic status make-up of an individual
plays an important role in their achievements in every field of life. Socio-

economic status also Influence on habitual physical activity.

Human learned to run, to swim, jumping, riding various animals (like
horse, elephant and many more), art of throwing various weapons for self
defense was invented and the curve of development crosses new slabs in the
positive side and continues. Then with time passes and human become
civilized these running, swimming, jumping and riding animals and art of
weapon throwing becomes games.

Now the performance of these depends on a few parameters which
ensure the ability to perform during games and sports. That is called motor
fitness. Motor fitness is a term that describes an athlete’s ability to perform
effectively during sports or other physical activity. An athlete’s motor
fitness is a combination of five different components, each of which is
essential for high levels of performance. Improving fitness involves a
training regimen in all five. In other words motor fitness, or motor physical
fitness, refers to how an athlete can perform at his or her sport, and involves
a mixture of agility, coordination, balance, power, and reaction time.
Improving this form of fitness is an indirect result of training in any of these
attributes. All five components of fitness are essential for competing at high
levels, which is why the concept is seen as an essential part of any athlete’s training regime.

But considering the feasibility aspect of investigation motor fitness becomes more relevant as it is related to the sports performance. This form of fitness is required for sports performance. The motor fitness status of APL and BPL provides valuable information about health status to various governmental agencies for health policy planning, health infrastructure development, providing health services, planning for sports programme etc.

So hence considering such significance of motor fitness research scholar conceptualized this study to compare and investigate the motor fitness status.

Further the school going children belonging to above and below poverty line category was purposefully selected as these categories have been proved to have talent in various sporting events.

For that purpose a total number of two thousand and four hundred (2400) APL and BPL children of class VI – VIII aged 9 to 14 years of Government aided schools from three different subdivisions of Birbhum district of West Bengal, India were tested in the different items of motor fitness components namely agility, balance, coordination, speed, power and reaction time have been tested through Semo Agility Test, Stork Stand
Balance Test, Eye-Foot Coordination Test, 50 Yard Test, Standing Broad Jump, Nelson Hand Reaction Test respectively.

Data of different motor fitness test of 14 ethnic tribes were analyzed by doing Descriptive Statistics as well as Student ‘t’ test with the .05 level of significance.

The descriptive analysis and ‘t’ value for APL and BPL children of different motor fitness parameters are as under:

**Table 11:**

The descriptive analysis and ‘t’ value of APL and BPL children

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Parameters</th>
<th>APL</th>
<th>BPL</th>
<th>‘t’ Value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>SD</td>
<td>Mean</td>
<td>SD</td>
</tr>
<tr>
<td>1.</td>
<td>Agility</td>
<td>14.944</td>
<td>0.722</td>
<td>15.290</td>
</tr>
<tr>
<td>2.</td>
<td>Balance</td>
<td>7.512</td>
<td>2.361</td>
<td>7.091</td>
</tr>
<tr>
<td>3.</td>
<td>Coordination</td>
<td>6.289</td>
<td>10.391</td>
<td>6.360</td>
</tr>
<tr>
<td>4.</td>
<td>Speed</td>
<td>8.460</td>
<td>0.835</td>
<td>8.560</td>
</tr>
<tr>
<td>5.</td>
<td>Power</td>
<td>171.92</td>
<td>0.726</td>
<td>170.81</td>
</tr>
<tr>
<td>6.</td>
<td>Reaction Time</td>
<td>0.1784</td>
<td>0.0048</td>
<td>0.1794</td>
</tr>
</tbody>
</table>

*Significant at .05 level of Significance

Statistical analysis in terms of Student ‘t’ test revealed existence of significant variability between APL and BPL category on different motor fitness parameters with ‘t’ values = 2.877 in agility, 4.753 in
balance, 2.200 in coordination, 3.449 in speed, 2.931 in power and 3.612 in reaction time which are higher than the tabulated ‘t’ value i.e. 1.96. In all the motor fitness parameters the children belonging to above poverty line are superior to the children belonging to below the poverty line.

**CONCLUSION**

In the process of conducting and successfully completing this study research scholar had extensively revealed critical literatures deliberated with experts, statistical findings have been critically discussed in the light of facts and reasons. On the basis of all above the research scholar would like to infer judiciously following conclusions:

1. In motor fitness component agility the children belonging to above the poverty line are superior to the children belonging to below the poverty line.

2. In motor fitness component balance the children belonging to above the poverty line are superior to the children belonging to below the poverty line.

3. In motor fitness component coordination the children belonging to above the poverty line are superior to the children belonging to below the poverty line.
4. In motor fitness component speed the children belonging to above the poverty line are superior to the children belonging to below the poverty line.

5. In motor fitness component power the children belonging to above the poverty line are superior to the children belonging to below the poverty line.

6. In motor fitness component reaction ability the children belonging to above the poverty line are superior to the children belonging to below the poverty line.

7. In overall motor fitness status the children belonging to above poverty line are superior to the children belonging to below the poverty line.

8. It is also concluded that the children belonging to below the poverty line fall behind the children belonging to the above the poverty line in their motor fitness due to a lack of various facilities, equipments, technical guidance, proper diet, poor health, poor environmental conditions, parental support, lack of education, culture, encouragement, pregnancy and infant care, personal interest, no. of children in the family, low birth weight, proper sanitation, poor mental health, poor living conditions etc.
Chapter V - Summary, Conclusions & Recommendations

RECOMMENDATIONS

Successful accomplishment of this study has fulfilled many objectives conceived by the scholar. Based on accomplishment and findings critical conclusions were derived.

Based on these conclusions research scholar would like to offer following recommendations:

1. Similar study may be conducted on different age groups of female subjects.

2. In future similar study may be conducted on larger subjects with psychological and neurobiological variables.

3. In future similar study may be conducted on larger subjects with other forms of fitness viz. health-related physical fitness.

4. Further study may be conducted on rural and urban population of school students.

5. The Govt. of India, Dept. of Health of concerned States, health policy makers should note the poor status of motor fitness status of the children belonging to below poverty line. For remedial actions and investigate upon the factor causing the inferior health and fitness status.
6. Similar research project can be taken up in larger scale as Macro Research Project involving:

- Larger number of subjects.
- Different tribes of various parts of India.
- Different ethnic population other than India.
- Different states APL and BPL children.

5. It also recommended that information or data gathered on motor fitness is of immense significance from the point of understanding health of National Populations for critical assessment of health problems, health services, health infrastructures, health policy framer. Hence Govt. of India, as well as State Govt. should take up appropriate steps to assess health-related fitness status of entire population of the country periodically at every five years.