CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

5.2 CONCLUSIONS

5.3 RECOMMENDATIONS
5.1 Summary

Everybody should take exercise regularly to keep his fit. Of course it is true that a modern man is too busy to undergo sufficient vigorous exercise to develop and maintain adequate levels of motor fitness. Modern sports training giving greater emphasis on preparing the athletes psychological rather than physically plays a significant role in maintaining physical fitness. A lot of importance is being given to the psychological characteristics of various levels of athlete’s right from childhood. It is believed that motor ability plays a vital role in the selection of participants in physical activity and sports. Basic motor activity of running, throwing, jumping, climbing etc is inborn with human being and fundamental to all playing activities and sports. The game of football which in fundamentally powerful game, requires tremendous speed, endurance, agility, flexibility, co-ordination, balance, reaction, intelligence, and motivation otherwise kabaddi is one of the very popular sports in India and gaining popularity, in different parts of Asia. Recently held world cup in Mumbai, is an indication to its popularity, in which twelve countries participated. Kabaddi is a body contact game in which raider attempts to touch the defense players and tries to escape when caught, while the defense players try to escape being touched by the raider and attempt to hold the raider, individually or collectively, by forming a chain. It is the battle between the raider and defense players, which calls for acme of physical strength, power, endurance, speed, agility, balance, coordination and skillful bodily movement, on the part of raiders and defense players. Academic achievement is the most important objective of education. It signifies accomplishment or of a performance carried out successfully. The most important need and desire of a student is to achieve his best, which will make his life worth-living and add respect and value to his personality. It is observed that a student who has always succeeded in most of his efforts will aim much higher and a student who has failed most of the time will aim lower to make sure of his success. As psychology plays a dominant role in every
sphere of human life, it also has many eminent factors which influence human psychology. In short, there are many factors influencing the individuals mind and those factors are reflected on his/her psychology for finding out the variables on psychology. Although psychological variables comprises many components, but among them three principal components have been selected to assess the psychological variables of the subjects. Psychological variables were intelligence, reaction time, sports achievement motivation.

The fifth and last chapter of this report has been devoted to providing summary of the previous four chapters viz. Introduction, Review of Literature, Methods & Materials and Analysis of Data.

The researcher problem as stated in the introductory chapter of the present study was “Comparative Study of Selected Motor Ability, Academic Achievement and Psychological Parameters between District Level Football and Kabaddi Players”.

In the first chapter the investigator discussed the importance of the problem, purpose of the study, delimitation, limitation of the study etc. Significance and hypothesis of the present study were also stated.

In the second chapter the researcher presented the abstracts of related literature collected from different libraries. The limitations of those studies were summarized and the necessity of the present study has been mentioned.

The researcher narrated the procedure adopted in the practical field in the third chapter. The content area selected for the present study was to measure the selected motor ability, academic achievement, and psychological variables of district level football and kabaddi players. The subjects of the present study were 60 male players. They were undergoing the training schedule programme of Sports Authority of India (2007-2009) Siliguri centre, West Bengal. Most of the subjects had past experience in sports and games at district level. The personal data variables i.e. physique were age, height, and weight. Motor ability was considered as sit ups, shuttle run, standing broad jump, 50 yard dash and 12 minute run and walk. Academic achievement was considered as marks obtained at the annual examination by the students in the school. The psychological variables were considered as intelligence, reaction time and sports achievement motivation of the subjects.
In the fourth chapter the investigator organized, analyzed and interpreted the results. The researcher calculated mean, standard deviation, and determination of significant differentiation ‘t’-test was also taken into account. The level of significance was set at 0.05 and 0.01 level of confidence.

Lastly, the recommendation for future investigation and for practical implementation has also been presented in this chapter.

The purpose of the study was to analyze the differences in motor ability, academic achievement, and psychological aspects between the football and kabaddi players.

The personal data aspect of the study comprised body measurement i.e. weight and height. Motor ability was considered as the ability for performing certain motor tasks efficiently and securing the potential of sportsmen. Academic achievement was considered as marks obtained at the annual examination by the students in the school. The psychological aspect included intelligence, reaction time and sports achievement motivation was considered as the mental adaptation to new problem and conditions of life.

It was thought that the result of the study would be helpful in the field of sports and physical education in many ways. It would be helpful for understanding the basic nature of the both category players. It was also assumed that the potential of the football and kabaddi players in the field of games and sports could be better understood.

The collected data were analyzed by applying standard statistical method. Mean and SD were computed. Significance of the difference between two means was tested by applying “t” test (Garrett, 1973).

By analyzing the data the following results were obtained. In physique i.e., weight kabaddi group showed higher mean values than football group, and height football group showed higher mean values than counterparts. In motor ability the football group proved themselves of better mean values than kabaddi group in four items out of five items of A. A. H. P. E. R. youth fitness test. Thus it appeared that the football players had more strength endurance of abdominal muscle, agile, speed and
cardio-respiratory endurance than their respective counterparts. In case of kabaddi players it was found that they had better leg explosive strength than football players.

In academic achievement the kabaddi players showed better mean value than their counterparts. In psychological parameters like level of intelligence, football group and kabaddi group were more or less same. In reaction time and sports achievement motivation, mean values of kabaddi group were better than their counterparts.

5.2 Conclusions

From the presentation, analysis and interpretation of data following conclusion may be drawn.

5.2.1 Personal Data:

Weight:

Significant difference exists in body weight between football players and kabaddi players, as kabaddi players are better i.e. heavier.

Height:

Significant difference exists in body height between football players and kabaddi players, as football players are better than their counterparts.

5.2.2 Motor ability:

Sit up:

In case of strength endurance of abdominal muscle football players were better than their counterparts.

Shuttle Run:

Football players were more agile than kabaddi players.

Standing Broad Jump:

The explosive leg strength of kabaddi group significantly better than football group.
50 Yard Dash:
In speed component, football players were better in performance than kabaddi players.

12 Minutes Run & Walk:
In case of cardio-respiratory endurance significant difference exists between football and kabaddi players, where football players were better than kabaddi players.

Composite Score of Motor Ability:
In case of composite score of motor ability, football group was better than kabaddi group.

It is observed that the performance in composite score of motor ability variables for five test items football group was much better result in sit-up, shuttle run, 50 yard dash and 12 minute run and walk test. On the other hand, kabaddi group showed better result in standing broad jump than football group.

5.2.3 Academic Achievement:
The mean value of kabaddi players were better than that of football players, but the t-value was not significant.

5.2.4 Psychological Variables:
Level of Intelligence:
In intelligence level, football group and kabaddi group were more or less same, but the t-value was not significant.

Reaction Time:
The reaction time of kabaddi players were significantly better than football players.

Sports Achievement Motivation:
The mean value of kabaddi players were better than that of football players, but the t-value was not significant.
5.3 Recommendations

In the light of the conclusion drawn, the following recommendations may be made.

1) The present investigation was delimited only to male subjects. This type of study could have been done with female subjects also.

2) Similar studies may be conducted on subjects with different age levels.

3) Similar studies can be extended to cover not only district level, but state and national level.

4) The study should cover more number of subjects from large population.

5) Similar studies are also recommended with more sophisticated instruments.

6) More resource persons in this field could have been involved in this type of study.