Chapter - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

The purpose of the study was to investigate psycho-physiological profiles of National Table Tennis Players. For this purpose sixty participants of National Table Tennis Championship (Men) were selected as subjects from Two National Table Tennis Championships held at Pune and Gurgaon in year 2002 and 2003 respectively.

Reaction time, speed of movement, hand steadiness, depth perception, pulse-rate and galvanic skin resistance were selected as psycho-physiological variables.

The collection of relevant data were based on specific test for each selected psycho-physiological variables.

Mean, standard deviation, median, skewness, kurtosis, high score, low score, range and coefficient of variance were calculated in order to study psycho-physiological profiles as
whole. Individual player’s profile has also been discussed in terms of relative standing within the group on various psycho-physiological variables.

To standardize the results in the meaningful manner, the rating scales were developed on the basis of theories of area of normal curve mean and standard deviation here used to create five point scale as high, above average, average, below average and low as performance outputs.

CONCLUSIONS

Within the limitations of the present study the following conclusions were drawn :-

1. The experienced and high performing player’s were good in reaction time, speed of movement, hand steadiness and depth perception.

2. The experienced and high performing players were low in pulse rate and galvanic skin resistance.

3. The national table tennis player’s were high in reaction time and speed of movement.
4. The national table tennis players were above average in depth perception and hand steadiness.

5. The national table tennis players were average or below average in pulse rate and galvanic skin resistance.

**RECOMMENDATIONS**

The present study was of unique nature because such an attempt of profiling the players on the basis of psychophysiological characteristics had hardly seen light of the day in recent past. Therefore the findings of the study certainly help the table tennis coaches, trainees and even selectors to acquire an insight into the psycho-physiological make up and functioning of the players.

On the basis of findings the following recommendations have been prompted out.

1. A more comprehensive study may be conducted on a large sample.
2. A similar study may be conducted while employing different sportsmen like players from tennis, badminton, cricket, hockey etc.

3. The psycho-physiological profiles may also be used for prognosis.

4. The study may help the coaches and trainees to understand the psycho-physiological principles contributing to performance.

5. A similar study may be conducted on the players of different levels, age and sex.