Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

The purpose of this study was to find out the relationship between physical fitness components and playing ability of basketball players of different universities of madhya pradesh.

The another purpose of this study was to compare the physical fitness components and playing ability of basketball players of different universities of madhya pradesh.

The subjects for this study were seventy two basketball players (12 from each team i.e. Jabalpur, Rewa, Sagar, Bhopal, ujjain and Gwalior) from MP state’s university teams those who participated in MP state inter-university championship in the year 2001. The age of the subjects were ranging from 17 - 25 years.

To find out the relationship between physical fitness components and playing ability of basketball players of different universities of madhya pradesh, product moment method of correlation was employed.
To compare the physical fitness components and playing ability of basketball players of different universities of madhya pradesh, one way analysis variance was used at .05 level of confidence. LSD post hoc test was also employed in case of the variable which got significant "F" value.

The necessary data on all the dependent and independent variables were collected by their respective tests. Speed was measured with the help of 50 meter dash and recorded in seconds. Strength was measured with the help of vertical jump recorded in centimeters. Flexibility was measured by the help of shoulder and wrist elevation test and recorded in centimeters. Endurance was measured with the help of cooper's 12 minute run / walk test. Agility was measured by the help of semo agility test and recorded in seconds.

Playing ability was assessed with the help of a panel of three experts and the score was the average of three expert grading which was recorded in numbers out of 50 marks.

Strength of RD University Jabalpur (r=.591), endurance of Dr. HS Gour University, Saga(r r=.822), flexibility(r=.584), and agility (r=.604) of Jiwaji University, Gwalior had exhibited significant relationship with the
performance the subjects while other variables had shown insignificant relationship.

Variability existed among the basketball players of different universities with respect of playing ability (F=82.55).

In relation to physical fitness components variability existed among the basketball players of different universities with respect of speed (F=5.42), flexibility (F=5.51), endurance (F=5.36) and agility (F=18.1). On the other hand variability did not exist among the basketball players of different universities with respect of strength (F=2.31).

Conclusions

On the basis of the findings, following conclusions may be drawn:

1. In case of speed component, significant difference was found between different universities basketball teams of madhya pradesh state.

2. With regard to strength, no significant difference was found between different universities basketball teams of madhya pradesh state.
3. In relation to flexibility, significant difference was found between different universities basketball teams of madhya pradesh state.

4. In case of agility, significant difference was found between different universities basketball teams of madhya pradesh state.

5. With regard to endurance component, significant difference was found between different universities basketball teams of madhya pradesh state.

6. In relation to playing ability, significant difference was found between different universities basketball teams of madhya pradesh state.

7. The sequence of performance of all the basketball teams of the universities of madhya pradesh in relation to speed was, jabalpur > Ujjain > Bhopal > Gwalior = Sagar > Rewa.

8. The sequence of performance of all the basketball teams of the universities of madhya pradesh in relation to flexibility was ujjain > Jabalpur > Gwalior > Rewa > Sagar > Bhopal.
9. The sequence of performance of all the basketball teams of the universities of Madhya Pradesh in relation to agility was Bhopal > Ujjain > Jabalpur > Gwalior > Sagar > Rewa.

10. The sequence of performance of all the basketball teams of the universities of Madhya Pradesh in relation to endurance was Bhopal > Gwalior > Sagar > Rewa > Ujjain > Jabalpur.

11. The sequence of performance of all the basketball teams of the universities of Madhya Pradesh in relation to playing ability was Ujjain > Jabalpur > Bhopal > Gwalior > Rewa > Sagar.

12. Strength of R.D. University Jabalpur, Endurance of H.S. Gaur Sagar, Flexibility and agility of Jiwaji University Gwalior had exhibited significant relationship with the performance of the subject while other variables had shown insignificant relationship.

**Recommendations**

1. Similar study may be conducted on female basketball players.

2. Similar study may also be conducted by taking all the universities of the country.
3. Similar study may be done by taking other variables.

4. Similar study may be conducted in other games and sports.

5. Similar study may also be conducted on different age groups.

6. It is recommended that during training and selection of basketball players stress should be given on physical fitness variables.