Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

Direct assistance from Sports Sciences, such as Sports Psychology, Sports Medicine, Biomechanics, Sports Psychology so forth and so on has brought sports excellence to such a level where physical fitness, tactics and techniques of motor skill performance are considered just not adequate. The physical education and sports scientists have now started looking beyond these horizons. With the idea that children must participate in various activities under similar conditions of prevailing circumstances. Habit formation in mass participation will definitely increase the interest and level of fitness and performance among children from early years. This way their talent can be spot out.

The purpose of this study was to find out difference in the performance of motor ability and physical fitness level of ninth and tenth class boys and girls studing in schools having adequate and inadequate facilities of Jammu, Kashmir and Ladakh State.

The samples of the present study comprised of 378 girls and 379 boys of twelve schools of the State of Jammu and Kashmir. Under the consideration of the purpose of the study schools were selected province and regions wise, and tests were conducted province wise at convenient date and time. The age of the subjects ranging from 13 to 16 years.

Although all the three regions, i.e. Jammu, Kashmir and Ladakh have different cultural traditions, customs, and climatic conditions and living havits, even than the subjects were having competitive attitude.

The collection of relevant data was done through the administration of Barrow Motor Ability Test Battery (three items) for boys, Morrison Motor Ability Test Battery (five items) for girls and AAHPER Youth Fitness Test Battery (six items) for both the sexes. The data was collected keeping in view the climatic conditions of the state, Jammu Schools used to be closed for summer vacations from June to end of July. Schools in Kashmir and Ladakh regions used to be closed for winter vacations from middle of December to end of February. Therefore the tests were conducted accordingly.

In order to find out the motor ability performance and physical fitness level of ninth and tenth class boys and girls studying in schools having adequate and inadequate facilities,
Barrow Motor Ability, Morrison Motor Ability and AAHPER Fitness Tests for both the sexes were conducted to get the single score for all the test batteries. Thus the scores obtained from all the test items were then converted into standard score using 'Z' scale $\sqrt{X-M}$. The standard score was recorded statistically to find out the composite mean gains, 't' test was used to find out the significant difference between means of all the three test batteries.

**Conclusions**

Within the limitations of the present study, the following conclusions can be drawn.

As evident from the results of the study, among boys and girls studying in classes IX and X, availability of sports infrastructure in schools does not seem to influence their motor ability and physical fitness. This may be because of the fact that child by nature is active and even if sports infrastructure is not available in the schools children will use the open spaces provided by the municipality or other play fields to regularly participate in some kind of sports and exercise programmes which may enhance his motor ability and physical fitness.

**Recommendations**

In the light of the conclusions, the following recommendations are made:
1. As much as a good number of schools provide for inadequate sports facilities with the school programmes, the municipality and other similar agencies, may provide for open spaces and parks around housing colonies, so that children can pursue sports and physical activities of their choice.

2. The present study may be repeated with boys and girls studying in lower grades in the schools and also those pursuing in higher studies in the colleges.

3. The present study may be replicated and boys and girls may be compared in other selected variables namely physiological variables and psychological and physiological characteristics.

4. Similar study may be undertaken by comparing in boys and girls studying in schools with adequate and inadequate facilities, in their growth patterns.