CHAPTER V

SUMMARY, CONCLUSION AND RECOMMENDATION

1. Summary

At the beginning of the twentieth century, hardly a small percentage of the population was doing activity and exercise for the development of functional fitness. Global warming and pollution cause hypo kinetic diseases and diseases related to bones. If functional fitness is well maintained, then we can say good bye to various diseases.

Modern life has removed man from nature’s benign and rhythmic influence. The internal rhythms, the inherent clock-work-like nature of the nervous and endocrine systems, have become imbalanced through the effect of stress and tension, resulting in feeling of discomfort and lack of well-being and leading to diseases. This shows lack of concentrated harmony between parts.

Research has shown that being physically inactive increases the risk for disease, disability and even death. Most of the health problems are linked to being inactive. We want to live longer and even in old age we hope to maintain a high level of functional fitness.

The word ‘Yoga’ is derived from the Sanskrit root verb ‘Yuj’ meaning - to find, join, unite, control etc. It is allied to English word ‘Yoke’, the German ‘Joch’ and the Latin ‘Jungo’ (to join). Yoga thus literary means union and control. It signifies the union of man with God or an individual with the universal reality, or each with the universal reality. It means union of mortal with eternal that is indeed, the aim of Yoga. But yoga also means control, that is to say, appropriate self-discipline.
It is the mobilization of the inner resources of personality with a view to attain that self integration which leads to self realization and mystician calls immediate union with the infinite. In this sense, Yoga is the system, the programme of psycho-physical, moral and spiritual training by following which, one can fulfill the ultimate destiny of life. The word ‘Yoga’ thus implies both the goal of life and the path leading to that goal.

The basic issue of human suffering, including moral, religious, physical and psychological problems has been traced to one ultimate cause, to wit, self-estrangement, alienation from existence, loss of contact with being. Alienation from existence makes him outwardly oriented to the point of restlessness. He forgets that the cure of his crisis lies within himself, in the buried discrepancies of his own nature. Yoga calls attention to this crucial fact. It aims at that vital existential experience which re-unites man with the innermost centre of his on being. Yoga is disciplined action to achieve and attain final emancipation.

Yoga is a science of complete health and is more than physical. It is mental and spiritual as well. It may help population to become Satchitanand, where Sat means “existence” chit means “knowledge” and ananda means “bliss.” Thus, Yoga seems to be relevant for population. This investigation would bring real evidence of benefits of Yoga especially for teaching professionals.

Football is perhaps the most demanding of all sports. In the modern game (at any level) soccer, training and conditioning is essential. Few sports are played on as large a playing field, lasting as long and without regular rest periods. Players cover 8-12km during a match, consisting of 24% walking, 36% jogging, 20%coursing, 11% sprinting, 7% moving backwards and 2% moving whilst in possession of the ball.

Football (also known as association football or soccer) is a team sport played between two teams of 11 players each. It is widely considered to be the most popular sport in the world, a ball game. It is played on a rectangular grass field, or occasionally on artificial turf, with a goal at each end of the field. The object of the game is to score by manoeuvring the ball into the opposing goal. Only
the goalkeepers may use their hands or arms to propel the ball in general play. The team that scores the most goals by the end of the match wins. If the score is tied at the end of the game, either a draw is declared or the game goes into extended time.

Games revolving around the kicking of a ball have been played in many countries throughout history. According to FIFA, the "very earliest form of the game for which there is scientific evidence was an exercise of precisely this skilful technique dating back to the 2nd and 3rd centuries B.C. in China." In addition, the Roman games Harpastum may be a distant ancestor of football.

When we speak of health, we normally think of only the body. But the health of one’s mento-emotional, social along with spiritual aspects is important too. What we need is “Total” health. To achieve the above goal one should practice some sort of physical exercises, or yoga or any sports, of course it may vary from person to person depending upon one’s choice. Having spent few hours in the early morning doing yoga is the best prescription for a sound mind in a sound body. Thus, the scope of this piece of research is large.

The study of this status would further help in designing an exercise module which would easily not require much time, make it interesting, consume less time and thus would give the necessary result.

* Pranayam, Suryanamaskar, and yoga exercises would be an ideal exercise module that could be used to improve the level of functional fitness.

It was considered appropriate by the research scholar to investigate effectiveness of selected yogic exercises on functional fitness components like agility, flexibility, balance, and strength.

The present study aims to evaluate the impact of yogic exercise modules on motor fitness and playing skills of football players in Mumbai with the purpose to:
* To evaluate the playing ability of football players with respect to the daily activities with a set of yogic exercises.
* To design yogic exercise modules for improving motor fitness

* To measure motor fitness of football players with respect to flexibility, strength, and agility.

* To evaluate efficiency of the module on selected Motor fitness factors through a controlled experiment.

The delimitations for this study are as follows:

* The study will be delimited to only eight weeks of training in yogic Exercise Module.

* The research will be delimited to male football players aged between 14 to 16 years playing at least up to school level from Mumbai.

* The study will be delimited to the following motor fitness Variables which will be measured by the tests given below,

1. 50 Yards Dash test for speed.
2. Sit and reach test for flexibility.
3. 12 Minutes Run and Walk endurance.
4. 30 Meters run with the ball test for ball control.
5. Kicking Accuracy test for kicking skill.

* The study is delimited to selected yogic exercises.

Following are the limitations of this study:

* The researcher will have no control over food habits health and daily living style of the subjects involved in the study.

* The researcher will have no control on economic status of the subjects.
* There will be no control on psychological aspect of the subjects.

* The subjects’ knowledge of health literacy is another limitation of the study.

* The researcher will have no control on the daily schedule at home and also on their extra-curricular activities.

* The researcher will have no control over extraneous factors such as mental fatigue, weather condition and other external disturbances.

Two groups participated in this study. Group selection was done only after conducting one week pilot study. The design followed in this study was, parallel group design, classifying the subjects in to experimental and controlled groups. The criteria for selecting parallel group design was that after dividing subjects into control and experimental groups the average of their height and weight as well as some of their physical abilities should be similar.

The research scholar had selected motor fitness components which consists of speed, flexibility, endurance, with football skills like SAI Football Skill Test, 30 Meters Run with the Ball, Kicking Accuracy, Juggling. The scholar had selected the following variables which are the basic needs of the school children for their regular routine.

Therefore, the scholar wants to improve the fitness level of the subjects with the help of yogic asanas which is less expensive, less energetic, and also convenient for the school students with the use of less space and facilities.

1. 50 Yards Dash test for speed.
2. Sit and reach test for flexibility.
3. 12 Minutes Run and Walk endurance.
4. 30 Meters run with the ball test for ball control.
5. Kicking Accuracy test for kicking skill.
In the present study, a set of selected asanas formed the independent variables. They are listed below:

1. Tad-asana
2. Trokona-asana
3. Padma-asana
4. Vira-asana
5. Paschimottan-asana
6. Sarvanga-asana
7. Hala-asana
8. Bhujanga-asana
9. Dhanur-asana
10. Shava-asana

On the basis of the previous researches and with reference to the advantages and disadvantages of various Yogic exercises for the students of age group up to 14 years it was advisable to select the above set of yogic exercises for the study.

2. Conclusions:

1. Due to regular football practice the control group has shown the significant improvement at pre and post tests.

2. Due to regular yogic exercise the experimental group has shown the significant improvement at pre and post tests.

3. For control and experimental groups at pre and post tests only 12 Mins. run and walk has shown the significant improvement at pre test whereas other variable like 50 yards dash test, sit and reach test, 30 M. run with ball test, kicking test and juggling test did not show significant improvement.

4. For control and experimental groups at post test only 50 yards dash and juggling test has shown a significant improvement whereas other variables
like sit and reach test, 12 Mins. Run and walk test, 30 M run with ball test and kicking test did not showed the significant improvement.

5. Selected yogic exercises were useful to improve speed measured by 50 yards dash and juggling skill. To find the significance of other variables similar experiment can be conducted with change in set of yogic exercises. Also by increasing the duration of training other variable can be tested and analyzed for their significant, which is possible in further research.

3. Recommendations

It is recommended from the results obtained from the analysis that some selected Yogic Exercises can be planned and scheduled for the improvement of football skills. Similarly other fitness components can be improved with selected Yogic exercises which have direct relation with the performance of football game.

As everyone knows the efficacy of yogic exercises hence it is advised to have some meditations and concentration exercises based on the principles of yogic exercises which may useful for the Goalkeeper especially at the time of direct hit or penalty shoots. As it was just an experiment to find out the efficacy of Yogic exercises on the fitness and football skills of football players, there are great scopes for other researchers also to undergo studies with different fitness components as well as football skills.

Overall study showed some positive as well as negative results which were already mentioned in limitations and delimitations of the study. Hence it is suggested to accept the positive result and go for other research.