SUMMARY CONCLUSION AND RECOMMENDATIONS

5.1 Summary

Volleyball is a popular game worldwide and ranks third as a recreational team sport. It is one of the few popular games that originated from the United States. The object of the game is to keep the ball in flight, going back and forth over the net without it touching the floor.

Volleyball, apart from the interest and excitement it steers up among players and spectators, offers opportunity for exercising the whole body. It involves five basic skills that must be mastered before competitive games could be played meaningfully. These skills are, the serve, the reception or digging', the 'setup' or volley for a spike and the spiking. There is also the 'block'. These skills are not developed overnight but with training practice with the ball. The players also need proper physical, physiological and psychological qualities like flexibility, cardio respiratory endurance, self confidence, sports achievement motivation and so on.

Yoga is noted for increasing flexibility. It also improves circulation and structural alignment; heightens mental acuity; elevates mood; improves respiration, digestion and elimination. Yoga is also known for improving memory and intelligence, alleviating pain, improving motor skills, relieving addictions, heightening visual and auditory perceptions, enhancing metabolic function, and increasing longevity.

Yoga has its origins in Indian culture and in its original form consisted of a complex system of spiritual, moral and physical practices aimed at attaining ‘self-awareness’. Hatha yoga, the system on which much of Western yoga is based has 3 basic components, asanas (postures), pranayama (breathing exercises) and dhyana (meditation). The postures involve standing, bending, twisting and
balancing the body and consequently improve flexibility and strength. The controlled breathing helps to focus the mind and achieve relaxation while meditation aims to calm the mind. Although yoga has its origins in Indian religion, it can be practiced secularly and has been used clinically as a therapeutic intervention. Several explanations based on Western physiology have been proposed to account for potential effects of yoga in the treatment of various conditions. These can be summarized as modulation of autonomic nervous tone and consequent reduction in sympathetic tone, activation of antagonistic neuromuscular systems, which may increase the relaxation response in the neuromuscular system, and stimulation of the limbic system primarily by meditation.

There are many types of training are there to improve physical, physiological, hematological and psychological qualities of a volleyballers. Hence the study aimed to learn the effectiveness of yogic practices and its associated physical, physiological, hematological and psychological qualities which volleyballers must need it badly.

The present study is significant on the following aspects. The results of the study help the women volleyballers to improve their physical, physiological, hematological and psychological qualities and perform better. The study provides a suitable training schedule for the effective performance. The findings provide a great sense of understanding of yogic practices in formulating training camps and fitness programmes.

For testing the hypotheses forty women volleyball players who had participated in the intercollegiate volleyball tournament aged between 18 and 23 years were selected randomly as subjects. They were divided into two equal groups of which one is the Yogic exercise group (experimental group) and the other is the control group. Over a period of 12 weeks, subjects in both groups continued their normal exercise programme. Subjects in the yoga group added
regular 40 minutes of yoga training. The criterion measures were tested before and after 12 weeks of experimental period, the initial and final scores of the two groups were obtained. Based on the relevant literature, and in accordance with the views of professional physical education personalities, the importance of variables at the high level performance, availability of equipment, feasibility aspect of measurement, the following variables were selected for this study; The dependent Physical and Physiological variables which included flexibility, cardio respiratory endurance, heart rate, systolic blood pressure and diastolic blood pressure; Hematological variables like blood cholesterol, high density lipoproteins and low density lipoproteins, and Psychological variables that included Competitive trait anxiety, Competitive state anxiety (cognitive anxiety, somatic anxiety and self confidence) and Sports achievement motivation. Performance related variables studied were Volley pass and Serving in Volleyball. The independent variable used in this study is yogic practice.

To study the outcome between the yogic practices group and control group and to find out the significant mean differences the analysis of covariance statistical technique was employed.

5.2 Findings

1. The yogic practices group improved better in flexibility.

2. The yogic practices group has better beneficial effect on heart rate and systolic blood pressure.

3. The influence of yogic practices is better in all psychological responses such as competitive trait anxiety, competitive state anxiety (cognitive anxiety, somatic anxiety, and self confidence) and sports achievement motivation.
4. The yogic practices group has better responses in volleyball passing and volleyball serving scores.

5. The offensive players group has better psychological responses such as competitive trait anxiety, Competitive state anxiety (cognitive anxiety, somatic anxiety and self confidence) and sports achievement motivation.

6. There was no significant difference in all the other variables of the yogic practices group scores between offensive players (spikers) and defensive players (setters and liberos) group.

5.3 Conclusions

Within the limitations, the results of present study seem to permit the following conclusion on college level women volleyballers:

The training effects of yogic practices evidenced significant influence over the physical, physiological, hematological, psychological and performance related variables of women volleyballers. Particularly by positively increasing flexibility, cardio respiratory endurance, high density lipoproteins, self confidence, sports achievement motivation, volley pass and serving scores. In addition to this, heart rate, systolic blood pressure, diastolic blood pressure, blood cholesterol, low density lipoproteins, competitive trait anxiety, competitive state anxiety (cognitive anxiety and somatic anxiety) levels were decreased.

5.4 Recommendations

1. The present study is carried out with sample drawn from college level women volleyball players only. Players of different games, levels, and gender may be used for the future study.
2. Only limited physical, physiological, hematological, psychological and performance related variables are used in this study. So the study may be extended to analyse the player’s strength, agility, explosive power, stress and mental fitness.

3. Yoga is said to be a way of life. To enumerate all the benefits of yogic practices the period of study may be extended.

4. Caution should be exercised in the promotion of yogic practices as a main programme of physical education in the colleges, as yogic practices require negligible facility; there is a tendency to promote yogic practices to the comparative neglect of other developmental programme to develop the physical, physiological and psychological parameters.