CHAPTER V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.1 SUMMARY OF THE STUDY:

The game of Kabaddi has got its historical background. Its origin can be traced to the period of Mahabharatha where Abhimanyu was forced to fight against seven members of Kaurava Camp inside the boundary of the enemy line of defence. Further, it becomes clear that, this game was played in different ways in different parts of India. It was known as Hu Tu Tu in Western India and Ha Du Du in Eastern India, Chadugudu in South India and Kaunbada in North India. A few forms of this game were also played in Bangladesh and Thailand on festive occasions. This game mainly revolves round a group of players trying to pin down the raider and the raider escaping from the clutches through defence.

Forty eight inter-university Kabaddi male players were selected as subjects for this study. The subjects were selected from Kurukshetra University, Kurukshetra, Haryana; Chaudhary Charan Singh (CCS) University, Meerut, Uttar Pradesh; Maharshi Dayanand University, Rohtak, Haryana; and Periyar University, Salem, Tamilnadu who had league entered teams namely Winners, Runners, III Place and IV Place. Twelve players each from the team who had played in the All India Inter-university Competition during the year 2008-09 organized by Swami Ramanand Teerth Marathwada University, Nanded from 23rd to 27th January 2009. The age level of the subjects ranged
from 18 to 25 years. All the subjects belonged to different socio-economic conditions.

The research scholar had gone through the scientific literature pertaining to the analysis of anthropometric measurements, motor fitness, physiological and psychological variables from different sources and also consulted the experts in these areas. Along with the said literature and expert opinion, the administrative feasibility in terms of availability of instruments and expertise for measuring and recording of data was also given due consideration while selecting anthropometric measurements, motor performance, physiological and psychological variables. Anthropometric Variables namely Standing Height, body weight, Chest girth, Upper arm girth, Thigh girth, Outer leg length, Body Fat Percentage, Motor Fitness variables namely Speed (50 M. dash or Run); Agility (4 x 10m. Shuttle run); Movement Time (Circle Run); Strength (Pull ups); Leg Power (Standing Broad Jump); Flexibility (Sit and Reach Test); Physiological variables namely Vital capacity (Wet Spirometry test); Expiratory Flow (Peak Flow meter) and Pulse rate (Resting pulse rate) and Psychological variables namely Sports Competition Anxiety and Sports Achievement Motivation were selected.

Before the administration of tests the research scholar personally met the Kabaddi players after the tournament and they were advised to assemble at room for conducting the tests. The research scholar briefly explained the test items. There was no ambiguity regarding tests. All the subjects cooperated voluntarily. The test was conducted before competition for four days in each place only in the evening session before competition. The relevant data regarding anthropometric measurements and motor fitness
components of kabaddi inter-university players were collected personally and with the help of experts and special trained physical education teachers. For the Sports Competition Anxiety the researcher administered the questionnaire before competition.

The tests for anthropometry, motor performance, physiological and psychological variables were conducted at the classrooms, college grounds, stadia, wherever adequate facilities to conduct the tests were found. Before the conduct of every test, the subjects were assembled at the testing venue and the purpose of the test was explained to them. The investigator took the help of research scholar fellow for conducting the test. Demonstration of all the tests was given before the subjects and all sorts of efforts were made by the research scholar to ensure accuracy and uniformity in the administration of the test. A short warm-up period of eight to ten minutes duration was given to the subjects before the conduct of the every motor fitness test. All the tests were conducted on each subject.

To compare the data of the selected Anthropometric measurements, Motor fitness, physiological and Psychological variables among Kabaddi Inter-university players, One-way Analysis of Variance (ANOVA) was applied, followed by Scheffe's Post-hoc comparison to determine the significance of differences between paired means. The level of significance chosen was at 0.05.
5.2 CONCLUSION:

On the basis of analysis, interpretation and discussion, the following findings have been and conclusions arrived at:

1. There was a significant difference in the Chest girth among inter-university kabaddi players of league entered teams. The Kurukshetra university kabaddi players had the highest chest girth followed by Chaudhary Charan Singh University, Maharshi Dayanand University and Periyar University players.

2. There was a significant difference in the Thigh Girth among inter-university kabaddi players of league entered teams. The Periyar University kabaddi players had the highest thigh girth followed by Kurukshetra University, Chaudhary Charan Singh University and Maharshi Dayanand University players.

3. There was a significant difference in the Outer leg length among inter-university kabaddi players of league entered teams. The Kurukshetra University kabaddi players had the highest outer leg length followed by Chaudhary Charan Singh University, Maharshi Dayanand University and Periyar university players.

4. There was no significant difference in the standing height, weight, body fat percentage and upper arm girth among inter-university kabaddi players of league entered teams.

5. There was a significant difference in the Agility among inter-university kabaddi players of league entered teams. The Kurukshetra University kabaddi players had the highest agility.
followed by Chaudhary Charan Singh University, Maharshi Dayanand University and Periyar university players.

6. There was a significant difference in the Leg power among inter-university kabaddi players of league entered teams. The Kurukshetra University kabaddi players had the highest leg power followed by Maharshi Dayanand University, Periyar university and Chaudhary Charan Singh University players.

7. There was no significant difference in the speed, movement time, strength and flexibility among inter-university kabaddi players of league entered teams.

8. There was no significant difference in the vital capacity, expiratory flow and pulse rate among inter-university kabaddi players of league entered teams.

9. There was a significant difference in the Sports Competitive Anxiety among inter-university kabaddi players of league entered teams. The Kurukshetra University kabaddi players had the less Competitive anxiety followed by Chaudhary Charan Singh, Maharshi Dayanand and Periyar University players.

10. There was a significant difference in the Sports Achievement Motivation among inter-university kabaddi players of league entered teams. The Kurukshetra University kabaddi players had the highest Sports Achievement Motivation followed by Maharshi Dayanand University, Chaudhary Charan Singh University and Periyar university players.
5.3 RECOMMENDATIONS:

On the basis of the findings and conclusions of the study the following recommendations are made:

1. Overall structural outlook vary in comparison to their peer group. This is evident in terms of anthropometric measurements, motor fitness, physiological and psychological variables. Because of the variability in structural, motor fitness, physiological and psychological variables among the selected four team game players it is important to assess the individual's level of function and provide an adequate and appropriate programme based on individual needs.

2. Adequate care has to be taken while selecting and training the players for various motor performances such as speed, strength, power as it has got huge contribution to the performance structure of the kabaddi game selected for this study.

3. Selection of players with bigger size upper body and strong lower extremity are to be preferred for the Kabaddi game.

4. Adequate care to be executed while selecting the sports persons and training for the kabaddi game.

5. Adequate care needs to taken to improve the leg strength of kabaddi players as it has been found to be inferior in comparison with the other group players.

6. Endurance level of III and IV place and runners is quite inferior though the game demands much higher ability in comparison with Winner.
kabaddi players. Hence, it is recommended to pay attention on the improvement of endurance among the kabaddi players

7. The Kabaddi players lack in sports achievement motivation status. Hence, it is recommended to pay attention on these players to help them enhance the status to improve in their game performance.

8. To develop the sports persons with necessary potentialities, regular coaching programmes to be introduced in all the university level.

9. Adequate care to be taken to improve the leg strength of kabaddi players, it was found to be inferior in comparison with the other team players.

10. Similar study may be carried out to compare the players of different games.

11. Similar study may be conducted on female kabaddi players.

12. Similar studies may be conducted on different games of university players.

13. In view of its historical and national status, the game of Kabaddi should be christened as a heritage game of India.

14. The government and the private sectors should offer more job opportunities for outstanding kabaddi players.

15. It is recommended that special efforts should be made to make Kabaddi more popular.