Chapter 5

Conclusion, Recommendation and Suggestion

Researcher completed the critical study of Physical Fitness, Intelligence and Sports Achievement of the students undergoing the Kridakul Program of Jnana Prabodhini Pune. Considering data collection, its analysis, followed by discussions, researcher in this chapter presented following Conclusion, Recommendations and Suggestions.

Summary

In the first chapter, researcher presented background of the study. Sports and physical activity has been considered as an integral part of human life since its origin. There were different performance factors affecting the success of players in competitions. Major three performance factors affecting the success of players in the competition were Physical Fitness, Intelligence and Sports Achievement. Physical fitness is an inseparable part of sports performance and achievement. Sport is a field where intelligence is required to a greater level. Sports achievement means the achievement or medal / place winning in participated competition.

Information about talent hunt in sports was mentioned. Then National and International scenario of sports training program was presented. Kridakul Program of Jnana Prabodhini, Pune is a Nursery of India's Future Gold Medallists which was started in 1998 at Jnana Prabodhini Navnagar Vidyalaya, Nigdi, Pune. Detail information about this Kridakul Program was stated. The
Researcher selected following title for this study, “A Critical Study of Physical Fitness, Intelligence and Sports Achievement of the Students undergoing the Kridakul Program of Jnana Prabodhini Pune.”

In the second chapter, reviews related to physical fitness, intelligence and sports, longitudinal studies and sports school program were presented. Reviews of related literature motivated researcher to take study which includes sports school program, variables like physical fitness, intelligence, sports achievement and secondary school level children.

In the chapter of methodology, researcher stated the method and design of the study after going through the review of literature. It was a descriptive type of research. This study was a longitudinal study and also a Case Study form of design. For this study, an explanatory mixed method design suggested by McMillan was used. After stating population and sample, variables were described with its source of data. Data collection tools were also explained. Besides SAI fitness test and SPM intelligence test, researcher developed two tools namely - sports achievement evaluation sheet and questionnaire. Lastly, statistical tools and procedure of the study is stated. Fourth chapter deals with analysis and interpretation of the data.

**Findings**

Researcher listed his findings as following -

1. Physical fitness factors like height and weight suggests that average height and weight was lower than 85th percentile of normal population, which would not be sufficient for probable international players. Data about
flexibility, strength and endurance was on 75\textsuperscript{th} to 80\textsuperscript{th} percentile for normal population. Data of speed, agility and power was also near 70\textsuperscript{th} percentile for normal population mark. But with respect to international standards, these figures are not at par. One of the finding from these figures also revealed that students from standard 7\textsuperscript{th} to standard 9\textsuperscript{th} showed growth in all fitness abilities were spurt.

2. General intelligence revealed that 74.13 % students from Kridakul Program were of ‘Average’ intelligence and only 11% students were Superior category. It also revealed that all games from Kridakul Program except Kabaddi, more than 55% students were of ‘Average’ intelligence.

3. Researcher developed a criterion tool to evaluate Sports Achievement of students participated and/or won medals at district, zonal, state and national level from the Kridakul Program. This tool was satisfactory to evaluate the Sports Achievement of students.

4. Sports achievement average scores of standard 7\textsuperscript{th}, 8\textsuperscript{th} and 9\textsuperscript{th} are 23.51, 30.76 and 31.73; which means that average player had sports achievement of Zonal Level in Standard 7\textsuperscript{th}, 8\textsuperscript{th} and 9\textsuperscript{th}. Average figure of 43.4 revealed that average player achieved on state level for standard 10\textsuperscript{th}. Average of Athletics 18.97, Wrestling 16.98 and Kabaddi 7.5 means that average players from these events were had sports achievement on District level only. Average of Gymnastics 26.46, Mallakhamb 26.7 and Yogasanas 22.06 means that average players from these events had sports achievement on
Zonal level. Kho - Kho average 38.81 means that players from Kho - Kho game had sports achievement on State level. (Appendix 3)

5. For the triangulation purpose, researcher developed the Questionnaire tool. It was adequate to collect opinions from different stakeholders of the Kridakul Program.

6. Opinion about Aim and Objectives of Kridakul Program should be Nursery for International players and opinion about competitive success would not be ultimate.

7. Factors of entrance test were physical fitness test, psychological test and medical test; time table contents daily four hours of sports session; changes in yearly time table was appropriate; timing of game distribution was appropriate; fitness training program of two years was useful, method of skill training was scientific, player’s preparation before participation in the sports competition were appropriate; student’s sports achievement was according to their capacity; sports and academics was balanced in single time table; Kridakul program should organize sports competitions; Co-curricular activities affects sports performance; game allotment was appropriate.

8. Opinions about resources which included human and sports facilities were stated. Respondent disagrees about sports facilities and sufficient practice area. Availability of Coaches, Sports Psychologists and Vaidya according to the objectives of Kridakul program was sufficient, staff co-ordination was
present, training given by coaches were effective, due to low salaries coaches changes frequently.

9. Opinion about help from other sports sciences was as follows - Sports Psychologists and Vaidya gave encouragement to enhance performance in sports competition.

10. Opinion about relationship between physical fitness with sports achievement and relationship between intelligence with sports achievement was positive.

11. Opinion about the factor responsible for successful players in sports competition was physical fitness. Factors responsible for players not achieving international level were player’s selection and game selection.

12. All experts’ views about Aim and Objective of Sports School Training Program like Kridakul Program should be nurturing International Players and Creating Education System for Nurturing International Players.

13. All experts’ views regarding Entrance Tests were scientific, indigenous and inclusive of all sports sciences. Sports Training program should be scientific.

14. All experts’ views regarding facilities and infrastructure are that these should be at par and conducive to achieve aim and objective of the school. Evaluation should be based on sports achievement and performance related. Other sports sciences help in sports training should be there and it should be applied indigenously.

15. All experts’ views regarding essential factors of successful sports schools or in other words reasons of failure of such schools were stated as inadequate
finance, poor quality and inadequate facilities, selection of games and talented players, after high school education (10th standard) system of player’s practice and parent’s attitude.

**Conclusions**

Researcher confirmed conclusions which were listed as follows.

- Researcher after analyzing existing data of Physical Fitness of students from the Kridakul Program concluded that physical fitness was below 85 percentile for normal population mark. Thus Physical Fitness of students from Kridakul Program was not above average mark of norms. That is not sufficient for probable international players.

- Researcher after analyzing existing data of general Intelligence of students from the Kridakul Program concluded that 74.13 % students from Kridakul Program were of ‘Average’ intelligence.

- Researcher after analyzing existing data of Sports Achievement of students from the Kridakul Program concluded that Sports achievement average score of students from Kridakul Program was maximum at State level.

- Researcher concluded that the Kridakul Program achieved its objective with respect to Physical Fitness, but it was not sufficient; as the Aim were Nursery of International players.

- Researcher concluded that the Kridakul Program achieved its objective with respect to Sports Achievement, but it was not sufficient, as the Aim was Nursery of International players.
• Researcher found that, though statistically, there was significant correlation between Physical Fitness and Sports Achievement of student’s of Kridakul, researcher is not satisfied with their association.

• Researcher found that, though statistically, there was significant correlation between Intelligence and Sports Achievement of student’s of Kridakul, researcher is not satisfied with their association.

• Looking at the present condition and working systems in Kridakul Program, answer to the question ‘is Kridakul Program really a nursery for future medallists?’ is not affirmative. According to the opinion of experts, various reasons for not achieving the objective of Kridakul Program were wrong games selection, untalented player’s selection and physical fitness of students.

• The Kridakul program is going in the right direction but should follow some recommendations.

**Recommendations**

Researcher recommended some suggestions. Some were stated as below -

**For Kridakul Program Management**

1. Researcher recommended doing changes in entrance test and also recommended designing indigenous test for Kridakul and similar sports training program.

2. Researcher recommended real talent hunting procedure. It might be conducting National level sports talent hunt or starting sports activity camp for age group of 5 to 9 years.
3. Researcher recommended changing parents’ attitude and also their training.

4. Researcher recommended examines the urge of players.

5. Researcher recommended introducing International Individual games like Table tennis, Archery, Shooting, Badminton, and Tennis etc. Researcher also recommended selecting and concentrating only on two or three games in the nursery. (Sports school)

6. Researcher recommended starting or designing structure comprising after 10th standard sports school or college as well as starting program for primary standard. (1st to 4th std.)

7. Researcher recommended that management of Kridakul Program should do self evaluation periodically and adapt changes accordingly.

8. Researcher recommended selecting superior intelligent students.

**For Other Sports Schools**

9. Researcher recommended calculation of multiple correlations to decide association between physical fitness, intelligence and sports achievement variables.

10. Researcher recommended putting more focus on financial strengthening which includes starting glamorous games like cricket, lawn tennis; increase in fees; taking grants from various organizations and collect donations. Researcher recommended that sports facilities should be at par.
11. Researcher, after conducting this study only on boys’ populations, recommended that study should be done on Girls’ populations as findings from Physical Fitness and Sports Achievement might be different. Girls’ Physical development and sports competition level might be different.

12. Evaluation of sports school by Questionnaire tool should be standardized. Other tools for data collection should be designed.

For Government

13. Researcher recommended mass participation in normal school physical education program and sports training program. Also increase awareness about sports in the society.

For coaches

14. Researcher recommended Sports coaches should be expert and also impart them in service training.

Contribution to the Knowledge

Researcher was pleased to state below contribution made to the knowledge.

1. In the developing country like India, one of the challenges in the sport field is to nurture and develop talents players to International Medallist players. To accomplish this challenge, one probable answer would be Sports School. (Kridakul Program) As per Comprehensive Sports Policy 2007 stated by Indian Government, for achieving excellence in sports, sports nurseries, sports schools and academies should be formed. But before this
policy formed, Kridakul Program was already started in 1998 which was a private sector attempt.

2. For the developing country like India, future is in the hands of education sector. Physical education and sports will play important role in the education. So sports school will be in major role in building generations.

3. Fetching at the top of the Olympic medal tally, India should improve overall sports awareness in society. It will transform present India to healthy and strong India.
References


