CHAPTER – V
SUMMARY, CONCLUSION AND RECOMMENDATION

Research studies indicated that physical fitness of elderly people with growing age go down. It is noted that deterioration in aerobic fitness and increase in body fat with the result cardiovascular disease and lower back problems are very common. There conditions could be improved through better health awareness lowering cardiovascular disease risk factor and bringing about change in the diet and daily routine working habits.

Moreover vast country like India, It may not be feasible to evaluate health related fitness of elderly people live all over India, There fore it is wise to take up studies dividing country into smaller parts. Keeping in view this factor in mind the present researches took up the study pertaining to health related physical fitness status of the senior citizens of Chandigarh.

The primary purpose of the study was to provide the norms of health related fitness for elderly people of Chandigarh. It will also help in evaluating the present level of health related fitness of the elderly people. And the purpose was develop norm for future use.

To accomplish the purpose of the study the senior citizen of Chandigarh were randomly drawn as subjects. The age of this subject range from 65-69, 70-75, 76-80, they were regular in morning and evening walker. They were undergone medical examination and found fit to health related physical fitness test.

AAHPER (1987) health related physical fitness test battery was applied for the collection of date.
The battery included four items given below.

1. Card respiratory function i.e. 9 min run/walk
2. Body composition. Triceps & Subscapular
3. Flexibility of hamstring muscle and lower back muscle that is i.e. sit and reach.
4. Strength of lower back and abdominal muscle i.e. sit up.

The researcher personally visited the sukhna Lake, Rose Gardan, leasuer velly. Bogavilia Gardan and many more parks and gardens of Chandigarh to collect the data. The collected data was subjected to statistically treatment ‘F’ test was applied to compare fitness status of three groups i.e. 65-69, 70-75-76-89 years. ‘T’ test was also applied the compare the health related physical fitness status of the senior citizen of Chandigarh. To see the direction of results.

Four scales namely, ‘T’, Hull, sigma and percentile were also developed for future use.

CONCLUSION

On the basis of results obtained form statistical treatment of the data, the following conclusions have been drawn.

1. There has been a significant difference between one age group to other age group of senior citizen is all the health related physical fitness component except subscapular.

2. In 9 min walk test, the cardiresperatory function of 65 to 69 age group was superior than other age group i.e. to 75 and 76-80j year old.
3. In triceps skin fold test it has been observed that senior citizen of group one (age 65-60) possessed better fat contents measured than other two groups.

4. In subscapular skin fold test it has been found that there was no significant difference in any age group.

5. In sit and reach test, group one (65-69) significantly better flexible than other two groups i.e. (70-75), (76-80) year senior citizen.

6. In modified sit ups test group one (age 65-69) performed more sit ups than other groups.

7. Four scales namely ‘T’, hell, sigma and percentile were developed for each of the test variables to measure health related fitness of each age group for senior citizen of Chandigarh. Which can he used either by future researcher or to evaluate the fitness conditions.

**RECOMMENDATION**

1. Similar study may be taken up to evaluate the fitness of the senior citizens of the other states.

2. Similar study may be taken up for other age group also.

3. Similar study may be taken up for female senior citizens of Chandigarh and other states.

4. Similar study may be taken up for female and in age senior citizen of other states.

   The develop scale may applied time to time for the assessment of health related fitness conditions of Chandigarh senior citizen to bring about health and fitness awareness among them.