Chapter V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

Summary

The purpose of the present study was to determine the basketball playing ability from selected fundamental skills, physical, physiological, psychological and anthropometrical variables among university women basketball players. To achieve the purpose of the study, two hundred women university basketball players were selected randomly from various universities who participated in the South Zone Inter University Basketball Tournament. The age of the subjects ranged from 17 to 25 years. The following variables were selected for this study.

Performance Variables

Passing

Shooting

Dribbling

Playing Ability

Physical Variables

Speed

Grip Strength

Agility

Leg Explosive Power
Physiological Variables

- Resting Pulse Rate
- Breath Holding Time

Psychological Variables

- State Anxiety
- Self-confidence
- Achievement Motivation
- Aggression

Anthropometrical Variables

- Height
- Weight
- Arm Length
- Leg Length

The present study consists of one dependent variable, namely playing ability of basketball players, and seventeen independent variables. Collected data was subjected to statistical analysis as explained below. To determine the relationship between dependent variable and independent variable Pearson product moment correlation was used. The computation of multiple regressions was also used. In multiple regressions, a criterion variable was predicted from a set of predictors. Forward selection method of multiple regressions was used in this study to find out the predictor variable that has the highest correlation with the criterion variables and it is entered into the equation first. The rest variables are entered into the equation depending on the contribution of each predictor. In all the cases 0.05 level of significance was fixed to test the hypothesis.
Conclusions

From the analysis of the data, the following conclusions have been drawn.

There was a significant relationship between the Basketball playing ability and selected physical variables such as speed, grip strength, agility and explosive power.

There was a significant relationship between the Basketball playing ability and selected physiological variables such as resting heart rate and breath holding time.

There was a significant relationship between the Basketball playing ability and selected psychological variables such as anxiety, self-confidence, achievement motivation and aggression.

There was a significant relationship between the Basketball playing ability and selected anthropometrical variables such as height, weight, arm length and leg length.

There was a significant relationship between the Basketball playing ability and selected performance variables such as passing, shooting and dribbling.

The regression equation for the prediction of basketball playing ability for university women basketball players includes speed, explosive power, height, grip strength and shooting. As the multiple correlation of basketball playing ability with the combined effect of these independent variables is highly significant.
(R=0.76) it is apparent that the obtained regression equation has a high predictive validity statistically.

**Recommendations**

With the help of results derived from the present study, the following recommendations can be made.

1. The results of the present study can be very much useful for Physical educators, coaches and trainers for screening and selecting potential basketball players at intercollegiate/interuniversity level.

2. Further, the results of the study can help experts to frame different methods of training by emphasizing the development of factors which are significantly related to basketball performance at different levels.

3. It is recommended that the present study may be repeated by selecting subjects belonging to lower age groups.

4. It is recommended to carry out similar study with national/international basketball players.