Chapter V
Summary Conclusion & Recommendation
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SUMMARY CONCLUSION AND RECOMMENDATION

SUMMARY

The research scholar prepared a list of one hundred and eighty women i.e. 90 from rural & 90 from urban between the age of 40 -50 years who voluntary agreed to be subject for the study from Gwalior. In order to select subject from the rural area, the research scholar selected Naina Ghar, Ramaua, Sirole, and Girgaon villages. Out of these villages, the research scholar visited each house and took consent of ninety women who agreed to act as subjects for this study. In the same manner for selecting subjects from the urban area the research scholar visited city centre area of Gwalior and took consent of ninety women’s who also agreed to be subjects. The method used in selecting the subject was purposive sampling.

For the better result and convenience the researcher took health related physical fitness variables namely Cardio Respiratory Endurance which was measured by Coopers 12 minutes run/walk test, Abdominal Muscular Strength was measured by sit-up, Shoulder Muscular Strength was measured by bent arm hang and hamstring and back flexibility was measured by sit and reach test. Body composition i.e. biceps, triceps, sub scapula and supra iliac was measured by skin fold callipers. Researcher also took Risk factors of disease variables in which Blood pressure (Systolic and Diastolic) was measured by sphygmomanometer,
fasting blood glucose was measured by digital glucometer, Cholesterol percentage and Haemoglobin Percentage was measured by taking sample of blood followed by scientific laboratory method, Vital Capacity was measured by dry spirometer, Breath Holding time (Positive & Negative) was measured manually with the help of stop watch and Peak Flow capacity was measured by peak flow meter respectively.

Before administration of tests, a meeting of all selected subjects was called at the Department of Physical Education Jiwaji University Gwalior by the researcher for making them understand the objective of the study and their role as subject for participating in the testing procedures for collecting data. After explaining the need and objectives of the study, the testing schedules was prepared for all the subjects and were advised to report for testing at Mahadji Scindia Sports Complex as per programme.

Two practice sessions was devoted for the administration of the tests on selected health related fitness and risk factors of disease variables of different women. The risk factors of diseases variables were taken in the morning session and strength, hamstring and back flexibility and cardio respiratory endurance were obtained in the evening session. The research scholar took special care to administer the different tests in similar conditions for the group
In order to analysis of health related fitness and risk factors of diseases among rural and urban women of Madhya Pradesh t-test will be used for this study at 0.05% level of significance.

**CONCLUSIONS**

Within the limitations of the present study, the following conclusions may be drawn:

1. It may be concluded that the rural and urban women of M.P. in the age group of 40 to 50 years have same level of health related fitness

2. It may be also further be concluded that there are no major variations in risk factors of disease among the rural and urban women of M.P. between the age group of 40 to 50 years.

3. It may be concluded there are no differences in cardio respiratory functions between rural and urban women of M.P. between the age group of 40 to 50 years.

4. It may further be concluded that women of rural and urban area between age of 40 to 50 years do not difference from each other in shoulder and abdominal strength.

5. It may be concluded that there are no difference in flexibility of back and hamstring between the rural and urban women of 40 to 50 years of age.
6. It may also be concluded that women of rural and urban sitting do not difference from each other in single individual results of fat deposition as well as in total skin folds.

7. It may be concluded that rural and urban women of 40 to 50 years of age do not difference from each other in blood pressure, fasting blood glucose, cholesterol level and hemoglobin.

8. It may be also further be concluded that there are no major differences in lung functions i.e. vital capacity, expiratory force, breath holding time and peak flow ability among the rural and urban women of M.P. between the age group of 40 to 50 years.

**RECOMMENDATION**

1. It is recommended that the government of M.P. should prepare a common program of fitness for rural and urban women of 40 to 50 years of age.

2. It is also recommended that the health dept of government of M.P. should realize that there is no serious problem with regard to risk factors of disease among women of rural and urban area of M.P.

3. It is recommended to the society members in Gwalior that they have not to have fear related to major disease in the age group of 40 to 50 years among women of rural and urban of Gwalior.
4. It is recommended that a similar study be conducted on women suffering from heart disease and arthritis 40 to 50 years of age in Gwalior for finding out possible reason of these diseases.

5. It is recommended that similar study be conducted on females related to gender prejudices in sports in India.