

CHAPTER - V

FINDINGS, CONCLUSIONS, EDUCATIONAL
IMPLICATIONS AND SUGGESTIONS FOR
FURTHER STUDIES

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5.0.0 INTRODUCTION:

The value of research is mainly dependent on the degree to which it has been undertaken, its results are intelligibly analyzed and interpreted. A researcher, working in the field of research is supposed to summarize his findings in a lucid way so that anybody can see the whole process of his results at a glance.

In the present chapter is given the discussion of the results of the study. Based on the study, findings were made. Keeping in view the major findings, implications of the study were also looked into. The present Chapter is devoted to the findings based on analysis and interpretation on the data, conclusions, educations and some suggestions for further studies.

5.1.0 Main Findings and Conclusions:

The study revealed that there occurred no significant difference in the physical fitness and anthropometric measurements of women wrestlers and women non-wrestlers of different weight and height groups. The research further established that in some

weights and height groups, significant difference was found in the physical fitness and anthropometric measurements of Women wrestlers and women non-wrestlers. It shows that in many cases weight and height has affected the physical fitness and anthropometric measurements of women wrestlers and women Non-wrestlers. In the light of the interpretation of the results of the present research, the following main findings are given:

1. It is concluded that the women wrestlers with better total arm length have shown better performance as compared to women non-wrestlers in the weight groups i.e. up to 50 Kgs, 51-55 Kgs, and 56-60 Kgs whereas in the weight group of above 61 Kgs women non-wrestlers have shown better total arm length. It is further concluded that different groups of women wrestlers have different total arm length as compared to their weight range. The same is true to women non-wrestlers.
2. It is concluded that the trunk length of women wrestlers and women non-wrestlers of these weight groups i.e. up to 50 Kgs, 51-55 Kgs, 56-60 Kgs and above 61 Kgs has shown equal trunk length in all the weight groups. It is further concluded that women wrestlers and women non-wrestles do not differ in trunk length in all the weight groups.

3. It is concluded that the standing broad jump of women wrestlers and women non-wrestlers of these weight groups i.e. up to 50 Kgs, 51-55 Kgs, 56-60 Kgs and above 61 Kgs is equal in all the weight groups. The standing broad jump of women wrestlers and women non-wrestlers has not been affected by different weight groups.
4. It is concluded that push ups scores of women wrestlers and women non-wrestlers of the weight groups i.e. up to 50 Kgs, 51-55 Kgs, and above 61 Kgs has been affected by different weights. The women wrestlers have shown better performance in push up scores as compared to women non-wrestlers in the above weight groups.
5. (i) It is concluded that the scores of jumps and reach of women wrestlers and women non-wrestlers of these weight groups i.e. up to 50 Kgs, 51-55 Kgs, and above 61 Kgs has not been affected by their weights. The women wrestlers and women non-wrestlers have shown equal performance in jumps and reach scores.

(ii) It is further concluded that jumps and reach of women wrestlers and women non-wrestlers of the weight group of 56-60 Kgs has been affected by weight. The women non-

wrestlers have shown better scores in jumps and reach as compared to women wrestlers of this weight group.

6. It is concluded that the scores of sit ups of women wrestlers and women non-wrestlers of these weight groups i.e. up to 50 Kgs, 51-55 Kgs 56-60 Kgs and above 61 Kgs has been affected by their weights. The women non-wrestlers have shown better sit up scores as compared to women wrestlers.
7. (i) It is concluded that 30' shuttle run of women wrestlers and women non-wrestlers of these weight groups i.e. 56-60 Kgs and above 61 Kgs has not been affected by their weights. The women wrestlers and women non-wrestlers have shown equal performance of these weight groups.
(ii) It is further concluded that 30' shuttle run of women wrestlers and women non-wrestlers of the weight groups i.e. up to 50 Kgs and 56-60 Kgs has been affected by weights. The women non-wrestlers have shown better performance in 30' shuttle run as compares to women wrestlers of these weight groups.
8. (i) It is concluded that toe touch bend and twist of women wrestlers and women non-wrestlers of these weight groups i.e. up to 50 Kgs, 56-60 Kgs and above 61 Kgs has not been affected by their weights. The women wrestlers and women

non-wrestlers have shown equal performance in toe touch bend and twist for these weight groups.

(ii) It is further concluded that toe touch bend and twist of women wrestlers and women non-wrestlers of the weight group of 51-55 Kgs has been affected by weight. The women wrestlers have shown better performance in toe touch bend and twist as compared to women non-wrestlers of this weight group.

9. It is concluded that the grip test left hand of women wrestlers and women non-wrestlers of the weight groups i.e. up to 50 Kgs, 51-55 Kgs, 56-60 Kgs and above 61 Kgs has been affected by their weights. The women wrestlers have shown better performance in grip test left hand as compared to women non-wrestlers of these weight groups.
10. It is concluded that grip test right hand of women wrestlers and women non-wrestlers of the weight groups i.e. up to 50 Kgs, 51-55 Kgs, 56-60 Kgs and above 61Kgs has been affected by their weights. The women wrestlers have shown better performance in grip test right hand as compared to women non-wrestles of these weight groups.
11. (i) It is concluded that Body Density of women wrestlers and women non-wrestlers of these weight group i.e. above 61 Kg:

has not been affected by the weight. The women wrestlers and women non-wrestlers have shown equal performance in body density of this weight group.

(ii) It is further concluded that body Density of women wrestlers and women non-wrestlers of the weight groups i.e. up to 50 Kgs, 51-55 Kgs and above 61 Kgs has been affected by weights. The women non-wrestles have shown better performance in body density as compared to women wrestlers of these weight groups.

12. It is concluded that Harvard test of women wrestlers and women non-wrestlers of these weight groups i.e. up to 50 Kgs, 51-55 Kgs, 56-60 Kgs and above 61 Kgs has not been affected by their weights. The women wrestlers and women non-wrestlers of these weight groups have performed equally in Harvard Test.

13. (i) It is concluded that the total arms length of women wrestlers and women non-wrestlers of the height group of 161-170 Cms has not been affected by their heights. The women wrestlers and women non-wrestles have shown equal total arms length for this height group.

(ii) It is further concluded that the total arms length of women wrestlers and women non-wrestlers of the height groups i.e. up to 150 Cms, 151-160 Cms and above 171 Cms has been affected by their height groups. It is further concluded that better the total arm length, better the performance.

14. (i) It is concluded that the trunk length of women wrestlers and women non-wrestlers of these height groups i.e. up to 150 Cms, and above 171 Cms has not been affected by their heights. The women wrestlers and women non-wrestlers of these two groups have shown equal trunk length for these weight groups.

(ii) It is further concluded that the trunk length of women wrestlers and women non-wrestlers of the height groups of 151-160 and 161-170 Cms has been affected by their height groups. The women wrestlers have shown better trunk length as compared to women non-wrestlers of these groups. It is further concluded that better the trunk length, better the performance.

15. It is concluded that the standing broad jump of women wrestlers and women non-wrestlers of these height groups i.e. up to 150 Cms, 151-160 Cms, 161Cms and above 171 Cms has not been affected by their heights. The women wrestlers

and women non-wrestlers have shown equal scores in standing broad jump for these height groups.

16. It is concluded that the push ups of women wrestlers and women non-wrestlers of the height groups i.e. up to 150 Cms, 151-160 Cms, 161-170 Cms and above 171 Cms has been affected by their heights. The women wrestlers of these height groups have shown better performance in push ups as compared to women non-wrestlers of these height groups.
17. It is concluded that jumps and reach of women wrestlers and women non-wrestlers of the height groups i.e. up to 150 Cms, 151-160 Cms and above 171 Cms has been affected by their heights. The women wrestles of these height groups have shown better performance in jumps and reach as compared to women non-wrestlers of the same height groups.
18. (i) It is concluded that sit ups of women wrestlers and women non-wrestlers of the height group of above 171 Cms has not been affected by their heights. The women wrestlers and women non-wrestlers of this height group have performed equally in sit ups for this height group.
(ii) It is further concluded that sit ups of women wrestlers and women non-wrestlers of the height groups i.e. up to 150 Cms, 151-160 Cms, and 161-170 Cms has been affected by their

heights. The women non-wrestlers have shown better performance in sit ups as compared to women wrestlers of these height groups.

19. (i) It is concluded that the 30' shuttle run of women wrestlers and women non-wrestlers of these height groups i.e. up to 150 Cms, 161-170 Cms and above 171 Cms has not been affected by their heights. The women wrestlers and women non-wrestlers of these height groups have performed equally.
(ii) It is further concluded that 30' shuttle run of women wrestlers and women non-wrestlers of the height group of 151-160 Cms has been affected by their heights. The women non-wrestlers of this height group have shown better performance as compared to women wrestlers of the same height group.
20. It is concluded that toe touch bend and twist of women wrestlers and women non-wrestlers of these height groups i.e. up to 150 Cms, 151-160 Cms, 161-170 Cms and above 171 Cms has not been affected by their heights. The women wrestlers and women non-wrestlers of these groups have performed equally.
21. It is concluded that grip test left hand of women wrestlers and women non-wrestlers of these height groups i.e. up to 150

Cms, 151-160 Cms, 161Cms and above 171 Cms has been affected by their heights. The women wrestlers of these height groups have shown better performance as compared women non-wrestlers of the same height groups.

22. It is concluded that grip test right hand of women wrestlers and women non-wrestlers of the height groups i.e. up to 150 Cms, 151-160 Cms, 161-170 and above 171 Cms has been effected by their heights. The women wrestlers of these groups have shown better performance as compared to women non-wrestlers of the same height groups.
23. (i) It is concluded that body density of women wrestlers and women non-wrestlers of the height groups i.e. above 171 Cms has not been affected by their heights. The women wrestlers and women non-wrestlers of this group have performed equally.
(ii) It is further concluded that body density of women wrestlers and women non-wrestlers of these height groups i.e. up to 150 Cms, 151-160 Cms and 161-170 Cms has been affected by their heights. The women non-wrestlers have shown better performance as compared to women wrestlers.
24. It is concluded that Harvard Test of women wrestlers and women non-wrestlers of these height groups i.e. up to 150

Cms, 151-160 Cms, 161-170 Cms and above 171 Cms has not been affected by their heights. The women wrestles and women non-wrestles of these height groups have performed equally.

5.2.0 Educational Complications:

The present study has dealt with relationship of anthropometric measurements and physical fitness components of women wrestlers. A comparison was made with women non-wrestlers (Boxers) to find out the relationship of the anthropometric measurements and physical fitness among the wrestlers. The study has thrown adequate light on the various areas which are given as under:

In some weight groups women wrestles have shown better performance as compared to women non-wrestlers but in some weight groups non-wrestlers have shown better performance. If proper attention is given to the women wrestlers, they can achieve better performance in those weight groups in which they are lagging behind.

In most of the height groups women wrestlers have shown better performance as compared to women non-wrestlers. Care

should be to the physical fitness of the women wrestlers so that they are able to perform better.

5.3.0 Suggestions for further study:

On the basis of the results of the study obtained from the analysis of the data, the following recommendations are made:

1. A comparative study can be undertaken by taking women non-wrestlers of the other states.
2. A comparative study can be undertaken by taking other games also such as Soccer, Hockey, Kabaddi, Kho-kho etc.
3. A similar study can be undertaken between the men wrestlers and women wrestlers of the State.
4. A similar study can be undertaken between the national level men wrestlers and men non-wrestlers.
5. A similar study can be undertaken by conducting a training camp for physical fitness and anthropometric measurements.

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