SUMMARY, CONCLUSIONS
AND RECOMMENDATION
CHAPTER - V
SUMMARY, CONCLUSION AND RECOMMENDATION

In sports, psychological strength of players is one of the basic functional utilities to perform better under the competitive situations. Psychological skills to cope with the stressful situations can be developed by psycho-regulatory techniques, such as anxiety management training, stress management training, inner mental training, and progressive relaxation and yogic exercises and so on. Of the available psycho-regulatory techniques, the indigenous activity of yogic exercises is a very feasible one to develop psychological aspects of the player since it helps to develop both body and mind concurrently. Having the conceptual aspects, to study the effect of yogic exercises when combined with the traditional training on psychomotor and psycho-physiological aspects, the present study has been carried with the title “Effects of Traditional Training with Yogic Exercises and Traditional Training on Selected Psychomotor and Psycho-physiological Variables of Male Volleyball Players at State Level”.

To achieve the purpose of the present study, one hundred and twenty volleyball players have been tested on psychomotor and psycho-physiological variables using the standardized tools. It was considered as pre test score based on the performance of cognitive anxiety, players scored above 70 percent were screened as high anxious players with the total of 47 of them. The identified high anxious players were randomly assigned into two groups and they were named as Traditional training with Yogic exercises TTYEG and Traditional training TTG. And two day period traditional training. Each group was consisting of 20 players as subjects. The subjects of TTYEG were treated with selected yogic exercises along with their own TTG for three days a week for about twelve weeks. Likewise the subjects pertaining to TTG; they were trained with the traditional form
of physical and skill training period of twelve weeks. On the completion of twelve weeks of treatment, the subjects of TTYEG and TTG were tested on selected variables like eye-hand co-ordination, reaction time, and depth perception (psychomotor) cognitive anxiety, somatic anxiety and self confidence, heart rate, systolic blood pressure, and diastolic blood pressure (psycho-physiological) as such in the case of pre test. It was considered as post test score. The collected data before and after training program were treated with appropriate statistical techniques.

To test the individualized effect of both combinations of TTYEG and TTG on selected psychomotor and psycho-physiological variables Paired t-test was used. Further, to test the comparative effects of analysis the covariance was applied. In case of significant mean difference was observed on variables used in the study from the results of analysis of covariance, where the post-hoc test was not necessary since two groups only used. The obtained result was tested at 0.05 level of significance.

5.0. Findings

The findings observed on testing the individualized effects of TTYEG and TTG on psychomotor and psycho-physiological variables of male volleyball players are; In testing the effects of TTYEG on psychomotor and psycho-physiological variables significant mean difference was observed.

1. The mean difference between pre-test and post-test of TTYEG on psychomotor variables namely eye – hand co-ordination, reaction time and depth perception is statistically significant.

2. The mean difference between pre-test and post-test of TTYEG on psycho-physiological variables namely cognitive anxiety, somatic anxiety, self-confidence, heart-rate, systolic blood pressure and diastolic blood pressure is statistically significant.
3. The mean difference between pre-test and post-test of TTG on psychomotor variables namely eye - hand co-ordination, reaction time and depth perception is statistically not significant.

4. The mean difference between pre-test and post-test of TTG on psycho-physiological variables namely cognitive anxiety, somatic anxiety, self-confidence, heart-rate, systolic blood pressure and diastolic blood pressure is statistically not significant.

5. The mean difference observed on psychomotor variables namely eye – hand co-ordination, reaction time and depth perception prior to treatment (pre-test) between TTYEG and TTG is statistically not significant.

6. The mean difference observed on psycho-physiological variables namely cognitive anxiety, somatic anxiety, self-confidence, heart-rate, systolic blood pressure and diastolic blood pressure prior to treatment (pre-test) between TTYEG and TTG is statistically not significant.

7. The mean difference observed on psychomotor variables namely eye – hand co-ordination, reaction time and depth perception after completion of twelve week period of treatment (post-test) between TTYEG and TTG is statistically not significant.

8. The mean difference observed on psycho-physiological variables namely cognitive anxiety, somatic anxiety, self-confidence, heart-rate, systolic blood pressure and diastolic blood pressure completion of 12 weeks periods of treatment (post-test) between TTYEG and TTG is statistically not significant.

9. In testing the adjusted means, the mean difference observed on psychomotor variables namely eye – hand co-ordination, reaction
time and depth perception between TTYEG and TTG is statistically significant.

10. In testing the adjusted means, the mean difference observed on psycho-physiological variables namely cognitive anxiety, somatic anxiety, self-confidence, heart rate, systolic blood pressure and diastolic blood pressure between TTYEG and TTG is statistically significant.

5.1. Conclusion

From the results of the present study the following conclusion has been arrived at.

The results of individualized effects of combination of traditional training with yogic exercise and traditional training lead to conclude that the change made from base line to post treatment after twelve weeks on eye-hand co-ordination, reaction time, depth perception (psychomotor) cognitive anxiety, somatic anxiety, self-confidence, heart-rate, systolic blood pressure and diastolic blood pressure (psycho-physiological) used in the present study are significant only in the case of traditional training with yogic exercises whereas in the group of traditional training alone, the observed change from the base line to post treatment of after twelve weeks statically is not significant.

From the results of competitive effects on psychomotor and psycho-physiological variables, the obtained results favour to the combination of traditional training with yogic exercises group. By this, it is concluded that the value of traditional form of training for state level volleyball players enhances when added with yogic exercises.
5.2. Recommendations

From the results of the study, the following recommendations have been made.

1. Volleyball as a team sport, is partially influenced by psychological traits such as team co-operation, perception and mental toughness of players in a competitive situation. Hence it is recommended that the physical education teachers and coaches can implicate the yogic exercises as part of their regular training schedule to develop the factors such as psychomotor and psycho-physiological traits as they are needed for success.

2. As the players who have practiced yogic exercises with the traditional form of training perform positively on psychomotor and psycho-physiological aspects in the present study, the yogic exercises are recommended to the players pertaining to the sports in which these components decide the performance.

3. As for as psycho-physiological aspects are concerned, their influence is not only in the success of sports but also in the success of life. Hence based on the positive results obtained on psycho-physiological variables due to the application of yogic exercises, it is recommended to the players that they should continue the practice of yogic exercises even after retirement from professional sports to have healthy life.

4. The psychomotor and psycho-physiological aspects play a very crucial role in performing the co-ordinative abilities which decide the efficiency of physical activity. Hence to develop the co-ordinative abilities it is recommended that the yogic exercises can be included in the curriculum of physical education at school itself.

5. As social significance, yogic exercises can be implicated as a psycho-physical activity for individuals of at different age and of
both sexes to develop both body and mind concurrently. It results in establishing a healthy society.

5.3. Future Work

1. The present study concentrated on testing the impact of yogic exercises with the regular physical training on selected psychomotor and psycho-physiological variables of volleyball players. So in future the same study can be extended to the remaining psychomotor and psycho-physiological variables of volleyball players.

2. As gender influence exists significantly in psychological aspects of an individual, a study maybe conducted to test the level of adaptation on psychomotor and psycho-physiological aspects due to yogic exercises as part of the traditional training on both men and women.

3. In the present study, yogic exercise is used as a treatment to develop the psychomotor abilities and to regulate the psycho-physiological aspects. Normally psycho regulatory techniques are also available in regulating the same. Therefore in future, a comparative study can be conducted to locate feasible means to develop the psychomotor and psycho-physiological aspects.

4. The present study is concerned mainly with the players at state level. Since level of participation is also significant in players’ psychological aspects, the same study can be conducted at various levels of participation.

5. The same study can be conducted in sports like volleyball that are dominated by factors related to psychomotor and psycho-physiological.