Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

The purpose of this study was to compare the motor fitness components among different tribes of Rajasthan.

To achieve the purpose of the study Six Hundred (600) male students with age group 15 to 20 years belonging to different tribes of Rajasthan were randomly selected as subjects for the study. Six tribes of Rajasthan were randomly selected and each tribe consisted of one hundred (100) male subjects and all the subjects were instructed about the purpose of the study. Motor Fitness Components, namely muscular strength endurance, agility, explosive strength, speed and cardiovascular endurance was measured by using “AAHPER youth Fitness Test.

The Muscular strength endurance of shoulder and abdominal muscles was measured by pull-ups and sit-ups respectively, agility was measured by 10m X 4m shuttle run, explosive strength of legs was measured by standing broad jump, speed was measured by
50meter sprint and cardiovascular endurance was measured by 600 meter run/walk test.

In order to compare the means of six tribes of Rajasthan, first normality assumption of data was checked by Shapiro- Wilk test. The descriptive statistics (Mean, SD and Std. Error) and analysis of variance (ANOVA) as a statistical technique were employed and the level of significance was set at 0.05 level.

When the calculated ‘F’ value was found to be significant at 5% level, a post hoc comparison test was applied by using Tukey test and graphical presentation was also made for each criterion variable.

Test of normality was fulfilling in case of pull-ups for the bhil-meena, garasia & bhil tribes, in case of sit-ups for garasia & bhil tribes, in case of shuttle run for meena, bhil-meena, garasia, bhil, damor & sahariya tribes, in case of standing broad jump for meena, bhil-meena, garasia, bhil, damor & sahariya tribes, in case of 50 meter sprint for meena, bhil-meena, garasia, bhil & damor tribes and in the case of 600 mtr run/walk for meena and bhil-meena.

The descriptive statistics have revealed that shoulder & abdominal strength performance of damor tribe was found to be
highest followed by garasia and bhil respectively in pull ups and sit ups. The Meena tribes was found to be poorest in shoulder strength and leg strength among all the tribes. The sahariya tribes have been found to be superior in agility, explosive strength of legs and sprinting speed than other tribes. Whereas, bhil-meena’s and bhil tribe have been found to be poorest in agility, explosive strength of the legs and sprinting speed among all other tribes. The meena’s bhil’s and sahariya’s tribes have found to be superior in endurance performance than the damor, garasia and bhil-meena’s. The study also revealed that bhil-meena’s are poor performer in endurance events among all other tribes.

Conclusions

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

1. It may be concluded that there was significant difference in motor fitness components among all the tribes of Rajasthan.

2. It may be concluded that damor tribe students are superior in Shoulder strength and abdominal strength than the other tribes of Rajasthan.
3. It may further be concluded that sahariya tribes are much superior in sprinting speed, agility run and explosive strength of the legs than the other tribes of Rajasthan.

4. It may further be concluded that meena’s, bhil’s and sahariya tribes are significantly superior and much better in cardiovascular endurance ability than the other three tribes of Rajasthan.

5. It may be further concluded that bhil-meena’s are poorest performer in abdominal strength, agility run, sprinting speed, explosive strength of legs and in cardiovascular endurance.

6. It may be further concluded that meena’s tribes are poor in shoulder strength among all the tribes of Rajasthan.

7. It may be further concluded that garasia’s are second best in shoulder strength, speed followed by damor’s and sahariya respectively.

8. It may be further concluded that the bhil’s are second best in abdominal strength followed by damor’s and damor’s are second best in agility performance followed by sahariya’s.

9. It may be further concluded that meena’s are second best in explosive strength of the legs followed by sahariya’s tribe.
**Recommendations**

In view of the results of this study the following recommendations are made:

1. It is recommended that the Union ministry of tribal welfare of Govt. of India may launch a sports talent hunt scheme in Rajasthan for identifying the sportsmen in different games in sports on the basis of conclusions of the study.

2. It is further recommended that sahariya tribes students be selected for sports events which dominantly requires sprinting speed, agility and explosive strength of legs.

3. It is further recommended that meena’s and bhils tribes students be selected for training and performance in long distance events in athletics.

4. It is further recommended that damor tribes students be selected for training in events which predominantly requires shoulder strength and abdominal strength.

5. It is further recommended that a very comprehensive research study be designed by ministry of sports Govt. of India to identify fast twitch and slow twitch muscle fibres among the tribals of Rajasthan for finding out suitability of such tribes in sports.
6. It is further recommended that ministry of sports Govt. of India may start sports academies or sports training centers for such tribes in Rajasthan for peaking up their performance for national and international level.

7. It is further recommended that a social psychological factor analysis study be carried out on these tribes to understand social and psychological barriers not allowing such tribal students to take up sports in India.

8. It is recommended that a similar study may also be conducted on female youths of these tribes in Rajasthan.