CHAPTER - V
SUMMARY, CONCLUSIONS AND RECOMMENDATIONS
CHAPTER V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.1. SUMMARY

The purpose of the present study was to identify the constrains confronted by women towards sports participation.

For the purpose of the study altogether 1000 (One Thousand) women from various parts of Tamil Nadu working in different capacities were chosen as subjects for the survey. One hundred subjects from each category was chosen.

To facilitate this study the investigator followed the survey method based on Questionnaire for the collection of data.

The age of the subjects was between 10 to 50 years.

The research scholar, selected the following constrains which have been identified as most common constrains among the women participants. They are

1. Religious Constrain
2. Financial Constrain
3. Educational Constrains
4. Anatomical Constrains
5. Sports Facilities
6. Job Opportunities
7. Gynocological Differences
8. Other Reasons
Data were collected on the above said constrains using Questionnaire.

After the collection of data to analyse the constrains and controversies towards women participation in sports and games, chi-square test was employed as suggested by Harison Clark. Besides that the percentage in each category was also found out.

5.2. CONCLUSIONS

Within the limitations on the present study the following conclusions were drawn.

1. The Religious reasons did not affect the women participation towards the sports (0%).

2. The Financial constrains seriously affect the women participation in sports (16.2%).

3. The Educational reasons also seriously affected the women participation in sports (35.1%).

4. The Anatomy was not a constrain towards women participation in sports (0%).

5. Sports facilities seriously affect the women participation towards sports (3%).

6. Job opportunities was also found out as a constrain towards women participation in sports (38.3%).
7. Gynocological reasons did not affect the women participation towards sports (0%).

8. Coaches play a vital role towards the women participation in sports (7.3%).

5.3. RECOMMENDATIONS

On the basis of the results of the present study the following recommendations are made.

1. The results of the study may help to identify the constrains for the women participation towards the sports and to formulate an effective programme to rectify the constrains faced by women.

2. It was found out Finance, Education Facilities, Job Opportunities seriously affected the women participation towards sports. Due importance should be given to improve the basic needs.

3. It is recommended that these types of identification of sports constrains must be done on boys, girls, studying in schools, colleges, and so on.

4. Similar study may be conducted by using different variables like Psychological, Anthropometrical variables in the study.

5. Similar study may be conducted on hill tribes, nomads and fisherman.

6. The comparative study may be conducted between women participant in India, and in other Asian Countries.

7. Similar type of study may be conducted on men from different states and different age groups.