CHAPTER - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS
CHAPTER- V

SUMMARY CONCLUSIONS AND RECOMMENDATIONS

This investigation compared selected anthropometric, physiological and psychological variables of college, zonal University and all India university level kabaddi players. It also examined and compared the all round, offence and defense, kabaddi players of college, zonal university and all India University on selected independent variable. The independent variables were somatotype, body fat, proportionality of lower with upper extremity, aerobic capacity, anaerobic power, aggression, and self-confidence. The dependent variables are kabaddi players at various levels and kabaddi players of different ability type.

Descriptive statistics from this study indicate that the kabaddi players in this study are similar in somatotype to those in previous research (Khanna et al. 1996). Among the three components there is significant difference only in mesomorphic component in college, zonal University and all India University kabaddi players. In mesomorphic component the all India University and zonal University players are better and all India and zonal University players are similar in nature.

As all India and zonal university players are better performers in kabaddi when compared to college players, it may be concluded that elite players of kabaddi players exhibit strength in mesomorphic component. On endomorphic and ectomorphic component all levels of players are similar in nature. Also the all round, offence and defense kabaddi players did not differ significantly in all the three components of somatotype.

The percent body fats of kabaddi players are similar to those of the college age male (Fairburn, 1992) and a rating of good (Katch and McArdle, 1992). Percent body fat of college, zonal University and all India University players do not differ significantly. Like wise it also do not differ significantly among all round, offence and defense kabaddi players.
Results of this study show that the lower extremity of kabaddi players is longer than the upper extremity. As this is the first attempt to assess the body proportionality of kabaddi players, the author is unable to compare with other studies. Future data is needed to confirm these findings.

In anaerobic power all India University and zonal University kabaddi players are better than the college level players, whereas the all India and zonal university players do not differ in anaerobic power. This again like mesomorphic component indicate that better performance naturally occurs with better anaerobic power. The all round, offense and defense kabaddi players do not differ significantly in endomorphic. The finding of the study is supported by other studies (Khanna et al., 1996; Dey et al., 1993; Dasgupta et al., 1993 and Dey et al., 1982).

Kabaddi is an intermittent activity game where the main source of energy is anaerobic metabolism. In aerobic capacity the all India zonal university and college level players do not differ significantly. Similarly all round, defense and offense players are also do not differ significantly in aerobic power. From this it may be safely concluded that improvement in aerobic capacity may not improve kabaddi playing ability. Hence it is recommended to provide anaerobic type of training to improve kabaddi playing ability.

In aggression college level players score more when compared to all India and zonal university players. All India and zonal university players do not differ significantly in their aggressive behavior. Both all India and zonal level players exhibit more control in showing their aggression. This may be attributed to their match experience. As they are elite players, they are able to control their aggression. Being a body contact game with virtually no protective equipments the injury incidence in kabaddi is high. At college level the players are sub elite and some beginners are included in the competition. At the beginning level, they are not aware of injury and hence while playing they exhibit aggressive behavior. The findings are also supported by other studies (Huang et al., 1999; Valiant et al., 1981; Zillaman, 1974; Cox, 2002; Singer, 1975 and Patterson, 1974). All round, offense and defense players do not differ in aggression.
In self confidence all India university players are better when compared to zonal university and college level players. Zonal university and college level players do not differ in self confidence. It may be concluded that at elite level competitions confidence is the one of the important psychological component necessary for success. The finding of the study is supported by other studies also (Hemery, 1996; Jones, 1990; DeVienzio, 1997; Kauss, 1980 and Weinberg, 1988).

RECOMMENDATIONS

1. One of the important task of physical educators and coaches are identification of suitable player at an early stage with regard to kabaddi game while scouting for kabaddi players. It is advisable to select individual with endomorphic mesomorph (mesomorphy is dominant: and endomorphy is greater than ectomorphy).

2. While training kabaddi player for the improvement of physiological components more emphasis may be given to enhance the anaerobic metabolism as the main source of energy for kabaddi games is anaerobic source of energy.

3. It is apparent from the study that sub elite and beginners in kabaddi game exhibit more aggression when compared to elite players. Hence it is advisable to include techniques to control aggression in the training package. Also it is advisable to use some protective equipment as prescribed in boxing and other body contact games.

4. One of the important finding of the study is the self confidence level in elite players. Elite kabaddi players distinguish themselves in confidence measure when compared to sub elite and beginners. Hence it is advisable to include psychological training to enhance self confidence.
SUGGESTION FOR FURTHER RESEARCH

1. In the present study while comparing the various levels of players significant differences were observed in somatotype, anaerobic power, aggression and self confidence score. However when comparing the type of players for significance on independent variables no significant differences was observed. It may be due to the kabaddi playing ability test. In the present study subjective rating was employed to assess kabaddi playing ability, since no objective testing tool is available. Hence the present author suggests that a study may be undertaken for the construction of objective offense and defense skill test in kabaddi.

2. No study was so for undertaken to assess the proportionality profile of kabaddi players. Hence it is suggested by the present author in future to undertake a study to find out the body proportionality profile for all lengths, breaths, girths, skin fold thicknesses, for all areas and for mass or volume of the whole body or any part.

3. Kabaddi is a competitive game with virtually no protective equipments. Incidence of injury is high. Hence a study may be conducted to assess the incidence of injury to kabaddi players at various levels and preventive measures in terms of protective equipment, playing surface and modification of kabaddi rules to for the prevention of aggressive and dangerous play.