CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS
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5.1 Summary:

A new approach to disability took shape in the 1970s and would rightfully be called the human rights approach. The existence of disabled members are not uncommon in any society. The present age is for inclusive education for total development of a disabled child with a view to make him a contributive member in the society. The aim is to develop him physically, mentally, emotionally, socially and economically to the maximum possible extent with the avenues of various social activities and full co-operation from all sections in the society. The main spirit of Persons with Disability Act, 1995 envisages Equal Opportunities, Protection of Rights, Full Participation and recognition as an individual in the normal society.

The statement of the problem was a comparative study between hearing and visually impaired boys in relation to their health related physical fitness and selected psycho-social parameters.

The purpose of conducting the present study is as listed below:-

i) To find out the physical fitness and selected psycho–social variables of the hearing impaired, visually impaired and normal boys.

ii) To assess the physical fitness and selected psycho–social variables of the hearing impaired and visually impaired and normal boys.

ii) To find out relationship among the physical fitness and selected psycho–social variables of the hearing impaired and visually impaired and normal boys.

iv) To find out comparative study on the physical fitness and selected psycho–social variables of the hearing impaired and visually impaired and normal boys.

The present study is an attempt to find out the health related physical fitness, cardio-vascular endurance, personality, intelligence and social maturity between hearing impaired, visually impaired and normal boys.

In order to collect valid and reliable data regarding the needs and problems of hearing impaired, visually impaired and normal boys in West Bengal. Among the
20 districts the researcher identified five districts representing the Kolkata, North 24 parganas, Malda, Coochbehar and Alipurduar.

The total six hundred number of subjects were equally divided into three group, i.e. two hundred hearing impaired, two hundred visually impaired and two hundred normal school boys from various institution in West Bengal were randomly selected as subjects for the purpose of the study. The age of the subjects were ranging between ten to twelve years.

The AAHPER(1980) health related physical fitness test consisting of the following items were selected for a comparative study between hearing and visually impaired boys in relation to their health related physical fitness and selected psycho-social parameters.

i) Endurance - One mile run-walk.

ii) Muscular strength and endurance- Sit-ups.

iii) Flexibility - Sit and reach.

iv) Body composition - Sum of triceps skinfold and subscapular skinfold measurement.

Physical Efficiency Index (PEI) - The modified Harvard step test also selected for this study.

The psycho-social parameters consisting of the following items were selected for this study.

i) Personality - Children’s Personality Questionnaire(CPQ) in adopted by RB Porter , RB Cattell and IPAT Staff.

ii) Intelligence – The Culture Fair Intelligence Tests was made by Cattell and Cattell and the test in adopted by Kapoor, Rao and singh.

iii) Social Maturity – Rao’s Social Maturity Scale in adopted by Nalini Rao.

In this study, the investigator was in used the test method to collect the relevant data regarding the health related physical fitness and the modified Harvard
step test. The questionnaire method was employed to collect the relevant data regarding the personality, intelligence and social maturity.

In order to substantiate the researcher data collected from the stakeholders of the hearing impaired, visually impaired and normal boys from various special schools and general schools in west Bengal.

The ANOVA analysis of variance and t test were used as statistical measures to find out the significant difference between of the the status group hearing impaired, visually impaired and normal students in relation to their health related physical fitness test and selected psycho-social parameters, i.e. personality, intelligence and social maturity.

After analysing the results, discussion of findings and hypothesis of the study the following conclusions were drawn:

1) The study reveals that hearing impaired boys group are better than visually impaired boys group in one mile run-walk(Endurance), sit ups (Muscular strength and endurance), sit and reach(Flexibility), modified Harvard step test (Physical Efficiency Index) and Personality test. Normal boys group are better than that of hearing impaired and visually impaired boys groups in the above mentioned test items.

2) The result of the study shows that hearing impaired boys group are better than visually impaired boys group in triceps skin fold, subscapular skin fold measurement and percentage of body fat. Normal boys group are equal to hearing impaired boys group and better than visually impaired boys group in triceps skin fold, subscapular skin fold measurement and percentage of body fat.

3) The study reveals that visually impaired boys group are better than hearing impaired boys group in intelligence and social maturity test. Normal boys group are better than that of visually impaired and hearing impaired boys groups in intelligence and social maturity test.
5.2 Conclusions:

After analyzing the results, discussion of findings and hypothesis of the study the following conclusions were drawn:

1) The study reveals that hearing impaired boys group are better than visually impaired boys group in one mile run-walk(Endurance). Normal boys group are better than that of hearing impaired and visually impaired boys group in one mile run-walk(Endurance).

2) The study reveals that hearing impaired boys group are better than visually impaired boys group in sit ups (Muscular strength and endurance). Normal boys group are better than that of hearing impaired and visually impaired boys group in sit ups (Muscular strength and endurance).

3) The result of the study shows that hearing impaired boys group are better than visually impaired boys group in sit and reach(Flexibility). Normal boys group are better than that of hearing impaired and visually impaired boys group in sit and reach(Flexibility) test.

4) The result of the study shows that hearing impaired boys group are better than visually impaired boys group in triceps skinfold measurement. Normal boys group are equal to hearing impaired boys group and better than visually impaired boys group in triceps skin fold measurement.

5) The result of the study shows that hearing impaired boys group are better than visually impaired boys group in subscapular skinfold measurement. Normal boys group are equal to hearing impaired boys group and better than visually impaired boys group in subscapular skin fold measurement.

6) The result of the study shows that hearing impaired boys group are better than visually impaired boys group in percentage of body fat. Normal boys group are equal to hearing impaired boys group and better than visually impaired boys group in percentage of body fat.

7) The result of the study shows that hearing impaired boys group are better than visually impaired boys group in the modified Harvard step test (Physical Efficiency Index). Normal boys group are better than that of hearing impaired and
visually impaired boys group in the modified Harvard step test (Physical Efficiency Index).

8) The study reveals that hearing impaired boys group are better than visually impaired boys group in personality measure. Normal boys group are better than that of hearing impaired and visually impaired boys group in personality measure.

9) The study reveals that visually impaired boys group are better than hearing impaired boys group in intelligence test. Normal boys group are better than that of visually impaired and hearing impaired boys group in intelligence test.

10) The study reveals that visually impaired boys group are better than hearing impaired boys group in social maturity test. Normal boys group are better than that of visually impaired and hearing impaired boys group in social maturity test.

5.3 Recommendations:

On the basis of the obtained results and conclusions, the following recommendations are hereunder:

1) Conduct studies to determine which health related physical fitness measures should have the highest priority when accessing the effectiveness of health-oriented exercise training programmes for disabled.

2) Scientifically determine the most effective and efficient methods of evaluating pre-selected health-related physical fitness measures in representative samples of disabled population.

3) Determine the most effective strategies for encouraging disabled persons of all ages to engage in physical activity at the level necessary to achieve physical fitness.

4) Comparative studies for disabled may be conducted in evaluating the physical education programmes in other professional institutes in the country.

5) Similar studies for disabled may be conducted with the assessment of other parameters not used in this study.

6) Studies evaluating the benefits of physical training programme on health related physical fitness may be undertaken on subjects of older age disabled.
7) Health related physical fitness programme for disabled children must have element of recreation, informal organization and lesser regimentation.

8) It is recommended that adequately professionally prepared physical education teachers are to be placed in the special school system of this country to deliver quality assured physical education programme to the disabled children.

9) The norms prepared in the study may be used for grading the disabled and normal students in different items of health-related physical fitness, personality, intelligence and social maturity.

10) The results of the study may help in the selection of talents from different countries keeping in mind their performance on different test items.

11) The same type of study may be conducted by increasing the samples size.

12) The similar type of study may be conducted by giving intensive motivation, using latest tools, techniques and systematic management.

13) The same type of study may be conducted by comparing the disabled and normal community of people.