CHAPTER V

SUMMARY, CONCLUSION & RECOMMENDATIONS
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5.1 SUMMARY:

The analysis of data using one-way analysis of variance showed that there was significant difference between players and Non-players in regards to symptoms of dysmenorrhea. The percentage wise categorization of degree of pain showed that Non-players were mostly in mild category of pain. They showed that physical education and sports affects the state of Dysmenorrhea.

Based on results, obtained from the research, it is stated that the research hypothesis is accepted and the symptoms of dysmenorrhea and degree of pain as moderate and severe were found more in Non-players than players.

In the research entitled “Comparative study of female Players and Non-players of Central School of Maharashtra state in regards to symptoms of Dysmenorrhea”, 400 female subjects of 9th and 10th standards of Central School of Maharashtra State were taken based on availability of the players, as they were less than non-players were, 200 players and 230 Non-players were selected for the study. Questionnaires were distributed to the students and all the needed instructions regarding the test were given to the subjects.

A 45 min. class period was given to fill up the questionnaires. The raw score was then calculated and ANOVA was obtained from the raw scores.
5.2 CONCLUSION:

Results of statistical analysis proved that the moderate and severe category type of symptoms of Dysmenorrhea were found more in female non-player. Most of the non-players were in mild, moderate and few of them were in severe category of pain, reason for mild category of non-players may be their daily routine physical activity i.e. cycling, walking, and may be the factor of nutrition. Players were found most in mild category. Few of them were found in moderate category of pain, it may be due to lack of proper nutrition, or may be genetic factor.

Based on result of the research, it is concluded that, regular physical activity are beneficial to prevent from mild, moderate category of pain. As result showed that sport participation, regular physical exercises may prevent from severe type of pain and also sports participation increases tolerance. Research Scholar also point out that players use to participate during menstruation period.

Hence, Dysmenorrhea may be prevented by performing regular physical exercises.
RECOMMENDATIONS:

Recommendations are made for further investigations regarding Dysmenorrhea.

1. Comparison between unmarried females of Physical Education trainees with academic college females.
2. Game wise comparison regarding symptoms of Dysmenorrhea.
3. Preventive exercises effect can be seen on the dysmenorrhea.
5. Body fat and Dysmenorrhea.

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