CHAPTER – V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.1 SUMMARY OF THE STUDY

Regular participation in physical activity and higher levels of physical fitness has been linked to improve academic performance and brain functions, such as attention and memory. These brain functions are the foundation for learning. Long-term studies have demonstrated that increases in physical activity, resulting from greater time spent in physical education, were related to improved academic performance. Even single sessions of physical activity have been associated with better scores on academic tests, improved concentration, and more efficient transfers of information from short-to long-term memory. Children participating in physical activity are better able to stay focused and remain on task in the classroom, thus enhancing the learning experience (Active Education, 2015)

In contrast there are many educators and researchers who believe that Physical Education and physical activity positively impact the brain, learning and academic success. For example, three longitudinal studies (as cited in Shephard, 1997) in France, Australia, and Canada showed increased time in Physical Education was associated with physical benefits and either improvements or no change in academic performance.

Nutritional status, which encompasses malnutrition, has a profound influence on Educational progress. Previous literature suggests that nutrition is an endogenous factor that affects learning ability and skills before and after the child is in school (Pollit
Children who consume insufficient, excessive, or imbalanced quantities of nutrients are more likely to struggle in an academic setting.

Therefore the problem of malnutrition and under nutrition pose a serious threat to growth and development along with poor academic performance, adverse effect on gross motor activities, skilled motor activities, perception, cognition, memory span of attention, language development and inter social relationship, in turn the personality of the children.

It is hoped that adequate research exists that is readily available to schools and parents so that children have the opportunity to be as nutritional healthy as possible for optimal brain function, development of cognitive, positively social behaviors and energy to carry out school activities. Few studies have analyzed the rates and correlates of physical activity, nutritional status and academic achievement in economically and geographically diverse populations. The question remains concerning the Interrelationship of Motor Fitness, Nutritional Status, Academic Achievement and Sports Participation of High School Boys in Mysuru district. So the investigator attempts to research that addresses the relevance of Motor Fitness, Nutritional Status, Academic Achievement and Sports Participation of Urban and Rural High School Boys in Mysuru district.

The better understanding of Motor Fitness, Nutritional Status, Academic Achievement and Sports Participation of Urban and Rural High School Boys in Mysuru district may facilitate the development of more targeted sports activity interventions in Mysuru district which was the vital purpose of this study.

For the purpose of present study seven hundred eleven (N=711) high schools boys were selected in Mysuru district. The total subjects were randomly selected from
urban area schools and rural area schools of Mysuru district. From Urban area school three hundred seventeen (317) and from rural area school three hundred ninety four (394) students were selected for the study. Only sports participating high schools boys ranging at the age between 14-16 years were selected for the present study. The schools which are come under the Grama panchayath limitations were considered as rural schools and the schools which come under the Town Municipal and Mysore City Corporation were considered as urban schools. The high school boys of Mysore district who participated in any sports activities at the school level competitions were considered as sports participating high school boys. To assess the level of Motor Fitness only Indiana Motor Fitness test was used. Nutritional status was assessed by using National Centre for Health Statistics-Indian Academy of Pediatrics’ (NCHS-IAP) method. To assess Academic Achievement percentage of marks obtained in the previous exam was considered. The sports participation was confined to high school boys of Mysore district who participated in any sports activities at school level competitions, was another delimitation of the study.

5.2 CONCLUSION

The investigator conclude that there is a relationship between Nutritional status and Motor fitness in high school sports participant’s of urban and rural area. Nutritional status of urban sport participants do not have relationship with Motor fitness. There is no relationship between Nutritional status and Motor fitness in rural sport participants. There is a difference in Academic achievement of high school sports participants with different level of Motor fitness. There is a difference between high school sports participants in Academic achievement. It revealed that rural participants had higher Academic achievement. There is a difference in the Academic achievement of high
school sports participants with different grades of Nutritional status. There is an interaction effect between Nutritional status and high school sports participants, it is found that high school sports participants had least Academic achievement.

Motor Fitness, Nutritional Status and Academic Achievement of high school sports participant children were strongly interrelated and associated. Healthy eating is essential for students to achieve their full academic potential, mental growth, and lifelong health and well-being. When children are not receiving proper nutrition they are unable to reach their full potential. Our goal must be to teach all children the meaning and importance of participation in sports, so they are able to develop good motor fitness that will support a lifetime of maximizing their full potential.

Hence the investigator concludes that proper intervention and supplementation during childhood in sports participation, nutrition and education may improve motor fitness, nutritional status and academic achievement of the children. Although this area of study is in its infancy, these findings could provide insight aimed at improving Motor qualities, Nutritional status and cognitive function across the human lifespan.

5.3 RECOMMENDATIONS

Based on the result following recommendations were drawn

1. The results of this study suggest that accommodation of better dietary environment and nutrition education is recommended.

2. Results clearly indicate that the nutritional status had a significant influence on Motor fitness. Hence, there is need for supplementary program to improve the nutritional status of children which indirectly improves Motor fitness ratings.
3. It is interesting to note that rural sport participants do not have relationship between Nutritional status and Motor fitness. Hence, there is need to stimulate and promote their participation in sports activities. Besides encouragement from parents and teacher improves their participation in extracurricular activities.

4. Analysis found that there is a difference in Academic achievement of high school sports participants with different level of Motor fitness. Hence, there is a need for modification of school curriculum to uplift Motor fitness ratings and Nutritional status of children which in turn have positive impact on Academic achievement.

5. It is interesting to note that there is a difference in the Academic achievement of high school sports participants with different grades of Nutritional status. The teachers and coaches may insist on having nutrition food to improve the academic performance and to participation in sports activity.

5.4 SUGGESTIONS FOR FUTURE RESEARCH

1. Study on impact of nutritional status on growth factors, psychological factors and physiological factors.

2. Comparison of nutritional status, intelligence, socio economic status and participation in extracurricular activities between rural and urban children.

3. Evaluation of family welfare programs to enhance nutritional status and Academic achievement of school children.

4. Further studies are necessary to see whether the regularity of sports participation is directly related with Motor fitness, Academic performance, Health status etc.