CHAPTER - V
SUMMARY, CONCLUSIONS AND RECOMMENDATION
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5.1 SUMMARY

Menarche is a natural phenomenon and the most easily ascertained beginning of puberty in girls life. Generally girls just after crossing their childhood reach their puberty and menarche begins.

The age at which the menarche starts is defined as age at menarche or menarcheal age. At this stage there may be a change in physiological development. The onset of menarche plays an important role on sexual maturation of a girl’s life. So it influences in a greater way both body and mind of the girl. It may also affect the performances in Games and Sports. Apart from this an emotional change also occurs to her. So it is equally important to the parents and teachers who are dealing with the young girls to understand her physical, physiological and emotional disturbances during this period.

It is found in earlier studies that the age at menarche varies widely from population to population. It differs widely, even, within the same population and is influenced by many factors like climatic and geographical conditions, socio-economic status, nutritional condition etc. It has also been observed that earlier
matures have more weight or height; and are heavier and taller than late maturing girls.

This study is an endeavour to see whether there is any influence on menarcheal age for the participation in Games and Sports among school going girls in West Bengal. Of late, Bengalees, in a spite of their poverty, are coming to the forefront in sports arena and encouraging their offspring into the Games and Sports. Like other parents they also feel proud of their ward’s success in Games and Sports. This study is an all round effort to encourage their desire and feeling.

The purpose of this study is to compare the age at menarche between athlete and non-athlete schoolgirls of West Bengal in relation to their socio-economic status.

To achieve the purpose of this study 249 athletes and 348 non-athlete schoolgirls in different districts of West Bengal in the age group of 9 to 19 years were selected as subjects.

A set of questionnaire was designed to collect information concerning the date of birth, age at menarche, age at which they started regular participation, games they play, practice hour, level of participation, educational qualification of parents, monthly family income, family size, nutritional intake, irregular menstruation cycle and duration of period of menstruation cycle.
In statistical analysis of data the Mean, SD, Range, ‘t’ test, ANOVA and Chi-square test were used. The analysis of data reveals that the age at menarche between athlete and non-athlete schoolgirls in relation to socio-economic status differs significantly.

5.2 CONCLUSION

After going through the analysis of the data the following conclusions are being drawn:

i) Menarcheal age, height and weight significantly differ between Athlete and Non-athlete girls.

ii) The percentage of parent’s educational standard in the Non-athlete group is higher than that in the Athlete group.

iii) Monthly family and per capita income of the Non-athlete girls are more than that of the Athlete girls.

iv) Calorie and Protein consumption of Athlete and Non-athlete girls differ significantly.

v) Maximum percentage of parents of Athlete girls falls in the low-income group whereas Non-athletes belong to the higher income group.
vi) Economically poorer and weaker educationally qualified parents in West Bengal show their greater interest in sports and games.

vii) The irregular menstruation cycle (in days) differ significantly with different activity.

viii) There is no difference in duration of period of menstruation cycle in relation to Age and Activity.

ix) Different Age and Activity affect practice hour of Athlete girls.

x) The Menarcheal age of Athlete girls in relation to participation level differs significantly.

5.3 RECOMMENDATIONS

On the basis of this study, the following are recommended:

i) To get the clearer picture of menarcheal age among athlete girls of West Bengal a similar study may be undertaken on the subject engaged in other sports discipline.

ii) Further study may be undertaken with athlete girls of International and National level of performers of this state to get the effect of sports performance on menarcheal age.
iii) A comparative study may be undertaken on athlete girls of West Bengal in relation to other Indian States to find out the variation in the age of menarche among athlete girls.

iv) A study may also be undertaken to highlight the rural-urban differentials in region and state on the one hand and hilly plain area differentials on the other hand.

v) A similar study may be undertaken with the subject belonging to backward communities (scheduled caste, scheduled tribe etc.) to find out the effect of caste factor on the age at menarche.

vi) Further study may be undertaken to find out the effect of sub-cutaneous fat on the age at menarche.