CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

The purpose of the study was to characterize elite Indian Kabaddi players to standard human performance measures by their selected co-ordinative abilities. The another purpose of the study was to compare sub junior, junior and senior players of Kabaddi by their selected co-ordinative abilities.

The subjects for this study were selected from different universities and states of India who participated in intervarsity competitions, Sub Juniors National Championship and Junior National Championship in Kabaddi. A total of 120 subjects were selected, 40 from each levels i.e. sub juniors, juniors and seniors. For sub juniors, the age of the subjects was 14 years and below (last day of the year) and up to Index 220. For juniors, the age of the subjects was 18 years and below (last day of the year) and up to Index 250. For seniors the age of the subjects was above 18 years. Index formula used in the study was:
Index Point = Age of years + Height in centimeters + weight in Kg.

The subjects were tested on selected co-ordinative abilities i.e. Reaction ability, Orientation ability, Differentiation ability, Balance ability and Rhythm ability.

To characterize elite Indian Kabaddi players to their standard human performance measures by selected coordnative abilities, mean and standard deviation were used. To compare the selected co-ordinative abilities among sportsman belonging to three levels (Sub-Juniors, Juniors and Senior), one way analysis of variance (ANOVA) and post hoc (Least significant difference) test was used and the levels of significance was set at 0.05 levels.

The analysis of variance showed that there was significant difference between sub juniors, juniors and seniors in relation to Reaction ability, Orientation ability, Balance ability and Rhythmic ability as “F” Values were found to be significant (99.65, 9.60, 9.39 and 176.44) where these were required to be 3.92 at 0.05 level of confidence.
In relation to differentiation ability there was not any significant differences between sub juniors, juniors and seniors as ‘F’ value was not found to be significant (0.021), where this was required to be 3.92 at 0.05 level of confidence.

After applying the post-hoc (least significant difference) test it was observed that in relation to Reaction ability mean differences of sub juniors and juniors; sub juniors and seniors; juniors and seniors was found to be significant at 0.05 level of significance.

In relation to orientation ability mean differences of sub juniors and junior; sub juniors and seniors; juniors and seniors was found to be significant at 0.05 level of significance.

In relation to Balance ability mean differences of sub juniors and juniors; sub juniors and seniors; juniors and seniors was found to be significant at 0.05 level of significance.
In relation to Rhythmic ability mean differences of sub juniors and juniors; sub juniors and seniors; was found to be significant at 0.05 level of significance. Mean difference of juniors and seniors was found to be insignificant.
CONCLUSIONS

It was concluded that:

1. In relation to reaction ability significant difference was found between three age groups i.e. sub juniors, juniors and seniors.

2. In case of reaction ability, the sequence of performance between three groups was seniors > juniors > sub juniors.

3. In relation to orientation ability, significant differences was found between three age groups i.e. sub juniors, juniors and seniors.

4. In case of orientation ability, the sequence of performance between three groups was seniors > juniors > Sub Juniors.

5. In relation to differentiation ability, insignificant difference was found between three age groups i.e. sub juniors, juniors and seniors.

6. In case of balance ability significant difference was found between three age groups i.e. sub juniors, juniors and seniors.
7. In case of balance ability, the sequence of performance between three groups was seniors > juniors > sub juniors.

8. In relation to Rhythmic ability, significant difference was found between three age groups i.e. sub juniors, juniors and seniors.

9) In case of Rhythmic ability the sequence of performance between three groups was seniors > juniors > sub juniors.
RECOMMENDATIONS

In the light of conclusion drawn, the following recommendations are made:

1. The same study may be repeated by employing a larger sample of subjects.

2. The similar study may be conducted by selecting different variables.

3. The similar study may be conducted on female subjects.

4. Same Study may be repeated in other games and Sports.