SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

It is seen with scientific advancement and modern day accomplishment in terms of progress and prosperity, countries worldwide are growingly emphasizing attention to every section of population. In this context physically challenged children are also no exception. Rather, it is a increasing trend that this category of population are privileged with assurance and guaranteed rights through special legislation and government acts.

Specially adapted physical education programs are being constantly devised, designed, planned and experimented ultimately for welfare and benefits of this category of population. Though human endeavor in this aspect to develop best program are plenty and highly appreciable there is plenty of scope and challenges still exist to tackle and accomplish many goals.
This category of population being persons with varying degree of structural limitation and lesser ability itself makes programming adapted physical education schedule quite challenging.

There is increasing feedback from the field & professionals who are working with population that, though adapted programs are designed considering ability and function ability aspects of the physically challenged individuals, they quite frequently confront children lack of interest, complaints of physical stress, regimentation. And the very purpose of whole program is not accomplished as desired.

Keeping all this practical implementation scenario of adapted program research scholar had visualized and conceptualized this research study.

The very purpose of this study was to design a comprehensive adapted physical education program based on recreation. Incorporate elements of recreation as well as physical exercise such way that it fulfills physical development and requirement as per ability and also effectively counters children perception about program as regimentation, tough and not enjoyable etc.
For purpose of the study 50 Polio affected children of age group 9 to 14 years were selected as subjects. The entire subjects were students of Amar Jyoti School and Rehabilitation Center at Gwalior. The 9 parameters on which effect of recreation program was to be seen were Running Speed, Static Balance, Dynamic Balance, Hand and Feet Coordination, Eye-hand Coordination, Reaction ability, Flexibility, Grip Strength and Explosive Strength with this conception in mind this whole study was planned.

The subjects were group into two equal groups of 25 each as experimental and control. Initially a Pilot research project of 6 week duration was conducted to establish and ascertain feasibility of the study in terms of a) subject availability, b) Testing of parameters, c) economic cost of program planning and implementation, d) appropriateness of statistical test, e) availability of research literature to understand and interpret findings etc.

Based on findings of the pilot research project the comprehensive recreational based adapted program was derived. It was prepared to finest detail to every day schedule for 8 week of main study. It was comprehensive in a sense flexibility was also kept to change the load intensity and volume as per scholar assessment.
The program was blend of various minor game adapted such way that uniformly all the subject could participate and conducted such a way that elements of competition sense of achievement and enjoyment of varying degree is assured. The program was administered for 8 weeks on experimental group.

At the end of 8 week the subject of control as well as experimental group were tested on selected parameters.

The data were subjected to analysis of co-variance with .05 level of significance. This method of statistics was used as the grouping of the subjects to control and experimental was not possible on ability equation on nine parameters.

The statistical findings revealed significant F value for parameters i.e. Running Speed, Static Balance, Dynamic Balance, Hand and Feet Coordination, Eye-hand Coordination, Reaction ability, Flexibility, Grip Strength and Explosive Strength.

The findings of the study implied that the comprehensive recreation based program had significantly improved Running Speed, Static Balance, Dynamic Balance, Hand and Feet Coordination, Eye-hand Coordination,
Reaction ability, Flexibility, Grip Strength (left), Explosive Strength, Personality Trait and Self Concept among physically challenged children.

**Conclusions**

On the basis of the findings of the study, scholar's own understanding, available critical literatures available following conclusions were drawn:-

1. Comprehensive recreational activity-based adapted program significantly improves motor performance i.e., Running Speed, Static Balance, Dynamic Balance, Hand and Feet Coordination, Eye-hand Coordination, Reaction ability, Flexibility, Grip Strength and Explosive Strength.

2. The recreation-based adapted program significantly improves self concept and personality trait i.e., (Introvert and Extrovert).

3. Recreation based adapted program are highly effective in sustaining interest and ensuring active participation among polio affected children.
(4) The load parameters of adapted recreational physical education program such as intensity, duration etc., should be absolutely on the basis of abilities of polio affected children.

(5) The recreational program containing aerobic, minor games, modified outdoor activities are highly effective for physically challenged children.

(6) While administering adapted program based on recreation, content and practice or rehearsal should be such that elements of competitiveness, sense of achievement and amusement and overcoming of difficult etc., is ensured.

**Recommendations**

In the light of the conclusion drawn on the basis of findings of the study and the importance of findings for polio affected children who are at risk of performing physical movements, research scholar would like to offer following recommendations:-
(1) Adapted physical education program for physically challenged children must have element of recreation, informal organization and lesser regimentation.

(2) Adapted physical education program should be rich in content variety so that option and preference for activity is made sufficiently available.

(3) The eight weeks recreational program developed by investigator can be used to improve the motor performance, self concept and personality of polio affected children aged group of 9 to 14 years.

(4) It is recommended that adequately professionally prepared adapted physical education teachers are to be placed in the special school system of this country to deliver quality assured physical education to the physically challenged children.

(5) The eight weeks recreational program developed by the investigator can be used with a little more emphasis laid on exercises which promote grip strength and catching a toss ball performance of physically challenged children of age ranging from 9 to 14 years.
(6) It is recommended that a similar study may be conducted for different age groups, and both sexes.

(7) Similar study conducted on various types of physical and structural limitation population like blind, mentally retarded, deaf and dumb and various degrees of physical disabilities.

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