CHAPTER Y

SUMMARY, CONCLUSION AND RECOMMENDATIONS

This chapter includes a summary of the procedures used in this study, the conclusions and recommendations for application and further research.

Summary

The present study was undertaken to study the selected physiological characteristics of junior women basketball players with a view that it may help in a broader understanding of the physiological characteristics having a heavy loading on playing ability in basketball.

Subjects for the study were 46 junior women basketball players of the top four winning teams at the junior National Basketball Championship, 1994 held at Satara, Maharashtra. Physiological characteristics selected for the study were resting pulse rate, explosive power, grip strength, Cooper's 9 min run/walk test, body composition, height and weight.

These tests were administered at the Gymkhana Stadium, Satara, Maharashtra. Test administration and scoring were done according to the prepared instructions.
Playing ability in basketball was measured through judges' ratings. Three judges rated the playing ability of the subjects during the period the games were played.

Statistical analysis of data comprised of Pearson's between physiological characteristics and average of the three judges' ratings of playing ability. The null hypothesis of no real relationship between physiological characteristics and judges ratings of basketball playing ability was tested at 0.05 level of significance. The data was analyzed by step-down multiple regression programme. Rotated factor analysis.

**Conclusions**

Within the limits and limitations of the present study, the following conclusions were drawn:

1. The variables of height, weight, explosive power, grip strength, Cooper's 9 min run/walk and lean body weight measure basketball playing ability to a significant degree.

2. Cooper's 9 min run/walk test is more closely related with basketball playing ability as compared with any of the other nine items.

3. Cooper's 9 min run/walk test, body density and grip strength are the variables which more closely resemble playing ability in basketball.
4. The three factors, Body Dimensional/Metabolic factor, Body composition and Strength endurance are the three factors which have a higher loading on playing ability.

Recommendations

1. It is recommended that more studies be conducted on this area using a larger number of physiological variables. This may help to understand the underlying factors which affect playing ability.

2. A study may be conducted using National Junior level boys playing basketball.

3. It is recommended that the present study may be used as a guide line for selecting basketball players by Camp Administrators.

4. It may be used as a preliminary tool for assessing and scanning of basketball players of junior level by Physical Education Teachers.

5. Similar Studies may be conducted to compare the Indian Junior Level Basketball Women players with other International teams.