CHAPTER - VI

SUMMARY AND CONCLUSION
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Manipur State which is situated in the Northeastern corner of India as a hill girt between the longitude 23°50' N - 25°41' N and latitude 93°02' E - 97°47' E, has produced a number of sports talents who have brought laurels in the field of national and international competitions held in the recent past. This has been made possible because of their having skills and physical fitness.

2. In earlier days, the people of Manipur enjoyed optimum physical fitness. The people of the land were engaged in several indigenous physical activities such as Polo, Khong-Kangjei, Mukna (Manipuri Wrestling), Yubi-Lakpi (Manipuri Rugby), Kang Sanaba, Hiyang Tanaba, besides other health promoting activities. All these activities were aimed at promoting strength, endurance, agility, flexibility, etc., of the body.

3. However, there are other youths too, now-a-days, who are weak, sickly and not able to take up any hardship or, participate in the sports, games, exercises or any
other activities of physical education. We require to make them physically strong and fit to enable themselves to face the challenges of life. When the world is stepping soon into the 21st century, there shall be considerable demand of fitness from all sections of the people, and the level of happiness, effective living shall depend upon the fitness of the people to a great extent.

4. It has now become the responsibility of every State or Country to promote physical fitness of its citizens considering the fact that a fit person is an asset and a weak person is a liability to the State or the Nation. The New Education Policy (1986) lays down many good things for the promotion of health, physical fitness and welfare of the youths.

5. Physical fitness is the ability to carry out daily tasks with alertness and vigour, without undue fatigue. It also implies the ability of the individual to bear strenuous conditions where an unfit person would not. Physical fitness for a task depends on certain factors which may include psychological factor, physical equipment, physiological competence of the subject for the stress which the task demands.
6. Rogers (1955) and Station et. al. (1972), have opined that participation in regular exercises preferably sports and other physical education activities will help the person to develop attitude, knowledge, skills which are needed for keeping the fitness of the person at a higher level.

7. The different components of fitness such as strength, endurance, speed of movement, power and flexibility, coordination and balance, agility and kinesthetic control are required in a person to make him or her physically fit. These components can be achieved through regular exercises under congenial environmental conditions. Exercise, on the other hand, is the primary objective of physical education. Therefore, the activities of physical education persist through exercise. In other words, exercise induces physical fitness or, rather physical education influences the fitness of persons irrespective of young or old.

8. In view of the above considerations, the present investigation has been carried out with an aim to -
i) Bring improvement in different components of physical fitness of 250 boys of the age group, 14-16, reading in class - VII in seven different High Schools of Manipur by training them in twelve sorts of exercises for six months duration; and

ii) Examine the physical achievements of them by exposing them to four selected sports items, namely 100 metres race, long jump, shot put, and carrying a weight equal to one's own weight. Precisely, this forms the main theme of the investigation into the influence of physical education on the physical fitness of boys.

9. The Physical Fitness Test introduced by the Government of India (NPET, 1960) for the National Physical Efficiency Test was adopted in the present study as this Test is standardised and is widely used in Indian conditions.

10. Physical fitness index of each subject was obtained by administering NPET (1960). The score of the physical fitness was the composite of the four sports items tested.
11. The performance of students' fitness was tested twice: first, before the training (Initial Test), and second, after the training (Final Test).

12. The results were statistically analysed. It was found that the training imparted to students during the period of testing was found to be effective.

13. Mean (M), Standard Deviation, and Co-efficient of Variation (C.V.), between the initial and final test in the performances of four test-items are depicted in Table No. 1 - 4 (Chapter - IV).

14. It has been indicated by the results that the boys who got training for six months duration in twelve selected items of exercise achieved better results in their performances in the physical fitness tests than those who did not take part in the exercises.
15. The four areas of fitness tests, namely 100 metres race, long jump, shot put, and carrying a weight equal to one's own weight acted as important factors or yardstick for determining the influence of exercises or rather physical education in the physical fitness of boys.

16. The participants responded to the training given for 100 metres race and long jump during the period of time interval between the first and second tests. However, there is scope for further improvement in this aspect.

The performance of participants in the shot put and carrying a weight equal to one's weight is not found to be quite satisfactory which may be due to inadequacy in the training imparted for these two test items.

17. However, looking as a whole, the achievement of students in the test series is quite commendable despite certain shortfalls.
18. The present findings indicate that exercise has a profound influence on physical fitness of boys. This finding is in agreement with the finding of Marsh (1983), that the components of fitness like the dynamic strength, power, cardio-vascular endurance, etc., are influenced by exercises.

Physical exercise and other physical activities promote smooth functioning of the body metabolism.

19. It is, therefore, inferred that there are culturable possibilities of human body by adopting suitable activities of physical education. To put it in another way, physical education influences physical fitness of boys. Besides, as reported by Jamini Devi (1979), physical education exerts a profound influence on personal, social and other areas of adjustment in life.
Considering these, it is suggested that physical education should be taught compulsorily and effectively to the students in all the educational institutions by providing the required infrastructure, teaching staff and other academic and financial support.

20. As envisaged in the New Education Policy (1986), every citizen should take the best advantage of joining into or carrying out the physical fitness programme introduced in the country from time to time in order to make one and every body become physically fit to a great extent before stepping in the 21st century.