CHAPTER-V

SUMMARY,
CONCLUSION AND
RECOMMENDATIONS
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SUMMARY:

It is well known fact that the motor fitness of an individual is essential for the discharging of daily routine, requiring physical exercise and also for longevity general motor skills are developed from the childhood stage onwards when the children run, jump or play. In fact motor fitness is concerned with the capacity to move the body efficiently without fatigue with special regard to some muscle groups.

To achieve and maintain top level performance on any games and sports, motor fitness element is essential, and on the other hand physical fitness is gauged by performance analyses based on the elements of physical fitness.

The present study was focused on the comparative role of motor fitness in relation to boxing, judo and tae-kwondo. Since all the groups require the same basic qualities of strength, flexibility, agility, power speed, balance etc. efforts were made to establish differences between the players of the three groups with respect to
their performances the above stated components of motor fitness. With the purpose of comparing the characteristics of speed, strength, endurance, agility and power of boxing, judo and tae-kwondo such a component of motor fitness change in accordance with increase and decrease in the level of standard practice in boxing, judo and tae-kwondo.

As physical fitness is essential for the well being as a positive quality, extended on a scale from birth to death undertake a research work on the problem ‘A comparative study of certain physical fitness components of Boxing Judo and Tae-kwondo’ basic of the above maintained problem, physical fitness of Boxing, Judo and Tae-kwondo of state and National level players of Manipur.

300 boys (100 boxing, 100 Judo and 100 tae-kwondo) of the age groups of 17 to 25 years and were randomly selected as subjects for the study. AAHPERD out fitness test was administered to each subject for the purpose of measuring physical fitness to boxing, judo and tae-kwondo.
The composite scores of all the test items of AAHPERD Youth fitness test were taken so as to compare the physical fitness of boxing, Judo and tae-kwondo boys.

First of all the results each test time of AAHPERD youth fitness test were converted into the standard score with the help of T-Scale.

To compare the physical fitness, means of scores of boxing, judo, and tae-kwondo boys, in AAHPERD youth fitness test Ratio was applied and to test the hypothesis 0.05 level of significance was chosen.

After calculating overall significant mean difference of boxing, judo and tae-kwondo each item of AAHPERD youth fitness test was separately analysed statistically.

The findings indicated that there was significant difference of boxing, judo and tae-kwondo and one each component of physical fitness test of boxing, judo and tae-kwondo was analysed, separately with that of boxing and the following results were revealed.
CONCLUSION

On the basis of the analysis of all the data collected and during the study the following conclusions are drawn up:

(1) At the overall the level of differences between the three selected players viz. Boxing, Judo and Tae-kwondo, there was a slight difference of motor fitness at the tests employed.

(2) The three male groups of selected players both at the National level and at the State level standards from 17 years onwards to 25 years had different levels of fitness.

(3) At the overall analysis none of the selected groups of players had much superior degrees of motor fitness over the other.

(4) The Tae-kwondo players and Boxing players displayed somewhat higher levels of motor fitness than the Judo players but it was not a glaring gap.

(5) There was no significant differences of muscular strength between the Judo, Tae-kwondo and Boxing players.
RECOMMENDATIONS FOR FURTHER STUDY:

The term "Motor fitness" itself has vast meaning. Motor fitness can be measured separately for different components of human body. Motor fitness as a whole can be measured or tested under general sub-headings like endurance test, speed test, agility test and so on.

Therefore, research scholar feels that since motor fitness itself has a very wide range, several ways can be adopted to measure it.

Hence the research scholar recommends some of the following areas where further research can be done.

1. Similar studies may be undertaken with age groups other than employed in the study.

2. Similar studies may be conducted on the males same age groups.
3. Similar studies may be conducted on subjects belonging to different regions of the country (i.e. North, east, south and west).

4. Similar studies may be undertaken using subjects from separate activities (i.e. volleyball, football, handball, swimming, wrestling, basketball and others).

5. To make the study more authentic and valid, the study may be repeated on larger samples.

6. A similar study may be conducted by comparing between Indian origins and other foreign national subjects of the same age and sex groups.

7. A similar study may be undertaken to compare physical growth and performance.