Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

In the last decades Kabaddi have improved very much in all the aspects of the game. Their training and coaching centers are using modern equipments, aids and scientific studies whereas in India training and coaching centers are beating the same old drums. Kabaddi is fast, quick, aggressive and attractive. It is considered a strenuous game because the game demands a high degree of fitness as well as intelligence and alertness of mind, speed, strength, ability, balance and flexibility are the basic qualities for all the elite players.

In this context, the investigator made an attempt to analyze the relationship of playing ability with selected independent variables among intercollegiate men Kabaddi players.

The purpose of the present study was to analyse the factors associated with playing ability of Kabaddi players. The data were collected from various colleges in Tamilnadu State, India.

Kabaddi playing ability was criterion variable for this study. The following independent variables were also selected for this study such as standing height, weight, arm length, leg length, chest circumference - normal, resting heart rate, breath holding time, VO₂ max, speed, agility, strength, flexibility, leg explosive power, aggression, sport achievement motivation, trait anxiety and self-confidence. As per the available literatures, the standardized tests were used to collect relevant data on the selected variables.
Conclusions

From the analysis of the data, the following conclusions were drawn.

1. There was significant relationship between the playing ability of Kabaddi players with selected anthropometrical, physical, physiological and psychological variables separately.
2. There was significant relationship between the playing ability of Kabaddi players with the combined effect of selected anthropometrical, physical, physiological and psychological variables.
3. The playing ability of Kabaddi players might be predicted from selected anthropometrical, physical, physiological and psychological variables.
4. The regression equation for the prediction of Kabaddi playing ability includes flexibility, speed, resting heart rate, achievement motivation and aggression. As the multiple correlation on playing ability with the combined effect of these independent variables is significant, it is apparent that the obtained regression equation has a high predictive validity.
5. The predictor variable selected in the multiple regression equation has high significant positive relationship with the criterion variable – (Kabaddi playing ability).

Recommendations

With the help of results derived from the present study, the following recommendations can be made.
1) The results of the present study can be very much useful for Physical educators, coaches and trainers for screening and selecting potential Kabaddi players at intercollegiate level.

2) Further, the results of the study can help to frame different methods of training by laying emphasis on the development of factors which are significantly related to Kabaddi performance at different levels.

3) It may be recommended that the present study may be repeated by selecting subjects belonging to lower age groups.

4) It may be recommended to carry out similar study with State/National/International Kabaddi players.

5) Intensive research study of this nature may be done in other games and sports where criterion used for measuring success will be performance in game / sport.