Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

This chapter presents the results of the study from the data analyses of the experimental study. The purpose of the study is to find out the relative effects theraband and medicine ball training on selected performance variables among cricketers. To achieve the purpose of the present study, subjects comprised of thirty six (n=36) students were selected from affiliated colleges of Anna University of Technology, Tirunelveli, Tamilnadu, India and their age ranged between 18 to 25 years.

The selected subjects were randomly (simple random sample) assigned to one of three groups of twelve (n=12) each, such as two experimental groups and a control group. The Group I (n=12) underwent theraband training, Group II (n=12) underwent weight training, for a duration of 12 weeks and the number of sessions per week was confined to three alternative days, in addition to the regular schedule of the university and Group III (n=12) acted as control, participants were informed all possible risks involved in this study, and necessary consent were obtained from each participant. Among the performance variables, the following dependent variables were selected for this study such as batting, bowling, fielding and wicket keeping. As per the available literatures, the standardized tests were used to collect relevant data on the selected dependent variables.
The following independent variables were selected for this study such as theraband and medicine ball training. The level of significance was fixed at .05 levels, which was considered to be appropriate.

The pre test and post test random group design was used as experimental design. No attempt was made to divide the groups in any manner. The collected data from the three groups prior to and immediately after the training programme on selected criterion variables were statistically analyzed with dependent ‘t’ test to find out the significant improvement between pre and post-test means of both groups and analysis of covariance (ANCOVA) was used to find out the significant difference between experimental and control groups. Whenever the ‘F’ ratio for adjusted test was found to be significant, the Scheffe’s test was applied as post-hoc test to find out paired mean difference. In all the cases 0.05 level of significant was fixed to test the hypothesis.

Conclusions

The following conclusions were derived from the present study.

The theraband training had significantly improved the participants’ batting, bowling, fielding and wicket keeping.

The Medicine ball training had significantly improved the participants’ batting, bowling, fielding and wicket keeping.
The Theraband and medicine ball training had significant difference towards improving the participants’ batting, bowling, fielding and wicket keeping.

Theraband training outperformed the medicine ball training on participants’ batting, bowling, fielding and wicket keeping performance among cricketers aged 18 to 25 years.

**Recommendations**

1. In the present study, it was concluded that physical, physiological and hematological responses of male athletes were improved by high intensity weight training. Hence, it is recommended to the coaches, trainers and physical educators to adopt these findings to improve strength parameters for their athletes.

2. A similar study may be conducted by selecting bio-chemical variables as criterion variables.

3. A similar study may be attempted by selecting the state or national level athletes or players as subjects.

4. A similar study may be conducted on female subjects.

5. A similar study may be undertaken and its influences on psychological and physiological parameters may be assessed.