CHAPTER NO. V

SUMMARY, CONCLUSION AND RECOMMENDATION

After the analysis and interpretation of data researcher come to the conclusion of research. Researcher suggested the recommendations for the problem. In the present, research completes all the objectives which are put forward at starting of research.

Conclusion is an essential part of research whole effort, which provides a clear picture about the work done by researcher also find various difficulties in doing research. So by avoiding this, researcher completed the work and major findings are concluded in this chapter. On the basis of findings and conclusion some recommendation gives to players, parents, coaches, teachers for developing a best players for nation. This is the main purpose of this research.

The fifth part of the main body is the summary, suggestion and conclusions, which are convenient, divided into four subsection. In first subsection the problem undertaken is briefly reclaimed. Hypothesis is also briefly replaced. The second subsection related to brief replacement of the statistical designs and procedures used in conducting the study. The third subsection consists of main findings of research investigation which are presented and broader conclusion drawn there from. Findings are nothing but conceptual statement based upon the analysis of the data and conclusions are basically answer to the questions raised or statement of acceptance or rejection of the hypothesis formulated earlier. This subsection in particular enables the readers to get the total picture of the finding in capsule from. Based on main finding and broader conclusion, researcher might endeavourer at making some suggestion accordingly. Most research studies are conducted with the aim of making recommendations which from an important part of research report. Such recommendations are oriented to improvement progress and development modification in existing course of action and strategy. Thus the fourth subsection makes the suggestion or recommendation for the future scope of conducting researches in the concerned field. Thus in the section the writer indicates some promising side problem which might have remained uncovered and also suggests some related problem for further investigation.
Does the summary really summaries and indicates for further research? The best summary technique to make sure that summary actually have the core of the entire study is to write it directly from the outline. This technique is to have the essence of the report and to avoid the unnecessary divergence. Most of the time while writing a summary there is often a temptation to summarized more than what is needed. Summary is abstract and this should only be conceptual, objective, Short and non-figurative.

1.1 SUMMARY

Volleyball is an exciting and popular game where not only an individual but also team can participate at any level. It is contact game played all over the world. It be an entertaining also enjoyable sociable game that be able to be play starting babyhood to older age also by the side of a entertaining altitude before a spirited sport.

Sports injuries are injury with the intention of come about to athlete participate into sports dealings. Injury occurs into sports as it does in day to day life. Extended play sometimes results in overuse injuries which are relatively common in volleyball. Volleyball is a sport that makes heavy demands on the players. The physical work is intermittent or irregular involving high strength activity interspersed with short pauses. The game involves jumping movements and foot work.

In epidemiological studies, injuries occur during training or competition interrupted or in a weak position play or necessary particular management in order in the direction of maintains play or if the injuries made play impossible. Volleyball is also a risk sports dominated by overuse injuries. This damage could happen into volleyball on behalf of a multiplicity of reason counting indecent preparation, be short of suitable footwear before protection apparatus.
Becoming a successful player takes time, skill, hard training for the developing game. Different techniques are used in volleyball game like defense, dive, smashing, jumping, lifting, blocking. In time games damage into broad intellect refers on the way to the kind of injury so as to the majority generally occurs for the period of games or work out. A number of sports injuries result from accident, other be owing to deprived teaching practice, indecent apparatus, be short of training, or in sufficient temperate up with stretch. Even though practically some fraction of athlete body be able to be damage through sport or work out.

The prevalent study was delimited to male and female volleyball player. In finding of learning will help toward highlight the occurrence of injuries in volleyball game.

Female and Male volleyball player who had participated into the inter-university and inter-college tournament be elected as subject in favor of the current research, their age ranged from 17 to 28 years. The subject were taken from different universities of Jharkhand were considered for sample of data. Data was collected individually through a questionnaire from male and female volleyball players at competition venue, the instructions be gives to the players, coaches, and teachers. Players were also provided pens individually to fill the questionnaire at proper time and manner. Some of the questionnaire was rejected due to improper information provided by the participants and resend it fill them again at venue and also collected at inter-college competition hosted by visthapit college Jharkhand (2012).personally.

Mean, S. D, t-test and Percentage be making use of to comprise occurrence of injuries to male and female volleyball players. Identify the reasons and nature with locations and effects over the training and performance of volleyball players. Only one hypothesis was formulated in the present study. According to testing of four hypotheses were formulated in the present study.

The first hypothesis of the present study was there would not be significant gender differences
injury between male and female University level Volley-ball players thus the result of the study revealed (table 4.1) that significant gender differences between male and female were found (t =12.19, p< .05) to volleyball players. These results shows that male volleyball players were injured as compared to the female volleyball players these result reject the first null hypothesis.

The second hypothesis of the present study was that there would not be significant Differences in injury between male and female University level Volleyball players regarding level of participation thus the result of the study revealed (table 4.2) that significant injury differences were found (t= 0.24, p< .05) these result show that the male and female volleyball players second hypothesis is accepted.

The third hypothesis of the present study was there would not be significant differences in injuries in training workout of male & female University level Volley-ball player thus the result of the study revealed (table 4.3) that significant injury differences were found (t= 0.53, p<.05).these result show that the male and female volleyball players third hypothesis is accepted.

The fourth hypothesis of the present study was there would not be significant difference in injuries due to their participation of other sport event of more then three hours in a week. Thus the result of the study revealed (table 4.4) that significant injury differences were found (t= 0.26, p<.05). This result shows that the male and female volleyball player’s fourth hypothesis is accepted.

The questionnaire divided in to two parts. According to part {A}, (personal sheet) only 12.67% female and 20.66%, male players have their own insurance policy. Response regarding the question use performance enhancement equipment most of the players not use protective equipment during competition or training period. Other sporting event preferred by male players’
football, hockey, cricket most preferred participated activities more than 3 hours a week to male volleyball players. Similarly hockey, badminton, basketball, were most participated activities preferred by female volleyball players

**In part-{B}** (injury data sheet) the majority of the injury located Knee was the most largest location of injury sustained to male volleyball players 26.67%, and Ankle be the e majority largest location of injury sustained to female volleyball players 24.67%, back was the second highest injury location to male volleyball players 22% and knee was the second highest 23.33% to female volleyball players, according to data Right side be the mainly specific side of player’s damage. On the subject of the damage sustained season, winter season was the most porn season.

On the subject of the injury sustained session, game or competition period was the most main session. According to the nature of injury, ligament was the most running scared nature of player’s injury. Jumping was the most predominant cause of injury, regarding the result of player’s injury continued training was the most predominant. Regarding the management of injury, most of injuries of player’s were treated by physiotherapist. In the question of re-occurrence of injury due to old injury to male and female players most of the players say no.

### 5.3 CONCLUSION

On the source of limitation of the result during the current study, the subsequent conclusions be drawn

- After the analysis of data, it was found that most of the volleyball Male & Female players participated in other game.
Very few players were found to have their medical health policy.

Most of the players not use performance enhancement equipments during training or competition session.

All colleges are providing the facility of court.

Regarding the location of injury, knee, shoulder, ankle and back was the most major area of male & female injury.

Right side is the most specific side of injury.

Winter season was found the most injury prone season to Volleyball female players.

Regarding the injury sustained session, game or competition period was the most predominant session of male and female players’ injury.

Regarding the nature of injury, ligament and knee pain was the most routed nature of male & female’s injury.

The contribution of court condition to injuries was found relatively less.

30.67 females and 38% male were not absent from training or competition due to their injury.

The players was going to management of damage, physiotherapist was the most specific person provider of male & female volleyball players.

5.4 RECOMMANDATION
In the illumination of result of this study, the investigator consideration of many connected troubles which can be elected for further research work. The findings of the study will create following recommendation and suggestions for further study.

- A psychological treatment of injury may be used as another variable the further study.
- Sports equipment should be good quality.
- Good officiating is essential during the practice and competition.
- Players should be careful and alert during the practice and competition.
- A similar study can be made for inter-national, national level athletes.

- The other sporting activities may also be well thought-out for the further Line of research.
- The specific position, or injury or parts of body may be studied for the further research.
- The comparable study, may be investigated among players of different Countries.

- The coaches/trainers and administrator should consider the incident of injury occurrence and their effect over the presentation before preparing them to give Training. They should lay emphasis on their correct technique and condition. And involve warm-up
- The comparable study could be done at low and high level players.
- The parallel study may possibly be completed with subject belong to different age group further than persons in use in this study.
➢ The players may in addition obtain the assist of doctor and physiotherapist for injury management and apply it during the practice schedules to get better upon their skills and level of fitness to avoid occurrence of Injuries.

➢ Use of physiotherapist may serve as a helpful tool to cure injuries and treatment to players so it is essential to appoint a sports Physiotherapist with all discipline of sports.

➢ The similar study may be done in respect to draw attention to the specific injuries to male & female players.

➢ The similar study could be done in respect to performance. Enhancement equipments role in Volleyball and keep away from injuries.

➢ The similar study could be done to measure up to the ball game and field game or Combat games.