Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

The purpose of the present study was to analysis the selected Anthropometric, Physical, Physiological variables and socio economic status of urban, rural and tribal area school student of Trichy District in Tamil Nadu. To achieve this purpose 451 school student from urban area (237 boys and 214 girls), 448 school students from rural area (231 boys and 217 girls) and 456 students from tribal area (234 boys and 222 girls) were selected at random from various Government and Non- Government high and higher secondary schools in Trichy District in Tamil Nadu. Their age ranged from 13 to 16 years as per their school records.

To examine the significance of differences among the performance made by the subjects belonging to urban, rural and tribal school students employed in the study on Anthropometric, Physical, Physiology variables and Socio-Economic Status. One way analyze of variance was applied. It was found that various group considered in the study exhibited significant difference at 0.05 level in all the variables namely such as Weight, Height, Body Mass Index, Percent Body Fat, Muscular Strength and Endurance, Abdominal Muscular Strength and Endurance, Agility, Explosive Leg Power, Speed, Cardio respiratory Endurance, Peak Expiratory Flow Rate, Resting Pulse Rate, Breath Holding time and Socio-Economic Status. Wherever The F ratio was found to be significant, Scheffe’s test was used as Post Hoc test to determine which of paired mean differed significantly the level of significance was set at 0.05 level.
CONCLUSIONS

Based on the results of the study the following conclusions were drawn.

1. It was concluded from the results of the study that urban area school boys were statistically significant in Weight and Height than the other two area school boys.
2. It was concluded from the result of the study that tribal school boys were statistically significant in lower Body Mass Index (BMI) than the other two area school boys namely urban and rural.
3. It was concluded from the result of the study showed that tribal and rural area school boys were showed lesser in Percent Body Fat than the urban area school boys.
4. It was also found that there was no significant differences between tribal and rural area school boys in Percent Body Fat. further it was also observed that there was no significant difference between urban and rural area school boys in Body Mass Index.
5. It was concluded from the results of the study that tribal area school boys were showed statistically significant better in the Physical variables namely Muscular Strength and Endurance, Abdominal Muscular Strength and Endurance, Agility, Explosive Leg Power, Speed and Cardio Respiratory Endurance than the urban school boys.
6. It was also concluded from the results of the study the tribal area school boys were statistically significant better than the rural school boys in Physical variables namely Muscular Strength and Endurance, Abdominal Muscular Strength and Endurance, Explosive Leg Power, Speed and Cardio Respiratory Endurance than the rural area school boys.
7. It was also concluded from the result of the study that rural area school boys were showed better in Abdominal Muscular Strength and Endurance and Speed than the urban area school boys. Further it was also observed that there was no significant difference between tribal and rural area school boys in Agility.
8. It was also found that there was no significant difference between urban and rural area school boys in Muscular Strength and Endurance, Agility, Explosive Leg Power, and Cardio Respiratory Endurance.

9. It was concluded from the result of the study that tribal area school boys were showed statistically significant in Physiological variables such as less Resting Pulse Rate, greater Breathe Holding Time and higher Peak Expiratory Flow Rate than the other two area school boys namely urban and rural.

10. It was also concluded from the result of the study that there was no significance difference between urban and rural school boys in Resting Pulse Rate, Breathe Holding Time and Peak Expiratory Flow Rate.

11. It was concluded from the result of the study that urban area school boys were showed higher in Socio Economic Status than the rural and tribal school boys. Further it was also found that rural area school boys were showed higher Socio Economic Status than the tribal area school boys.

12. It was concluded from the results of the study that that urban area school girls were statistically significant difference in Weight and Height than the other two area school girls namely rural and tribal.

13. It was concluded from the result of the study that rural area school girls showed lesser in Percent Body Fat than the urban area school girls.

14. It was concluded from the results of the study that there was no significant difference between urban and rural area school girls in Body Mass Index (BMI).

15. It was concluded from result of the study that tribal area school girls where showed statistically significant better in Physical variables namely Muscular Strength and Endurance, Agility, Cardio Respiratory Endurance, Speed, and Abdominal Muscular Strength and Endurance than the other two area school girls namely urban and rural.

16. It was also concluded from the result of study that rural area school girls were showed better in selected Physical variables namely Agility, Abdominal Muscular Strength and Endurance than the urban area school girls.
17. It was concluded from result of the study that there was no significant differences between urban and rural area school girls in Muscular Strength and Endurance, Explosive Leg Power, Speed, and Cardio Respiratory Endurances.

18. It was concluded from result of the study that tribal area school girls were showed statistically significant in Physiological variables namely less Resting Pulse Rate, Greater Breathe Holding Time and higher Peak Expiratory Flow Rate than the other two area school girls namely urban and rural.

19. It was concluded from the result of the study that there was no significant difference between urban and rural area school girls in the Physiological variables namely Resting Pulses Rate, Breathe Holding Time, and Peak Expiratory Flow Rate.

20. It was concluded from the result of study that urban area school girls were showed higher in Socio Economic Status than the rural and tribal area school girls.

21. It was concluded from the result of study that urban area school girls were showed higher in Socio Economic Status than the rural and tribal area school girls.

**RECOMMENDATIONS**

Based on the conclusions the following recommendations were drawn.

1. The study provides an opportunity to physical education teachers and coaches, to spot-out the latent talents of the students and to select potential boys and girls for different sports and games.

2. Adequate facilities for Games and Sports may be provided for all the villages and competitions may be conducted district wise and inter district wise to motivate the school students in general particularly in tribal areas students.

3. This study is more useful in planning our educational curriculum.

4. Through this study boys and girls can be encouraged to participate in physical fitness programme.

5. It is recommended to carry out similar study with different physical variables.

6. A similar study may be conducted by selecting biochemical variables.

7. Similar study may be conducted throughout the States and Nation.
8. Research study on this problem may be undertaken for different age groups of boys and girls throughout the State so as to facilitate the assessment of fitness level and a comparative study among them.

9. To inculcate a sense of maintaining the physical fitness among the students community individually and collectively and thus making physical education as a compulsory subject at school and college levels.

10. Testing centre may be established for measuring the level of physical fitness in rural and tribal area.

11. Similar study can be conducted with large samples.

12. Similar study may be conducted on players of various levels of games.

13. Similar studies may be undertaken on various levels of athletes (National and International).

14. Similar study can be conducted for Psychological and Sociological variables.