Chapter-V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1. SUMMARY

The purpose of the present study was to compare the physical, psychological and performance variables among the Southern Region men hockey teams at different playfields.

For the purpose of the study one hundred twenty southern region men hockey players were selected as subjects. The selected southern region men hockey players represented the Karnataka, Tamilnadu, Puducherry, Andhra Pradesh, Hyderabad and Kerala teams in the senior south zone and senior national hockey championships during the year 2005-06 and 2006-07.

The goalkeepers were excluded from this study as they were considered to be the special category of players who did not engage themselves in various skills included in this study. The age of the southern region men hockey players were 22 to 28 years.

The variables selected were physical, psychological and performance variables which were considered as the essential ingredient for the game of hockey. The following physical, psychological and performance variables were selected for the comparison.

Physical Variables
a] Speed
b] Agility
c] Power
Psychological Variables
a] Self Confidence 
b] Anxiety 
c] Aggression

Performance Variables
a] Dribbling 
b] Hitting 
c] Trapping

The collected data’s were subjected to statistical analysis. repeated measures ANOVA was employed followed by simple effects test to compare the variables among the teams and among the playfields followed by Scheffe’s Post hoc test for the paired mean comparisons.

5.2. CONCLUSIONS

Within the limitations of the present study the following conclusions were drawn.

The physical variables of Tamilnadu team were better in the gravel field.

The psychological variables of Tamilnadu team were better in the gravel field.

The physical variables of Karnataka team were better in the grass and artificial fields.
The psychological variables of Karnataka team were better in the grass and artificial fields.

The psychological variable aggression shows insignificant difference in the interaction. But Irrespective of regions the aggressiveness exhibited on the artificial field was better than the grass and gravel fields.

And irrespective of playfields the aggressiveness exhibited by the Karnataka team was better than the other southern region men hockey teams.

The performance variables of Karnataka team were better in all the (three) playfields.

The performance variable hitting shows insignificant difference in the interaction. But Irrespective of regions the hitting performed in the artificial field was better than the grass and gravel fields.

And irrespective of playfields the hitting performed by the Karnataka team was better than the other southern region men hockey teams.

The physical and psychological variables of Tamilnadu team were better in the gravel field.

The physical, psychological and performance variables of Puducherry team were better in the grass field while comparing with other teams in other fields.

The physical, psychological and performance variables of Karnataka team were found better in all the three playfields.
The physical, psychological and performance variables of Andhra Pradesh team were moderate in all the three playfields.

The physical, psychological and performance variables of Hyderabad team were moderate in all the three playfields.

The physical variables of Kerala team was better when compare to their psychological and performance variables in all the three playfields.

The physical, psychological and performance variables of all the southern region men hockey teams were better in the artificial turf field followed by gravel and grass fields.

5.3. RECOMMENDATIONS

On the basis of the results of the present study the following recommendations were made.

The results of the study may be utilized by the Coaches, Physical educators and State Association personnel involved in coaching the men hockey teams to formulate an effective training programme to rectify the deficiencies such as speed, agility, power, self-confidence, anxiety, aggression, dribbling, hitting and trapping.

The results of this study may be utilized by the Coaches and Physical educators while training in the artificial field especially for the grass-root level. [To cope-up with the modern field for achieving higher performance].
The results of the study may be utilized by the Government and Sports promotion bodies to know about the importance of artificial field to achieve higher level of performance in National and International events and also the importance of laying artificial fields in the districts, regions and states to make an equal competition and to prepare better National and International players in the districts, regions and states.

The results of the study may be utilized for the future research to select new problems relating to the study and may also be utilized for women hockey players.

Further the results of the study will be more beneficial for the National team selectors and National team coaches while selecting the players and designing the coaching programmes according to their needs.

The results of the study may be useful for designing programmes in selection, training and coaching in relation with the different playfields.

It is recommended that the investigations may be conducted on our National Hockey team with other Nation’s hockey teams.

It is recommended to conduct such investigations at various levels such as sub-juniors and juniors and also for other disciplines also.

The results of the study will be more useful for the players to understand their strength and weaknesses in each playfield and needs to improve.