Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

The game hockey is famous and spectacular watched by millions and millions of people all over the world with excitement. It is considered the national game by many countries.

Hockey is the most popular game among the youths of the world. Since hockey is strenuous, continuous and thrilling, game appeals to youth. Hockey is a passing and running game of an unproductive and constantly changing pattern demanding an awareness of their players and an ability to make quick decision and act upon them without delay.

Hockey is turned to be an explosive event of the sports demands quick movements, reaction time, co-operation, confidence, application of strategy tactics, mobility, balance, endurance, strength speed and turn run, jump, stops and starts. These are the factors of learning hockey skills.

In the last two decades hockey game has improved very much in all the aspects of the game. Their training and coaching
centers are using modern equipment, aids and scientific studies whereas in India our training and coaching centers are beating the same old drums. Hockey 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 defense, midfield and forward players in hockey.

The purpose of the present study is to analyze the selected physical, psychomotor, psychological and performance variables among men hockey players in different playing positions. To achieve the purpose of the study, 45 male hockey players were selected at random from the affiliated colleges of Madurai Kamaraj University who represented their colleges in the Intercollegiate Hockey tournament conducted by Madurai Kamaraj University, Madurai, TamilNadu, India during the year 2008-2009. The age of the subjects ranged from 17 to 22 years. The selected subjects were divided into three groups based on
their playing positions such as defense, midfield and forward players.

The following variables were selected for this study such as agility, speed, strength endurance, flexibility, reaction time, movement time, balance, cognitive anxiety, somatic anxiety, self-confidence, achievement motivation, and dribbling, pushing, hitting, goal shooting, and playing ability. The standardized tests were used to collect relevant data on the selected dependent variables.

The present study consists of one dependent variable, namely playing ability of hockey players, and fifteen independent variables. The independent variables selected for this study were agility, speed, strength endurance, flexibility, reaction time, movement time, balance, cognitive anxiety, somatic anxiety, self-confidence, achievement motivation, dribbling, pushing, hitting and goal shooting. Collected data was subjected to statistical analysis as explained below.

To determine the relationship between dependent variable and independent variable Pearson product moment correlation was used. The computation of multiple regressions was also used. In multiple regressions, a criterion variable was predicted from a set of predictors. Forward selection method of multiple
regressions was used in this study to find out the predictor variable that has the highest correlation with the criterion variables and it is entered into the equation first. The rest variables are entered into the equation depending on the contribution of each predictor. In all the cases 0.05 level of significance was fixed to test the hypothesis.

Conclusions

From the analysis of the data, the following conclusions have been drawn.

1. Some of the Predictor Variables can be used to predict the Hockey playing ability of defense, midfield and forward players at intercollegiate male hockey players.

2. The predictor variable selected in the multiple regression equation has high significant positive relationship with the criterion variable - the playing ability.

3. Defense, midfield and forward players in hockey had significant difference on the selected variables namely strength endurance, speed, flexibility, agility, dribbling, hitting, passing and playing ability.
4. There was no significant difference among defense, midfield and forward players on agility, cognitive and somatic anxiety, self-confidence and achievement motivation.

5. Defensive players in hockey were found to be better than middle and forward players on strength endurance, speed, flexibility, agility, dribbling, hitting, passing and 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 hockey players at intercollegiate level.

2) Further, the results of the study can help experts to frame different methods of training by emphasising the development of factors which are significantly related to hockey performance at different levels.

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

4) It is recommended to carry out similar study with national/international hockey 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.