CHAPTER V

SUMMARY, CONCLUSION
AND RECOMMENDATIONS

5.1 SUMMARY

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CHAPTER – V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

In this chapter summary of all previous chapters has been presented. Conclusions drawn on the basis of result obtained through statistical analysis of data and the recommendation formulated for future work have also been presented in this chapter.

5.1 SUMMARY

Football sport today has become a strong touching and influencing everybody’s life someway or other. Million of footballers participate in this sport of their choice and billion of people watch and read about them. The graceful, aesthetic performances of football not only entertain the minds of the billions over the universe but also at the same time have motivated the football scientists toward serious scientific queries. Football sport discipline not only discusses performance but also to study it as a means by social and professional aspect through which various problems may be solved.

Application of science and technology influence the football sport in varieties dimension and success in football performance today is not only chance. The knowledge of science, scientific principles of training and coaching and application of modern testing procedure and techniques by the utilization of sophisticated instruments has predict the performance of the footballers at different levels of competition.
In the present study, the investigator has made an attempt to identify the structure of football performance and factors lies in anthropometrical, motor fitness and technique variables which were helpful in the process of predicting football playing ability.

The present study has been conducted on sixty two Calcutta Premier Division Bengalee footballers. The purpose of the study was to investigate the performance structure on the basis of motor fitness, anthropometrical and technique variables to be identify as prediction of football performance and identified the personality traits of the footballers.

The variables chosen for the study are as follows:

**Motor Fitness Factor**: Speed, agility, cardiovascular endurance, leg power, trunk flexibility and balance.

**Technique Factor**: Dribbling, finishing, lofted passing and short passing.

**Anthropometric Factor**: Standing height, body weight, B. M. I., leg length and arm length

**Personality Factor**: Cattell 16 P. F. Questionnaire.

Football performance was measured by a panel of three qualified coaches by their subjective ratings.

All the tests were conducted by the researcher being assisted by two experts. Instrumental reliability, tester competency and test reliability were established before actual collection of data in order to ensure reliability. Pearson’s Product Moment Correlation was employed to find out the relationship of football performance to each of aforesaid variables separately.
The regression method of multiple regression analysis was used to predict the football performance on the basis of selected variables.

5.2 CONCLUSION

Within the limitations of the conducting the present study the following conclusions were drawn:

i) Football performance was significantly related to speed, agility, cardiovascular endurance, leg power, trunk flexibility and balance.

ii) Significant relationship was found between football performance and the technique variable.

iii) Heights, weight, B. M. I., leg length were significantly related to football performance whereas, arm length insignificantly related to football playing ability.

iv) Out of six motor fitness variables selected for the study speed, agility, cardiovascular endurance, leg power, trunk flexibility were identified as the most significant predictor variables contributing the football performance.

v) Technique variable was identified as significant relationship to football playing ability and valid predictor to contribute football performance.

vi) Out of five anthropometrical variables chosen for the purpose of the study, the standing height and B. M. I. were found most significant predictor variables contributing to football performance.

vii) Emotional stability, rule consciousness, social boldness and perfectionism traits of personality were found to be higher of the Bengalee footballers.
5.3 RECOMMENDATIONS

Considering different aspect of the present study following recommendations may be made for understanding further studies:

i) The present study has been conducted on the national male Bengalee footballers. Similar study may be conducted on other age groups at different levels.

ii) Similar studies may be conducted on the female footballers of various age groups participating or preparing for different level competitions.

iii) Imputing different variables in order to investigate their relationship to football performance ability.

iv) The personality factors may be employed to football performance to find out their relationship to football performance.

v) Physiological variables may be included and find out their relationship to football performance.

vi) Further studies in the similar line may be taken up to upgrade the prediction equation of the present study, so that, the newly formulated prediction equation can be effectively used for the future footballers with a view to both selecting the footballers and finding their training adaptability.