CHAPTER - V

SUMMARY, CONCLUSION AND RECOMMENDATION

5.1. Summary

The purpose of the study was to investigate the possible relationship of selected Physical, Anthropometrical and Psychological variables with the performance in Kabaddi. This was done by constructing multiple regression equation and then formulating step-wise regression equation to get the dominant predictor variables for the performance in Kabaddi.

To establish the relationship of selected Physical, Anthropometrical and Psychological variables with the performance in Kabaddi, Seventy-five men Kabaddi players were considered as subjects, who represented their universities to participate in All-India Inter University Kabaddi Tournament 2001-2002 held at Bharatidasan University, Trichi, Tamilnadu.

The performance in Kabaddi, the dependent variable, was assessed by taking the average of subjective rating by three experts who gave their judgements with ten points rating scale.

The selected independent variables, called the study variables were,

**Physical Variables**: Speed – measured by 30 mts run; agility – measured by 4 x 10 mts shuttle run; flexibility – measured by sit and reach test; cardio-vascular endurance–measured by 1000 mts run; leg explosive power–measured by standing broad jump; arm strength endurance – measured by pull-ups.

**Anthropometrical variables**: Trunk Length, height, weight, arm length, leg length.

**Psychological variables**: Anxiety, Aggression and Self-confidence. Anxiety was measured through inventory developed by R. Martens; aggression was
measured through inventory developed by Prem Shankar K. Shukla and self confidence was measured through inventory developed by Rekha Agnihotri.

Tester competency, subject reliability and reliability of tests were established by test and re-test method and reliability of coefficient were found to be satisfactory.

The data were analized using the Pearson product moment correlation for assessing the degree of relationship of performance in Kabaddi on each of the physical variables, anthropometrical variables and psychological variables. Then the multiple correlation, multiple regression equation and stepwise regression equation was constructed subsequently to establish the nature of relationship of performance in Kabaddi on the study variables.

5.2. Conclusions

1) Among the selected six physical variables only speed, agility, leg explosive power and arm strength endurance were found to be significant correlation with the performance in the Kabaddi and flexibility, cardiovascular endurance were found to be not significantly correlated with the performance in Kabaddi.

2) Among the selected five anthropometric variables only weight, arm length and leg length were found to be significant correlated with the performance in the Kabaddi and trunk length, height were found to be not significantly correlated with the performance in Kabaddi.

3) Among the selected three psychological variables only aggression was found to be significant correlated with the performance in the Kabaddi and anxiety, self-confidence were found to be not significantly correlated with the performance in Kabaddi.

4) The multiple correlation between the observed and estimated performance in Kabaddi based on the 14 study variables was $R=0.844$. The adjusted $R^2 = 0.713$ measure of determinants
indicates the high value for justification of the multiple regression equation between the performance in Kabaddi and the study variables.

5) Considering only the physical variables, agility, leg explosive power, speed, cardiovascular endurance were found to be dominant predictors for the performance in Kabaddi.

6) Considering only the anthropometrical variables, weight, arm-length were found to be dominant predictors for the performance in Kabaddi.

7) Considering only the psychological variables, aggression was found to be dominant predictors for the performance in Kabaddi.

8) Among the Fourteen study variables, only five variables viz., Agility, Weight, Aggression, Speed and Arm length in the same order, act as dominant predictors for the performance in Kabaddi.

5.3. Recommendations

With the help of the results derived from the present study, the following recommendations were made.

1) It is recommended that the present investigation may be repeated on larger samples at the university level.

2) It is recommended that coaches can be encouraged to consider these variables, which can be useful in enhancing performance of Kabaddi Players.

3) It is recommended that Kabaddi coaches, physical education directors and physical education teachers appropriately use the results of this investigation to spot out the potential Kabaddi players.

4) It is recommended that similar studies may be undertaken on male and female kabaddi players at state and national level.

5) Intensive research study of this nature may be undertaken in other sports and games too.