CHAPTER - V

SUMMARY
AND
CONCLUSIONS
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A summary of the total investigation giving briefly the genesis of the problems, hypothesis, design of the study and findings is presented in this chapter.

INTRODUCTION

Ladakh is known for its remoteness, difficult terrain and unique culture and tradition. It is surrounded by Tibet in the east, Sinkiang (China) in the north and Pakistan held Skardu and Gilgit in the west. Ladakh covers seventy percent of the geographical area of Jammu and Kashmir state.

Ladakh’s history begins with the introduction of Ashoka’s missionaries around 250 BC. It was formerly an integral part of Tibet. Ladakh became an independent state, when king Skyelde Nimagon gave it to his eldest son who started Namgyal dynasty still perpetuated at Stok- Palace.

The early nineteenth century saw a foreign invasion. Ever since, Ladakh has been a part of Jammu and Kashmir state which merged with the Indian Union in 1953.

Ladakh has two districts namely, Leh and Kargil district, with a total population of approximately two lakh people. Ethnically, the entire present population of Ladakh consists of Ladakhi, Changpa, Balti and Dard. Ladakhi, Changpa and Balti are Tibetan by race and inhabitants of the central part of Ladakh. But the Baltis who are immigrants from Baltistan were later converted to Islam. Dards are immigrants from Gilgit.
Both Leh and Kargil districts stand in contrast with each other in terms of geography and climate. Altitude varies from place to place by several hundred metres and is the main factor affecting local climate. Winter temperature touches as low as -30°C in central part of Ladakh and -40°C in Drass area considered as second coldest place in the world next to Siberia whereas, summer mean maximum temperature is 23°C and 26°C (July and August).

Ladakh is one of the most educationally backward regions of Jammu and Kashmir state. At present, there are fifty-two high and higher secondary schools and two degree colleges in the whole region. None of them offers physical education as a compulsory subject.

Ladakh has a natural environment. The environmental factor such as size, position, topography, climate and natural resources play a vital role in determining the physical fitness of a society. A good health and physical fitness is essential for the inhabitants of this region. In view of geographical and hostile climatical condition, altitude and the border disturbances, the people of this area should have an optimum level of physical fitness to meet the challenges that they faces from time to time.

Fitness of the citizens is an index of the prosperity of the country. The standard of health and fitness of the country determines the productivity of a nation. Fit citizens are an asset, on the other hand, the weak are a liability. Youths of the country need abundant health and ethical qualities of character. There is an urgent need for physically fit citizens. In peace or war, a fit nation is an efficient and productive one.
One of the most important factors promoting physical fitness is nutrition. Healthy parents beget healthy children. In fact, the nutrition the child get during the period of early growth, largely decide the structure, functional efficiency and future performance.

In the present study, an attempt has been made to investigate the hitherto, unexposed and unexplored underlying sports potential of this section of society. No research study and norms of the physical fitness have been established so far. The investigator being an inhabitant of this area, felt that norms be establish for physical fitness of students (13 through 17 years).

STATEMENT OF THE PROBLEM

The researcher wishes to establish norms for the high and higher secondary male students of Ladakh, between the age-group 13 to 17 years of age. The following objectives of the study were determined.

OBJECTIVES

1. To measure the present level of physical fitness and to establish norms for high and higher secondary male students of Ladakh age-group 13 to 17 years.

2. To compare the standard of physical fitness of high and higher secondary male students of Ladakh, according to different urban and rural area.

3. To compare the standard of physical fitness of high and higher secondary male students of Ladakh, according to their different socio-economic-status group.

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HYPOTHESES

The study was pivoted around the framework of the following hypothesis.

1. There will be no significant differences in physical fitness components among the different age-group (13 to 17 years).

2. There will be no significant differences in physical fitness of the students belonging to different urban and rural area.

3. There will be no significant differences in physical fitness of the students belonging to different socio-economic-status group.

METHODOLOGY

A sample of 542 subjects was randomly selected among high and higher secondary male students of Ladakh. The modified Fleishman’s Physical Fitness test battery, which consisted of seven items, strength, flexibility, speed, agility and cardio-vascular endurance were administered to the subjects.

Socio-economic-status was assessed by using a modified socio-economic-status questionnaire prepared by Kuppuswamy’s (1962). The modification being made in consultation with the guide and other specialists to make the instrument suitable for Ladakhi conditions.

Since it was a normative study for comparing the physical fitness of different ages, socio-economic-status group, analysis of variance was applied through the use of ‘F’ test to determine significant differences which was followed by Scheffe’s post-hoc test. Similarly ‘t’ test was applied to compare the difference between urban and rural subjects on each test items. This
facilitated the investigator to develop common norms where significant
differences existed.

Four scales namely, Percentile, T, Hull and Sigma scales for each items
were computed. These scales were considered most popular, valuable for the
measurement and evaluation of the results.

CONCLUSION

The following conclusion have been drawn.

1. Percentile norms for seven test battery were developed and found
suitable to assess the physical fitness level of high and higher secondary
male students of Ladakh age 13 to 17 years.

2. The physical fitness level of 16 and 17 year old boys were superior to
all other age-groups. They were found significantly superior to 13 and
14 year old boys in abdominal strength, flexibility, explosive strength,
agility and cardio-vascular endurance.

3. No significant differences existed among 15 year old boys with 17 and
16 year old boys at .05 level. Similarly, no significant differences was
found between 13 and 14 year old boys in almost all the physical fitness
components except in trunk flexibility and explosive strength. The
hypothesis that there will be no significant differences in physical fitness
components among different age group (13 through 17 years) has been
partially accepted.

4. The physical fitness level of the subjects belonged to different area,
when compared, following conclusions emerged.
a. In the 13 years age-group, the urban boys were found significantly superior in their Shot Put Throw and Shuttle Run tests.

b. In 14 and 16 year age-group, the urban boys were found significantly superior than the rural boys in their Shot Put Throw test.

c. In 15 years age-group, urban boys were found significantly superior in their Forward Bend and Reach and Shot Put Throw test.

d. In 17 years age-group, no significant differences were found between urban and rural subjects in each of the physical fitness components. The hypothesis that there will be no significant differences between urban and rural subjects has been partially accepted.

5. There was no difference in the physical fitness levels of Ladakhi boys belonging to different socio-economic-status groups, except in one variable of Shuttle Run (urban), among high, middle and low categories. The low category was found significantly superior to the middle and high categories. The hypothesis that there will be no significant differences among different socio-economic-status categories has been partially accepted.

6. Four scales namely, Percentile, T, Hull and Sigma Scales were developed to measure physical fitness of each age-group of urban and rural boys separately on all the physical fitness test items.

7a. Four scales namely, Percentile, T, Hull and Sigma Scales were developed to measure trunk flexibility of 15 years rural boys through Forward Bend and Reach test. For other age-groups, scales developed for urban boys will be applicable.
b. Four scales namely, Percentile, T, Hull, Sigma Scales were developed to measure arm and shoulder explosive strength of rural boys of 13, 14, 15 and 16 years of age-group, through Shot Put Throw test. For 17 year boys, scales developed for urban boys will be applicable.

c. Four scales namely, Percentile, T, Hull and Sigma scales were developed to measure agility of rural boys of 13 years age-group, through Shuttle Run test. For 14, 15, 16 and 17 years age-groups, scales developed for urban boys will be applicable.

RECOMMENDATIONS

Physical fitness testing is an important aspect of physical education programme. It is through the evaluation of test results that fitness needs of individuals, present level of fitness, success and failure of performance are adjusted. Norms provide the criteria with which test results may be interpreted and compared, meaningfully and reasonably.

No research study on fitness has been undertaken in Ladakh so far. The present investigation was conducted on 542 boys age ranging between 13 to 17 years from randomly selected twenty-five schools of Ladakh region will fill-up the gap. This will enable the physical education teachers, sports lovers and parents to evaluate the physical fitness levels. It also help the administrator to plan and direct physical education programme.

The following findings of the present investigation have highlighted the physical fitness status of Ladadhi school boys age 13 through 17 years.

1. It has been observed that students belonged to different areas and socio-economic-status groups do not differ in their physical fitness status.
Thus, a systematic and scientifically developed physical fitness programme would help to increase the fitness level of Ladakhi people.

2. Fitness evaluating test batteries such as one used in the present investigations, may be implemented in all the government schools of Ladakh.

3. It is also recommended that a list of selected exercises and instructions for their execution be prepared in the form of a ‘Fitness Scheme Booklet’ which then be supplied to all the government schools. These exercises should be performed by all the students on a regular basis during the school hours.

4. A similar study should be taken to assess the physical fitness level of girl students of Ladakh.

5. A longitudinal study can be undertaken to assess the fitness of youth every five years. This will help to frame new fitness norms.