CHAPTER - V

SUMMARY AND CONCLUSIONS
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SUMMARY

The purpose of the study is to investigate the relationship of selected physical, anthropometric measurements and fundamental skills with hockey playing ability.

The subjects are hundred university men hockey players who have participated in inter-university tournament are selected from various universities Sri Venkateswara University, Tirupati, Sri Krishnadevaraya University, Anantapuram, Osmania University, Hyderabad, Kakatiya University, Warangal, Acharya Nagarjuna University, Guntur and Jawaharlal Nehru Technological University, Hyderabad in Andhra Pradesh were chosen and their age ranges from 18-25 years.

The independent variables are physical abilities (speed and endurance) anthropometric measurements (standing height and arm length) skills (Dribbling, dribble and shooting) Hockey playing ability is determined by taking the average of grading by three experts who give their judgments on a 10 point rating scale.

Among the physical abilities speed is measured by 50 yard dash, and endurance was measured by 12 minute run/walk test. Anthropometric measurements standing height is measured by a stadiometer and arm length measured by anthropometer rod. Skill variables are measured by Henry-Friedel Field Hockey test and shooting ability by dribble and shooting ability test.

Tester competency, subject's reliability and reliability of tests are established by test and retest method, and reliability of coefficient is found satisfactorily.
The data is analyzed by using the Pearson's product moment 'r' for assessing the relationship of hockey playing ability to each of the physical abilities, anthropometric measurements and fundamental skills to analyze the combined impact of all selected variables on playing ability, multiple correlation 'R' is employed. The data is further subjected to partial correlation to partialled out the effect of each independent variable on the combined effect of independent variables on hockey playing ability.

The variables for predicting the hockey playing ability are dribble and shooting, standing height, arm length, endurance, dribbling, and speed in that order.
CONCLUSIONS

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

1. The fundamental skill namely dribble and shooting is highly correlated to the hockey playing ability and it can be used to predict the hockey playing ability.

2. The anthropometric variables namely standing height and arm length play an important role in predicting the hockey playing ability.

3. The overall obtained value is positively high correlation for hockey playing ability.

4. A significant finding of the study is that among the six factors the most important factor related to hockey playing ability is dribble and shooting.

IMPLICATIONS OF THE STUDY

Based on the results, the following implications are made.

1. The results of this study can be used by the physical educators, coaches and selectors in selecting the potential hockey players at the inter-university level. By focusing their attention on the fundamental skill dribble and shooting which is very essential for an effective hockey player.

2. The trainers and coaches can modify their training methods to select efficient hockey players.

3. In order to regain the last reputation in Indian hockey the selectors can focus their attention on the fundamental skills to select future hockey players.
SUGGESTIONS FOR THE FUTURE RESEARCH

1. This study can be done on lower age group players.

2. This study can be extended to include National, All India Inter-University and State level hockey players.

3. This type of prediction may be done for women hockey players also at various levels.

4. This study may be conducted by selecting other relevant variables.

5. The study can be done with large sample in other games also.