CHAPTER - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

The concept of man as a total being has its origin in the golden days of the Greeks. As society became more structured and civilized, physical activity became inevitable and more and more people started taking up sports and games. Movements such as walking, running, jumping, throwing, turning and twisting have acquired unique dimensions and have a different significance in sports and games. Sports persons strive to leave a mark behind them, by producing outstanding performances in their respective sports discipline.

The performance in various sports, including Cricket depends directly on Physique, body size, physical fitness, motor abilities, technical skills, tactical efficiency and the psychological qualities of the players. Motor abilities play a dominant role in the process of building up exceptionally good performance. Experts have identified Speed, Strength, Endurance, Agility and Coordination as the components which are innate and can be developed, and which in turn influence performance of players. These qualities are the most important factors in sports and games, because the technical skills and tactical efficiency depend to a large extent on these qualities. Psychological qualities such as Cognitive skills, self confidence, anxiety and Reaction ability help the sports persons to enhance their performance. The prerequisite for a top class performance differs from one sports discipline to another.

Further not many studies are found with regard to the relationship of anthropometric variables, motor abilities and psychological variables among university cricketers, such as, bowlers, batsmen, and wicket keepers, hence, the investigator has undertaken a research study to investigate the relationship of anthropometric variables, motor abilities and psychological variables to performance among cricketers.
The purpose of the study was to assess the relationship of anthropometric measurements, motor abilities and psychological variables to the performance of university cricket players.

To achieve the purpose of the study the investigator will select the male cricket players who represent universities in Inter-university cricket competition, the total number of subjects will be 115 selected from the universities of Karnataka state, that is from Mysore University, Bangalore University, Mangalore University, Kuvempu University, Jain University and Karnatak University, if the number of the subjects are not sufficient for the study, the data will be collected for two years.

The research scholar had gone through the scientific literature pertaining to the analysis of anthropometric measurements, motor performance, and psychological variables from different sources and also consulted the experts in these areas. Along with the said literature and expert opinion, the administrative feasibility in terms of availability of instruments and expertise for measuring and recording of data was also given due consideration while selecting anthropometric measurements, motor performance, and psychological variables. After consulting with experts in Cricket, a performance of rating scale was developed by the Investigator to assess the performance of cricketers in different areas of the game.
CONCLUSIONS

On the basis of the findings of the study following conclusion were drawn.

1. There exists a relationship between anthropometric variables height, arm length, leg length and Arm Span to performance of all Cricket players, except for weight and chest girth.

2. All Anthropometric variables i.e. Height, Arm length, Leg Length and Arm Span were found to be related with respect to performance of the batsmen, except for the Weight and Chest Girth.

3. Mutual relationships were found between Height, Arm Length and Leg Length to bowlers’ performance. Weight, Chest Girth and Arm Span were not found to be related to performance of the bowlers.

4. Only Arm Length, Chest Girth and Leg Length were found to be related with respect to performance of the Wicket Keepers. No relationship was found between Height, Weight, and Arm Span to performance of the Wicket Keepers.

5. There exists a relationship between Arm Power and Leg Power to performance of all Cricket players, except for Speed, Agility, Abdominal Endurance and Endurance.

6. All Motor Ability variables Arm Power and Leg Power were found to be related with respect to performance of the batsmen, except for the Speed, Agility, Abdominal Endurance and Endurance.

7. Mutual relationship was found between Arm Power and Leg Power to performance of the bowlers. No relationship was found between Speed, Agility, Abdominal Endurance and Endurance to performance of the bowlers.

8. Only Leg Power was found to be related with respect to performance of the Wicket Keepers. No relationship was found between Arm Power, Speed, Agility, Abdominal Endurance and Endurance to performance of the Wicket Keepers.
9. There exists a relationship between Self Confidence and Reaction Time to performance of all Cricket players. No relationship was found between Anxiety and performance of all Cricket players.

10. Psychological variables Self Confidence and Reaction Time were found to be related with respect to performance of the batsmen. No relationship was found between Anxiety and performance of the batsmen.

11. Mutual relationship was found between Self Confidence and Reaction time to performance of the bowlers. No relationship was found between Anxiety and performance of Bowlers.

12. Only Reaction Time was found to be related with respect to performance of the Wicket Keepers. No relationship was found between Self confidence and Anxiety to performance of Wicket Keepers.

13. Only Height and Leg length was the best predictor of the performance of all Cricket players. Weight, Arm Length, Chest Girth and Arm Span failed to predict the performance of all Cricket players.


15. Only Height, Arm Span and leg length were the best predictor of the bowlers’ performance. Weight, Arm length and Chest girth failed to predict the performance of the bowlers.

16. Only Arm length was the best predictor of the Wicket Keepers performance. Height, Weight, Chest Girth, Leg Length and Arm Span failed to predict the performance of the Wicket Keepers.

17. Only Arm Power was the best predictor of the performance of all Cricket players. Leg Power, Speed, Agility, Abdominal Endurance and Endurance failed to predict the performance of all Cricket players.

18. No Motor Ability variables predicted the performance of the Batsmen.
19. Only Arm Power was the best predictor of the batsmen performance. Leg Power, Speed, Agility, Abdominal Endurance and Endurance failed to predict the performance of the bowlers.

20. No Motor Ability variables predicted the performance of the Wicket Keepers.

21. Only Self Confidence and Reaction Time best predicted the performance of Batsmen and all Cricket players. Anxiety failed to predict the performance of Batsmen and all Cricket players.

22. Only Reaction Time best predicted of the Bowlers performance. Self Confidence and Anxiety failed to predict the performance of the Bowlers


24. In Anthropometric variables no differences were observed between Batsmen, Bowlers and Wicket Keepers.

25. In Motor Ability variables no differences were observed between Batsmen, Bowlers and Wicket Keepers.

26. In Psychological variables, no differences were observed between Batsmen, Bowlers and Wicket Keepers.
RECOMMENDATIONS

1. Anthropometric variables, Motor abilities and Psychological abilities among Cricketers need further investigation on large samples.

2. Similar studies may be conducted by taking sub-junior boys and girls, junior boys and girls, senior male and female Cricket players.

3. Investigation may be carried out on the effects of specific training, on the development of various motor abilities and psychological abilities.

4. A suitable test battery of specific tests of Motor ability and psychological ability for Cricket players may be constructed.

5. While taking up similar investigation allrounder may be considered for comparison of various abilities among with other categories of cricketers.

6. An indepth study may be conducted to find out the various physical, anthropometric, motor characteristics that are required for each specialized group viz. of Batsmen, Bowlers, Wicket keepers and All-rounder taking a large sample.

7. Attempt may be made to compile more relevant testing protocols and scientific conditioning protocols for cricket players.

The suggestion made by the doctoral committee in pre-thesis submission colloquium was incorporated.

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