CHAPTER V

SUMMARY, CONCLUSION

AND RECOMMENDATION

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V.1 Summary

Every living being drives itself for a goal by struggling day to day active life. For this reason they change their activities time to time. According to famous philosopher Heraclitus, “There is nothing permanent except change”.

From ancient time human life cycle progresses from womb to tomb through basic movement (such as crawling, walking, running, jumping, throwing etc.). Later on the movements are turned into competitive games and sports in case of human beings. During competitive sports human individual has to need a lot of technical movements which based on the physical, physiological, and psychological potentialities that depend on his/her fitness level to achieve some personal goals. Play is a universal phenomena. Now-a-days it has been modified into tremendous competitive sports, in which one has to need complete fitness, performing ability of a lot of skill, through controlling principles of government policies and guiding projects of various institutions.

Though educational perspective student spend their life into three dimensional approaches, such as higher education, maintaining good health, and sporting carrier. To inculcate sporting carrier university students require an optimal level of fitness as well as a proper mind setting to fulfill the desire.

In compliance Association of Indian Universities organizes inter university tournaments at five zone basis as well as all India basis for approximately forty events. In this study the subjects took part in inter university competition like soccer, cricket and kabaddi. Considering the motivational factor behind participation in inter university tournament, motivation was selected as one of the psychological parameter for determining the achievement motivation behind sports participation.

From the core of the heart of an athlete any one is induced by his/her emotion, tendency and eagerness. He/she takes enough challenge to attained some target. For that situation, one should set his/her mind. So that anybody has to take up his motive for achieving some goals. This achievement may be in academic side or in athletic
achievement. This achievement motivation has a suitable guideline for enhancement of one’s performance.

The skill related physical fitness is very useful when any person want to take up a specific area of sports. It may be performed with the mind setting on behalf of ultimate goal and requirements of an individual as well as particular activity. Performance depends upon skill related physical fitness, physiological condition and athlete’s achievement which is positively related to sports motivation.

Considering one’s level of related concern fitness, psychological capacity and athletic motivation, as the determinants of performance of an athlete the present problem was stated as, “A comparative study of university soccer, cricket and kabaddi players on skill related physical fitness, physiological profile and their sports achievement motivation.”

**Hypothesis:**

a) It is hypothesized that there would be significant differences in skill related physical fitness among university soccer, cricket and kabaddi players.

b) It was further hypothesized that there would be significant differences in selected physiological profile among university soccer, cricket and kabaddi players.

c) It was also hypothesized that there would be significant differences in achievement motivation among university soccer, cricket and kabaddi players.

d) There would be no relationship between Hb% of blood and PEI among the subjects.

The findings of the leading researcher in this area of this study have been reviewed and was incorporated in chapter II under the heading of related literature in retrospect.

Total seventy one (n = 71) male students were selected from university soccer, cricket and kabaddi teams. They all were aged 18 to 23 years and represented university team in respective team games. The subjects were from various socio-economic family and all of them assigned into three groups such as gr. US for university soccer players (n = 26), gr. UC for university cricket players (n = 19) and gr. UK for university kabaddi players (n = 26) respectively.
The following variables were selected for the research work.

**Skill Related Physical Fitness Variables**

1. Agility
2. Balance
3. Co-ordination
4. Power
5. Reaction Time.
6. Speed.

**Physiological Profile**

1. Blood Pressure
2. Heart Rate.
3. Maximal Heart Rate
4. P.E.I
5. HB
6. RBC
7. WBC (neutrophil, eosinophil, basophil, monocyte, lymphocyte)
8. ESR

**Sports Achievement Motivation**

Sports achievement motivation test was taken by a set of questionnaire which was modulated by Dr. M. L. Kamlesh.

Skill related physical fitness test, selected physiological parameter and sports achievement motivation test was employed to assess skill related physical fitness, physiological condition and sports achievement motivation of the subjects and to know the superiority of the various sporting groups over the others. So the present study was a survey method specially normative survey. The study is as followed to find out the status of various sporting groups in relation to skill related physical fitness having interuniversity level of sports achievement.

The data under each variables were treated statistically by using one way ANOVA and later LSD Post Hoc comparison method.
For testing F-ratio and also comparing the mean difference among different groups, the level of significance was set at 0.05 level of confidence.

V.2 Conclusion

Under the conditions of the present study the results seem to conclude the followings:

Personal Data:
1. The university cricket players were significantly taller than that of university soccer players. On the other hand no significant difference in height was found among university cricket and kabaddi players as well as among university soccer and kabaddi players.
2. In case of body weight university kabaddi players were heavier than that of university soccer players. No significant difference were found in body weight between university cricket and soccer players, as well as university kabaddi and cricket players.

Skill Related Physical Fitness:
3. In respect of agility as measured by shuttle run, university cricket players were significantly better in agility than that of soccer players. On the other hand university kabaddi players had better agility than university soccer players.
4. In considering the static balance, university soccer players were better than university cricket and university kabaddi players. On the other hand university kabaddi players were better in performance of static balance than that of university cricket players.
5. There was no significant difference among the university soccer, cricket and kabaddi players in performance of dynamic balance.
6. In respect of leg explosive power, university kabaddi players were better than that of university soccer and cricket players. So university kabaddi players had better explosive leg power than university cricket and soccer players.
7. The result of the study was revealed that university soccer players had better in speed performance than that of university cricket and kabaddi players. On the
other hand no significant difference was found in performance of speed among university cricket and kabaddi players.

8. In respect of reaction time, it was found that university soccer players were better than cricket players. On the other hand university kabaddi players had better performance in reaction time than that of cricket players. In this case no significant difference was found in between university kabaddi and soccer players.

9. In performance of coordination it was clearly found that university kabaddi players were better in coordination than that of university cricket and soccer players. Among university cricket and soccer players there were no significant difference in coordination.

**Physiological Variables:**

10. In this study none of the university sporting group had higher systolic blood pressure.

11. In the performance of diastolic blood pressure, there was no significant difference among university soccer, cricket and kabaddi players in respect of diastolic blood pressure.

12. In case of heart rate, it was found there no significant difference among university soccer, cricket and kabaddi players. Therefore there was no significant difference in heart rate among the three sporting groups.

13. The result of this study showed that maximal heart rate after all out exercise was higher among university cricketers than that of university soccer and kabaddi players. Therefore university cricketers had higher maximal heart rate than soccer and kabaddi players.

14. In the performance of Physical Efficiency Index (PEI) it was found that university soccer and kabaddi players were greater than university cricket players. But there was no significant difference in PEI among university kabaddi and soccer players.

15. In respect of hematology, the university cricket players were better in hemoglobin content than that of soccer and kabaddi players. On the other hand university soccer players were better in that case than kabaddi players.

16. In comparison of red blood cell count, there was significant difference among
university cricket players and in others. The university cricket players were greater in RBC-count than soccer and kabaddi players.

17. In respect of white blood cell count, university kabaddi players were greater in WBC total count than that of soccer and cricket players. On the other hand in that case no significant difference was found among university soccer and cricket players in WBC count.

18. In comparison of Neutrophil (N %) of blood, it was clear that university soccer and kabaddi players were greater than that of university cricket players. But in that case there was no significant difference in between university soccer and kabaddi players.

19. In case of Eosinophils (E %) of blood there were no significant difference among the three sporting groups in Eosinophils.

20. In respect of Basophil (B%) of blood, no significant difference was found among the university soccer, cricket and kabaddi group.

21. No significant difference was observed among university soccer, cricket and kabaddi groups in respect of Monocytes (M%).

22. In comparison of Lymphocyte (L%) of blood the university cricket players were better than university soccer players. But there were no significant difference among university cricket and kabaddi players as well as university kabaddi and soccer players in percentage of Lymphocytes (L%).

23. Considering the Erythrocyte Sedimentation Rate (ESR) in blood there was no significant difference found among the three sporting groups.

**Sports Achievement Motivation**

24. There was no significant difference among university soccer, cricket and kabaddi players in Sports Achievement Motivation.
V.3 Recommendation

Considering the various aspects of the present study the following recommendation can be made and the present research work has given sufficient indication as to what should be suitable aspects to be research upon subsequently.

1. Comparative study may be taken among various age group of school going boys with skill related physical fitness and achievement motivation.

2. Similar study might be taken among general under graduate and post graduate student of university or college level.

3. It is also proposed that future study may be performed with female subjects on same variables.

4. Further work may be done with other physiological variables including skill related physical fitness.

5. Similar research is proposed in performance related physical fitness and sports achievement motivation on another sporting groups of university level.

6. Further study may be taken among various age group boys and girls with health related physical fitness and other physiological variables.

7. Similar work may be done in veteran subjects on physiological profile and achievement motivation.

8. It is also proposed that future work may be performed with teacher-trainee in physical education on skill related physical fitness, physiological profile and achievement motivation.

9. Comparative study may be done on similar type of subjects with another physiological variables and psychological variables.

10. Further work may be taken on various individual sport with same variables.