CHAPTER – V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

The purpose of this study was to investigate the physical fitness and the influence of physical exercises, circuit training and yogic practices on rural school boys in Tamil Nadu State. To achieve the purpose of the present study 3000 students were selected from the following Districts in Tamil Nadu.

1. Thanjavur
2. Perambalur
3. Thiruvarur
4. Trichy
5. Salem
6. Ariyalur
7. Pudukkottai
8. Cuddalore
9. Karur
10. Sivagangai

300 subjects were selected from each district randomly and their age group from 16 to 18. The study was formulated as a true randomized group design consisting of pre-test and post-test. The subjects were randomly assigned to four equal groups of 50 Boys each.
Human body is one of the most beautiful as well as most complex things nature has created. Neglect of the body leads to decay, disintegration and destruction whereas its proper care enables man “to live most and cherish best”. A healthy and fit person is an asset to humanity while unfit individual is a curse on himself as well as to the society.

The development of physical fitness by scheduled exercises does promote and maintain performance in sports and games. Human performance is a composition of physical, physiological, psychological, biochemical, neurological and social factors.

In this present study the investigator has been quite enthusiastic to know the changes brought about by four different types of trainings namely physical exercises, circuit training, yogic practices and control group on selected physical fitness variables. If proved favorable, the study would enable the physical educationists, coaches and researchers, to adhere to these trainings. Further it leads them towards the development of physical fitness and thereby towards better performance in sports without encountering the harmful side of misusing.

To facilitate the study, three thousand boy students studying in different schools throughout Tamil Nadu were selected as subjects. Students studying from 11th and 12th classes were selected as subjects. Their age ranged from 16 to 18 years. Initial tests were conducted using AAHPERD physical fitness tests to measure their physical fitness. Among the three thousand subjects two hundred
Boys who were found weak in all physical fitness variables were identified. That is those who scored poor scores in all the six tests were identified. Among them two hundred Boys were selected finally as subjects for this present study.

The subjects were divided into four equal groups namely physical exercises group, circuit training group, yogic practices group and control group. Pretests were conducted and initial data were collected on the above said variables. The experimental groups have undergone twelve weeks of training, whereas the control group maintained its daily routine activities and no special training was given. The data were collected on the physical variables before training as well as immediately after twelve weeks training.

The significance of the difference between the means of physical, circuit, yogic practices and control groups was found out through analysis of variance. The F-ratio for the adjusted post-test means were computed by analysis of co-variance. The levels of significance of the difference between paired adjusted final means were computed by means of Scheffe’s post hoc test.

5.2 CONCLUSIONS

Within the limitation imposed by the experimental conditions, the following conclusions were drawn.
The experimental group ‘A’ Physical exercises had significantly improved physical variables (1) shoulder strength and (2) agility than circuit training and yogic practices.

The experimental group ‘B’ Circuit training had significantly improved physical variables (3) power than physical exercises and yogic practices.

The experimental group ‘C’ Yogic practices had significantly improved physical variables (4) abdominal muscular strength, (5) speed and (6) endurance than circuit training and physical exercises.

5.3 RECOMMENDATIONS

From the findings, the following recommendations have been presented here for further investigation.

1. Similar study may be conducted on school Girls, college men and Women students separately.

2. Similar study may be conducted with various types of training.

3. Similar studies may be undertaken for different age groups.

4. Circuit training may be recommended in the physical education programme to improve power.
5. Similar study may be conducted utilizing other functional variable in addition to variables chosen in this study.

6. The trainers and coaches can modify their training methods in relation to the findings of this study.

7. Yogic practices and physical exercises may be recommended for the general fitness of school children.

**Papers Published:**


2. **Effect of Selected Asanas and Suryanamaskar on Selected Psychomotor Variables of Children with Intellectual Disability**, Journal of Physical Education and Sports Sciences, 6(2), 2014, **ISSN-0976-6618**.
