SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

The purpose of this study was to compare selected Coordinative Abilities of Kabaddi players in Relation to Different Playing Positions and Levels. One hundred twenty female Kabaddi players belonging to different playing levels (National, State and District) and different playing positions (Raider, Corner, Blocker and All-Rounder) were selected from different Kabaddi clubs and stadiums of Uttar Pradesh. Thirty players were selected from each playing positions i.e. Raider, Corner, Blocker and All-Rounder and forty players were selected from each levels i.e. National, State and District (10 players from each levels and 10 players from each playing position). The age of the subjects ranged from 16 to 25 years. The selected Coordinative Abilities were Orientation Ability, Differentiation Ability, Balance Ability, Reaction Ability and Rhythm Ability. The quantitative measurement of selected Coordinative Abilities for different playing levels and playing positions were collected under similar conditions.

4x3 factorial two way ANOVA was employed to find out the significant difference between different playing levels (main effect of playing levels), to find out the significant difference between different playing positions (main effect of playing positions) and to find significant interaction effect between different playing levels and playing positions in relation to selected Coordinative Abilities of Kabaddi players. The level of significance was at 0.05.

The findings indicated that there was significant difference found in different playing levels (National, State and District) of Kabaddi players (main effect of playing levels) on Orientation Ability, Balance Ability, Reaction Ability, and Rhythm Ability of Kabaddi players. There was no significant difference found in different playing levels in Differentiation Ability of Kabaddi players.

The findings indicated that there was significant difference found in different playing positions (main effect of playing positions) on Orientation Ability of Kabaddi
players. There was no significant difference found in different playing positions in Balance Ability, Reaction Ability, Rhythm Ability and Differentiation Ability of Kabaddi players.

The findings indicated that there was interaction effect in different playing levels and playing positions in Orientation Ability of Kabaddi players. There was no significant interaction effect found between playing levels and playing positions on Balance Ability, Reaction Ability, Rhythm Ability and Differentiation Ability of Kabaddi players.

CONCLUSIONS

On the basis of finding, the following conclusions were drawn.

1. The findings indicated that there was significant difference among different playing levels (National, State and District) on Orientation Ability (main effect of playing levels) of Kabaddi players. There was significant difference found among different playing positions (Raider, Corner, Blocker and All-Rounder) on Orientation Ability (main effect of playing positions) of Kabaddi players. There was interaction effect found between different playing positions and playing levels of Orientation Ability of Kabaddi players.

2. The findings indicated that there was no significant difference among different playing levels (National, State and District) on Differentiation Ability (main effect of playing levels) of Kabaddi players. There was no significant difference found among different playing positions (Raider, Corner, Blocker and All-Rounder) on Differentiation Ability (main effect of playing positions) of Kabaddi players. There was no interaction effect found between different playing positions and playing levels in Differentiation Ability of Kabaddi players.

3. The findings indicated that there was significant difference among different playing levels (National, State and District) on Balance Ability (main effect of playing levels) of Kabaddi players. There was no significant difference found among different playing positions (Raider, Corner, Blocker and All-Rounder) on Balance Ability (main effect of playing positions) of Kabaddi players. There was
no interaction effect found between different playing positions and playing levels in Balance Ability of Kabaddi players.

4. The findings indicated that there was significant difference among different playing levels (National, State and District) on Reaction Ability (main effect of playing levels) of Kabaddi players. There was no significant difference found among different playing positions (Raider, Corner, Blocker and All-Rounder) on Reaction Ability (main effect of playing positions) of Kabaddi players. There was no interaction effect found between different playing positions and playing levels in Reaction Ability of Kabaddi players.

5. The findings indicated that there was significant difference among different playing levels (National, State and District) on Rhythm Ability (main effect of playing levels) of Kabaddi players. There was no significant difference found among different playing positions (Raider, Corner, Blocker and All-Rounder) on Rhythm Ability (main effect of playing positions) of Kabaddi players. There was no interaction effect found between different playing positions and playing levels in Rhythm Ability of Kabaddi players.

**RECOMMENDATIONS**

In the light of the findings of this study following recommendations are made for the sports scientists, physical education teachers, research scholars, coaches and sports trainers.

1. Similar study may be conducted on females in different sports disciplines.
2. Similar study may be conducted on male subjects separately.
3. Similar study may be conducted in different demographical regions.
4. Similar study may be conducted on male and female subjects with different age groups.
5. Similar study may be repeated specifically on different categories of Kabaddi players.