SUMMARY,
CONCLUSIONS
&
RECOMMENDATIONS
Feminism is about freedom: the individual and collective liberty to make decision on Sports have freed women, and continue to free women, from restrictive dress, behaviors, laws and customs – and from the belief that women can’t or shouldn’t achieve or compete or win (Nelson, 1998).

Quality of life is one of the indications that have been brought forth for health measurement, indeed specialist’s attention was caught to the importance quality of life. World health organization (WHO) announced that healthiness is not just the non existence of disease but it is a condition of physical, psychological and social welfare (1984). There are many definitions given for the terms "quality of life. The
theoretical term that is presented for this term consists of an amalgamation of physical, psychological and social welfare that is perceived an individual or a group for example, happiness satisfaction and economic conditions (Row 2002).

"Health related quality of life" stresses on physical, psychological, as well as social dimension of health. The quality of life Group in WHO also defines the health related quality of life as the person’s thought of his or her living conditions with consideration to the culture and values system that he or she is living an and are relationship of these thought with the purpose, expectation, standards, as well as preferences viewed by the person (Oliver 1997).

The importance of studying women in sports is inarguably one of the most influential and overlooked topics of the women’s movement. In the sports area women are given the opportunity to level with men, to be given the opportunity to succeed is landmark milestone in itself, throughout women’s history.

Selection of subjects:-

A sample design is a defined plan determined before data collection for obtaining a sample from a given population. In the present study purposive sample design was the method employed for selection of the subjects.

In order to study psycho-physiological correlates of sports women & non sports women, total 264 women were selected from different cities viz Raipur, Durg, Bhilai, Bagbahara, Mahasmund,
Rajnadgaon, and Bilaspur of Chhattisgarh. Out of 240 women subjects, 139 were sports women (SW) who participated in different competition, at state, national and university level and 125 Non Sports Women (NSW) who never participated in any competition or physical education program. The subjects were categorized in four different age groups; the age groups were 25-30 years, 30-35 years, 35-40 years and 40-45 years. Each age group consisted of at least 30 subjects.

Variables selected: The variables selected for the present study were divided into four categories which are as follows-

1. Physical
2. Physiological
3. Gynecological
4. Psychological

1. PHYSICAL:

Under physical category various anthropometric variables were measured. Anthropometry is the study of the measurement of the human body in terms of the dimensions of bone, muscle, and adipose (fat) tissue. Measures of subcutaneous adipose tissue are important. Actual stature, weight, and body measurements including skin folds, girths, and breadths were collected for the purposes of assessing body composition parameters for comparison between SW and NSW and for provision of reference data. Measurements of stature and weight allow description of the two groups under study. Anthropometric measurements such as skin folds and circumferences will allow cross-sectional analysis of the relationship between body composition and physiological and psychological variables.
Following anthropometric variables were selected:

1. Body weight (kg.)
2. Height (vertical measurement (cm))
3. Transverse measurement (cm)
4. Biocromial (diameter)
5. Bi-iliocristal (diameter)
6. Elbow (diameter)
7. Knee (diameter)
8. Girth measurements (cm)
9. Chest
10. Upper Arm
11. Calf
12. Thigh
13. Abdominal
14. Skin fold thickness (mm)
15. Biceps skinfold
16. Triceps skinfold
17. Subscapular skinfold
18. Subraspinale skinfold
19. Abdominal skinfold
20. Thigh skinfold
21. Calf skinfold

PHYSIOLOGICAL:

1. Heart Rate
2. Peak Flow Rate
3. Blood Pressure-diastolic & systolic
4. Hemoglobin
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GYNECOLOGICAL:
1. Gynecological Variables
2. PMS Check List
3. Gynaecological Problem Questionnaire.

PSYCHOLOGY
1. Personality Type A Type B scale (Ray & Bozek 1980)
2. Adjustment Inventory (Asthana, 1968)
3. Self-concept Inventory (Sherry et al 1988)

RESULT
In the present study an attempt is made to find out differences in the anthropometric, physiological and psychological aspects of sports women (SW) and non sports women (NSW)

The data was collected from the sample on somatic dimensions, with the help of anthropometric measurements and physiological and psychological aspects were assessed with the help of rating scales and questionnaires.

The data was organized and put to statistical analysis with the help of SPSS-16 version. Descriptive and Comparative statistics were used to analyze the data.
Comparison of Psychophysiological Correlates of Sports Women and Non Sports Women of Chhattisgarh

Conclusion

- SW and NSW differ in their anthropometric measurements, SW showed better anthropometric profile as compare to NSW, though statistical significant differences were not observed in all the anthropometric measurements.

- SW and NSW differ in their physiological parameters SW showed better physiological profile as compare to NSW, statistical significant differences was observed in peak flow rate.

- SW and NSW differ significantly in their PMS. The SW shows fewer problems related to PMS (Physical, Psychological and Behavioural) than NSW.

- SW, NSW differ in their gynecological problems during pregnancy, during child birth, after pregnancy and during perinomial period. SW reported less gynecological problems in all the three semesters of pregnancy, during child birth, after pregnancy and perinomial problems as compared to NSW.

- SW and NSW differ significantly in their self concept, SW showed higher self concept as compared to NSW.

- The self concept and adjustment are negatively related. The self concept and the physical, psychological,
behavioral problems of PMS and adjustment are negatively related.

- The determinants of the Self concept among total sample of women are adjustment and BSA PI and physical syndrome in PMS.

- Among NSW adjustment is related to SCA component of self concept.

- The physical problems of PMS among total sample of women are related with adjustment and negatively related with self concept (SCA, SCB, SCD and SCE). Among SW physical problem are related with adjustment, negatively related with temperament qualities, habits and behavior and socio-economic status. In NSW physical problem is related with adjustment, and negatively related with self concept (SCB, SCE, and SCH).

- The determinations of physical problems of PMS among SW are adjustment and BSA, and among NSW adjustment and self concept related to SCE (habit and behaviour) found to be significant determinants of physical problems of PMS.

- Psychological problems of PMS among total sample of women are related to adjustment and negatively related with (SCA and SCE). Among SW psychological problems of PMS are related to adjustment and negatively related
to self concept (SCB) and some of body composition variables. Among NSW psychological problem of PMS are related to adjustment, negatively related to self concept (SCA).

- Psychological problems of PMS among all the women under study were determined by adjustment, self concept (SCA and SCC) When analyzed group wise SW showed SCB of self-concept as determinant of psychological problem of PMS. Among NSW SCA component of self concept and adjustment are the important predictors of psychological problem.

- The behavioral problems of PMS among women are found to be related with adjustment and negatively related to SCA, SCB SCE, SCF and the main predictor of behavioral problems of PMS are adjustment and SCF. The important predictor of behavioral problems of PMS among SW is adjustment only. Among NSW the behavioral problems of PMS is related with adjustment, LBM,BSA and negative relationship between self concept related to SCA and SCE was observed.

- For behavioral problems in PMS among the total sample of women, adjustment and self-concept related to SCF emerged out to be important determinants. Among SW no important factor emerged out as the predictor of the behavioural problems of PMS, and in case of NSW adjustment is the determinant of behavioural problems of PMS.
OUTCOME OF THE STUDY:

- In understanding anthropometric, body composition, psychological nutritional profile of sports women and non sports women of age groups 25-30, 30-35, 35-40 and 40-45 years.

- To understand various important physiological factors and functional components for planning fitness for women of age groups 25-30, 30-35, 35-40 and 40-45 years.

- To understand various important gynaecological problems of women of age groups 25-30, 30-35, 35-40 and 40-45 years.

- To understand effect of sports participation on anthropometric, body composition, psychological variables and on gynaecological problems of women of age groups 25-30, 30-35, 35-40 and 40-45 years.

- The result of the present study will be motivate women in improvement of health and fitness, by giving the knowledge of correct composition body fat and required lean mass through physical activity.

RECOMMENDATIONS

- It is recommended that further investigations on other gynaecological considerations should be conducted.

- Effect of exercise on Premenstrual syndrome and menstrual problems should be studied.
- It is recommended that further studies should be carried out to establish physiologic interaction between pregnancy and exercise.

- Further study should be conducted to plan exercise program for the period of pregnancy and after pregnancy.

- Benefits of exercise in combination with nutrition on pregnancy should be studied.

- Benefits of exercise on pregnancy should be established with variation as physical conditioning of the subjects and type and timing of the exercise.

The Subject of quality of life existing among different classes is of utmost importance, specially those individuals who possess certain physical, physiological and psychological conditions confronting with the problems caused by such conditions. One of the vulnerable classes of societies is women, who are confronted with various gynaecological problems starting from menarche to menopause. These conditions require special attention because these can considerable effect on the routine quality of life such as academic career, job limitation, social life, sports participation & routine physical activities.

Participation in physical activities leads to increased physical fitness and have positive effect on different systems of the body. It also leads to improve psychological aspects, thus improving overall quality of life.