

## **CHAPTER V**

### **SUMMARY, CONCLUSION AND RECOMMENDATIONS**

#### **5.1 Summary**

If we expect our students to prosper academically, they must be healthy and fit. Physical activity has been promoted as lifelong positive healthy behavior in childhood, which can lay the foundation for overall health. However, children's participation in physical activity declines with age.

The mechanisms by which students may improve academic achievement as a result of increased physical activity through physical education included increased arousal and reduced boredom which may lead to increased attention span and concentration increased activity levels might also be related to increased self-esteem which could be expected to improve classroom behaviour as well as academic performance.

A consensus on whether or not a student participating in extra curricular activities such as sports or clubs will have a positive effect on academic performance has not been reached from a theoretical point of view extra curricular activities are viewed, as boosting academic performance James Coleman's multiple role theory posits that extra curricular activities provided additional complimentary roles for a student that benefits the students academically because the added role of athlete for example increases self-esteem and overall participation which can boost grades.

The purpose of the study was to investigate the correlation among sports performance, academic achievements and economic status of school girl students. In order to achieve the purpose, 400 girl students were selected as subjects.

To achieve the purpose of the study, 25 students from 16 different schools in Tamil Nadu were selected in the age group of 16 to 18 years. Sports performance, academic achievements in IX<sup>th</sup>, X<sup>th</sup> and XI<sup>th</sup> standard and economic status were collected for the selected subjects from the school records, mark sheet and certificates.

The collected data were analyzed by applying Pearson Product Moment Correlation which identifies the relationship between the variables. To test the hypothesis 0.05 level of significance was fixed.

The result of the study indicated that there was a significant relationship between sports performance and IX<sup>th</sup>, X<sup>th</sup> and XI<sup>th</sup> standard academic achievements among selected subjects in the age group of 16 to 18 years.

The result of the study revealed that there was no significant relationship between sports performance and economic status of the selected subjects.

The result of the study indicated that there was no significant relationship between economic status and IX<sup>th</sup>, X<sup>th</sup> and XI<sup>th</sup> standard academic achievements among selected subjects.

## 5.2 Conclusion

1. It was concluded that there was a positive correlation between sports performance and IX<sup>th</sup>, X<sup>th</sup> and XI<sup>th</sup> standard academic achievements among selected subjects.
2. It was concluded that there was no correlation between sports performance and economic status of the selected subjects.
3. It was concluded that there was no correlation between economic status and IX<sup>th</sup>, X<sup>th</sup> and XI<sup>th</sup> standard academic achievements of selected subjects.
4. It was concluded that there was an improvement in the percentage of marks in IX<sup>th</sup>, X<sup>th</sup> and XI<sup>th</sup> standard academic achievements of selected subjects during their sports participation.
5. It was concluded that the relationship between sports performance and IX<sup>th</sup>, X<sup>th</sup> and XI<sup>th</sup> standard academic achievement is not mediated by economic status.

## 5.3 Recommendations

1. The outcome of the study proved that the sports participation improves the academic achievements. It will enlighten the teachers, parents and students about the importance of sports participation for the better academic achievement.

2. Athletic programmes need to support and monitor athletes' academic progress throughout the students high school career.
3. More researches have to be conducted in the multiple factors involved in the interface of academics and athletics.
4. The results of the study were based on Tamil Nadu schools. The population for the study was also small. It is recommended that the study be conducted in several other states before generalizations are made.
5. Further research should be done on the same topic looking at different age levels of the students, specifically middle school and high school students to see where athletic participation begins having an impact on academic achievement.
6. Further research should also look at specific sports and athletic activities to see if one sport has a greater effect than the next.
7. Economically weaker players should be given scholarships.
8. Players with sports credit should be given extra marks in the board exams according to the level of their representation.
9. School should plan out creation of after-school sports programmes.
10. For students it is recommended that they get involved in athletic activities since it has a significant effect on academics.

11. For parents, it is recommended to encourage their children to get involved in some type of athletic activity, since it has a significant effect on academics.
12. For policy makers (i.e) State boards of education need to consider programmes that will encourage all students, to engage in daily physical activity.
13. A final recommendation for further study would be to explore the role gender plays in the students' achievements. A comparison of males versus females both athletes and non-athletes could be researched which could give us a clear idea of the effects of participation in athletics has on the students academics.