

Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

The analysis of data and detailed results of the study discussed in this chapter. The purpose of the present study was to analyse the selected physical fitness and personality traits among selected college, district and university level Basketball and Handball players of Kerala State. To achieve the purpose of the study, one hundred fifty male players from each category (college, district and university) of Basketball and Handball and 300 players in Kerala State, India, who had their credit in participating tournaments in their respective games were selected randomly.

The continuous variables selected for this study were strength, strength endurance, agility, explosive power, speed, cardio vascular endurance and personality traits (Personality Trait Factors-A, B, C, E, F, G, H, I, L, M, N, O, Q1, Q2, Q3, and Q4). All the subjects tested on the selected dependent variables.

The static group comparison design used for this study. The collected data were analysed by using independent t-test to find out the difference, if any, between the basketball and handball players and one way analysis of variance (ANOVA) was used to find the difference if any among the intercollegiate, interdistrict and interuniversity handball and basketball players on the selected physical fitness variables and personality traits. Whenever, the obtained F-ratio found to be significant, the Scheffe's test used as post hoc test to find out the difference among the paired means. In all the cases .05 level of significance used to test the hypothesis.

5.2 CONCLUSIONS

1. There was significant difference among college, district and university Basketball players on selected physical fitness such as strength, strength endurance, agility, explosive power, speed, cardio vascular endurance.

2. There was significant difference among college, district and university Basketball players on personality traits (Personality Trait Factors-A, B, C, E, F, G, H, I, L, M, N, O, Q1, Q2, Q3, and Q4).

3. There was significant difference among college, district and university Handball players on selected physical fitness such as strength, strength endurance, agility, explosive power, speed, cardio vascular endurance.

4. There was significant difference among college, district and university Handball players on personality traits (Personality Trait Factors-A, B, C, E, F, G, H, I, L, M, N, O, Q1, Q2, Q3, and Q4).

5. University Basketball and Handball players found better than the district and college Basketball and Handball players on selected physical fitness such as strength, strength endurance, agility, explosive power, speed, cardio vascular endurance.

6. District Basketball and Handball players performed better than the college Basketball and Handball players on selected physical fitness such as strength, strength endurance, agility, explosive power, speed, cardio vascular endurance.

7. University Basketball and Handball players scored higher than the district and college Basketball and Handball players on Personality Trait Factors-A, B, C, E, F, G, H, I, L, M, N, O, Q1, Q2, Q3, and Q4.

8. District Basketball and Handball players scored higher than the college Basketball and Handball players on Personality Trait Factors-A, B, C, E, F, G, H, I, L, M, N, O, Q1, Q2, Q3, and Q4.

9. Basketball players were scored higher than Handball players on the following personality traits such as warmth, abstracted, emotionally stable, dominant, lively, rule-conscious, socially bold, sensitive, vigilant, practical, private, anxious, open to change, self-reliant, perfection and tense at university, district and college level.

10. There was significant difference between Basketball and Handball players of College, District and University on selected physical fitness variables such as strength, agility, explosive power, speed, cardio vascular endurance.

11. There was no significant difference between Basketball and Handball players of College, District and University on Strength Endurance.

12. There was no significant difference between college Basketball and Handball players on Personality Factor A.

13. There was no significant difference between college and district Basketball players on explosive power.

14. There was no significant difference between district and university Handball players on personality factor A.

5.3 RECOMMENDATIONS

In the present study, it is considered that the university players showed significant difference in physical fitness and personality traits than college and district players. Hence, it is recommended to the coaches, trainers and physical educators to

adopt the findings of this study while planning to improve sports training for the players. To extend the scope of the research findings of this study, a few suggestions are given below for further research.

1. The present study was confined to the sample of 18-25 years aged players at Kerala State, India. It is suggested that the above study may be undertaken with school players at different topography.
2. Similar study may be conducted by selecting biochemical variables as criterion variables.
3. Similar study may be attempted by selecting the higher age groups students.
4. The similar study may be conducted for professional course players
5. Similar study may be conducted for the subjects related with some other psychological variables.