

CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1. SUMMARY

The purpose of the study was to analyze the effect of yogic practices and tai-chi training on selected physiological, bio-chemical, psychological variables and playing abilities among college women football players. To facilitate the study 90 subjects were randomly selected from affiliated colleges of Madurai Kamaraj University, Madurai, Tamil Nadu. The players' age ranged between 17 and 25 years. They were assigned into three groups, Group I served as Yogic Practices group, group II served as tai-chi training group and third one as control group. The study was formulated as a true random group design, consisting of a pretest and post test. The subjects (n=90) were randomly assigned to the equal groups of 30 subjects each. The criterion variables Vital Capacity, Resting Pulse Rate, and breathe holding time, Blood glucose, Total Cholesterol, triglycerides, anxiety, self-esteem, achievement motivation, dribbling, kicking and shooting were assessed prior to and immediately after the training period by using the standardized test items. The experimental design used in this study was pre and post test random group design involving 90 subjects. The Experimental groups participated in their respective training programme for a period of 12 weeks. No attempt was made to equate the groups in any manner. Hence, to make adjustments for difference in the initial means and to test the adjusted post test means for significant differences among the groups. The collected data were analyzed by using dependent 't' test and Analysis of Covariance (ANCOVA). Whenever the 'F' ratio was found to be significant, Scheffe's test was used as post-hoc test to determine which of the paired means differed significantly. In all cases the criterion for statistical significance was set at 0.05 level of confidence ($P < 0.05$).

5.2. CONCLUSIONS

In the present investigation, as a result of two different training programmes the following improvements occurred on selected variables.

1. Vital capacity and breathe holding time were improved due to the 12 weeks of yogic practice and tai-chi training.

2. 12 weeks of yogic practices and tai-chi training lessen the resting pulse rate and anxiety level.
3. Due to the influence of two different training programmes namely yogic practices and tai-chi training, decrease the blood glucose, total cholesterol and triglycerides level.
4. Regular yogic practices and tai-chi training significantly boosts the psychological variables such as self-esteem and achievement motivation.
5. Systematic yogic practices and tai-chi training methods enhance the football playing abilities such as dribbling, kicking and shooting skills.
6. Yogic practice was identified as a more effective and training method to improve all the selected dependent variables when compared to the tai-chi training.

5.3 RECOMMENDATIONS TO THE SOCIETY

1. Since the yogic practice is identified as the decisive training, it is recommended to the coaches and physical education teachers to include it in their regular schedule of coaching/ training programme.
2. The findings of the study recommended to the doctors, physiotherapists and psychiatrists to include it in their remedial programme to improve the healthy lipid profile and psychological parameters.
3. Yogic practice can be integrated with their life style to develop moderately in anxiety, self-esteem and achievement motivation in turn it will improve the psychological qualities of the women football players.

5.4 RECOMMENDATIONS TO THE RESEARCHERS

The results of the study brought out the following recommendations for further studies in this area.

1. The intensity of the training and number of training sessions can be fixed according to the age, gender and diabetic level of the subjects.
2. Similar study may be designed to investigate the effects of training programmes based on gender at different age levels.
3. Similar study may be conducted other variables.
4. The present study thus, needs to be strengthened or supported by more relevant research studies.
