CHAPTER - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

The purpose of the study was to investigate the effect of specific skill training package with and computer assisted training on selected physical fitness and performance variables among college women kabaddi players. To achieve the purpose of the study, sixty students studying in under the jurisdiction of Manonmaniam Sundaranar University Tirunelveli, Tamilnadu were randomly selected as subjects. The age of the subjects ranged from 18 to 20 years. The subjects selected for this study were randomly divided into three experimental groups of twenty in each. The experimental groups I, II and III were named as computer assisted training group, computer assisted training group and control group respectively. All the subjects in the experimental groups (I & II) were given their respective training programme for 12 weeks duration. The control group did not get any type of training through this study. The subjects were free to withdraw their consent in case of feeling any discomfort or fear during the period of their participation; however there was no drop out in the study.

The pre test and post test scores were subjected to statistical analysis using dependant 't' test and Analysis of Covariance (ANCOVA) to find out the significance among the mean differences, whenever the 'F' ratio for adjusted test was found to be significant, scheffe's post hoc test was used. In all cases 0.05 level of significance was fixed to test hypotheses.

5.2 CONCLUSIONS

From the analysis of the data, the following conclusions were drawn:

1. The specific skill training package with computer assisted training group had shown significant improvement in all the selected physical fitness and performance variables among kabaddi players after undergoing specific skill training package with computer assisted training for a period of twelve weeks.

2. The computer assisted training group had shown significant improvement in all the selected physical fitness and performance variables among kabaddi players after undergoing computer assisted training for a period of twelve weeks.

3. The specific skill training package with computer assisted training group showed significant improvement in selected physical fitness and performance variables than the computer assisted training and control groups.

5.3 RECOMMENDATIONS

5.3.1 Recommendations for implication

1. The results of this research study clearly indicate that specific skill training package with computer assisted training could enhance the performance of kabaddi players in almost all the selected physical fitness and performance variables. Hence it is recommended that coaches and physical educators in the game of kabaddi should give due importance to include computer assisted training along with specific skill training package in their schedules.

2. It is also recommended that a kabaddi team at any level should have knowledge about specific skill training package with computer assisted training to train themselves for enhancing their own performance.

5.3.2 Recommendations for future research

1. A similar study may be conducted on players of National kabaddi team to assess their level in the selected variables.

2. A similar study may be conducted on different game and sports.

3. A similar indepth studies may be conducted to assess changes on biochemical, physiological and psychological variables of players perform at various levels.

4. To find out the periodical improvement on the criterion measures the same study may be designed with repeated measures.

5. This type of study may be undertaken involving both the sex and comparing their rate of improvement in selected physical and psychological variables along with their skill development.