

# CHAPTER-V



**SUMMARY, CONCLUSION AND RECOMMENDATION**

## CHAPTER - V

### SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

#### 5.0. Summary

Mobility exercise is an integral aspect of human life. Our daily lives are sustained and enriched when we are physically active and adopt active healthful lifestyles that will continue throughout the life span. The emphasis on fitness, wellness and health promotion through active living is highly sought now days.

Physical Activity is for every body. Exercise is a key factor in maintaining and improving overall health. In 1996, the Surgeon General of the United States reported that "significant health benefits can be obtained with a moderate amount of physical activity, preferably daily." These benefits are even more important in a disability, since people with disabilities have a tendency to live less active lifestyles. Yet, it is just as important for our body to get exercise. Physical activity and exercise programs of all sorts are indoor and outdoor, sports or recreational, solitary or team. It doesn't matter what we choose, so long as we choose to get a moderate amount of physical activity each day.

Mobility exercise in the context of the study includes calisthenics exercise, Aquatics exercise, and Yogasana (dynamic).

In the present study, the investigator was interested in conducting a study to find out the effects of mobility exercises such as calisthenics, aquatics and yoga along with special game participation to the disabled children. To achieve the purpose of the study, Ninety male students who were studying in Balar Kalvi Nilayam and YMCA College Special School, Chennai, acted as subjects for the study. They were only mild and moderate in intellectual disability. These students did not undergo any special training or coaching programme apart from their regular routine physical activity classes as a part of the curriculum in the school.

They were attached at random to one of the three groups based on age in which 30 belonged to under 14 age group, 30 belonged to under 16 age group and 30 belonged to under 18 age group. Each age group was divided into three equal groups of ten for each experimental treatment.

In the under 14 age group 10 students (Treatment group I) underwent calisthenics and special games participation, 10 students (Treatment group II) underwent aquatics and special games participation, 10 students (Treatment group III) underwent yoga and special games participation.

In the under 16 age group 10 students (Treatment group I) underwent calisthenics and special games participation, 10 students (Treatment group II) underwent aquatics and special games participation, 10 students (Treatment group III) underwent yoga and special games participation.

In the under 18 age group 10 students (Treatment group I) underwent calisthenics and special games participation, 10 students (Treatment group II) underwent aquatics and special games participation, 10 students (Treatment group III) underwent yoga and special games participation.

Psychomotor abilities such as balance, coordination and reaction time are the variables selected for the study, self care, learning and capacity for independent living were selected as variables of functional ability. Skill performance in special games such as bocce, badminton and table tennis was selected as variables for the study. The treatment groups underwent the programme three days a week for a period of twelve weeks with forty five minutes per session. The subjects in all the three groups were tested on selected criterion variables prior (pre test ) and after twelve weeks of training (posttest ).

The pre and post test data collected from three groups on functional abilities ( self care, learning, capacity for independent living ), psychomotor variables ( static balance, eye hand coordination, simple reaction time test ), skill performance ( bocce skill, badminton skill, table tennis skill ) were statistically examined for significant difference, by applying the analysis of covariance ( ANACOVA ).

When ever an 'F' ratio for adjusted test was found to be significant for adjusted post test means, Scheffe's test was followed as a post-hoc test to determine which of the paired mean differences was significant.

't' ratio was computed for find out significant improvement due to the various training on psychomotor abilities, functional abilities and skill performance of bocce, badminton, Table tennis in all the three age groups.

The collected data from the three groups on post experimentation, under 14 age group, under 16 age group and under 18 age group were statistically analysed by using two way ANOVA. 0.05level of significance was fixed and considered to be

appropriate in view of the fact that very highly sophisticated equipments were not used for more stringent level of significance.

## 5.1. Conclusions

Based on the results of the study, the following conclusions were drawn.

1. There was a significant improvement on selected criterion variables such as, Balance, Learning, Bocce, Badminton, Table Tennis skill performance of under14 age group due to calisthenics exercises, however there was no significant differences among the groups
2. There was a significant improvement on selected criterion variables such as, Balance, self care, Bocce, Table Tennis skill performance of under14 age group due to aquatics exercises, however there was no significant differences among the groups
3. There was a significant improvement on selected criterion variables such as, Coordination, self care, learning, Bocce, Table Tennis skill performance of under14 age group due to yogasana(dynamic), however there was no significant differences among the groups.
4. There was a significant improvement on selected criterion variables such as, Balance, learning, Bocce and Badminton skill performance of under16 age group due to calisthenics exercises, however there was no significant differences among the groups.
5. There was a significant improvement on selected criterion variables such as, Coordination, self care, Bocce, Badminton and Table Tennis skill performance of under16 age group due to aquatics exercises, however there was no significant differences among the groups.

6. There was a significant improvement on selected criterion variables such as, Balance, Coordination, self care, Bocce, Badminton and Table Tennis skill performance of under16 age group due to yogasana(dynamic), however there was no significant differences among the groups.
7. There was a significant improvement on selected criterion variables such as, Balance, Coordination, self care, Bocce and Badminton skill performance of under18 age group due to calisthenics exercises, the results of the study revealed that in under 18 age group there was significant difference among the groups in balance.
8. There was a significant improvement on selected criterion variables such as, Balance, self care, Independent living, Bocce, Badminton and Table Tennis skill performance of under18 age group due to aquatics exercises the results of the study revealed that in under 18 age group there was significant difference among the groups in self care.
9. There was a significant improvement on selected criterion variables such as, Balance, Coordination, Bocce, and Table Tennis skill performance of under18 age group due to yogasana(dynamic), the results of the study revealed that in under 18 age group there was significant difference among the groups in Badminton skill performance.
10. It was also concluded that the higher age group would have good significant improvement among this group of children.
11. It was concluded that all the three experimental treatment were found to have similar effect on the selected variables.

## 5.2. Recommendations

1. Calisthenics exercises are recommended to improve the psychomotor abilities and skill performance but the duration of the training should be higher.
2. Aquatics exercises are recommended to improve the psychomotor abilities and skill performance but the duration of the training should be higher.
3. The similar study could be attempted for the other gender.
4. The similar study could be attempted for the other age group also.
5. A study may be conducted to find out the influence of the above training on other psychomotor abilities, functional abilities and other games also.
6. It is further recommended that the similar study can be done on other disability groups.
7. If the training would be conduct for one year or two years other wise longer duration, we would have get good significant improvement among this children.