

CHAPTER - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

The purpose of the study was to find out the effects of selected yogic practices on selected physical, psychological and performance variables among state level cricket players and physical, psychological and performance variables were dependent variables and a. yogasanas b. pranayama c. combined training (yogasanas and pranayamas) were taken as independent variables.

To facilitate this study (60) sixty state level cricket players from Tamilnadu Cricket Academy, chennai were randomly selected as subjects. They were divided into four groups which were as follows.

- a. **Experimental Group – I** - Yogasanas
- b. **Experimental Group - II** – Pranayama
- c. **Experimental Group - III** – Combined practices (Yogasanas and Pranayama).
- d. **Group IV** - (Control group, No training was provided).

The significance of the difference between the experimental groups I, II, III and Group – IV were found out by the pre test and post test. They were determined through analysis of covariance (ANCOVA). The adjusted post test means were also computed by scheff's post hoc test. Thus the following results were obtained after the statistical analysis.

5.2 CONCLUSIONS

Within the limitation and delimitations set for the present study and considering the results obtained, the following conclusion were drawn.

For the purpose of this study it was hypothesized that the Yogasanas (Experimental Group – I), Pranayama (Experimental Group II) and Combined Training (Yogasanas and Pranayama) (Experimental Group III) would balance the selected flexibility, cardio vascular endurance, anxiety, and aggression, batting, bowling and fielding as compared to control group (group IV).

1. The Physical variable **Flexibility** was significantly improvement (increase) due to Twelve weeks of Yogasanas (Experimental Group – I) & Pranayama (Experimental Group II) & Combined Training - Yogasanas and Pranayama (Experimental Group III) among State level cricket players comparing to the control group.
2. The Physical variable **Cardiovascular Endurance** was significantly improvement (increase) due to Twelve weeks of Yogasanas (Experimental Group – I) & Pranayama (Experimental Group II) & Combined Training - Yogasanas and Pranayama (Experimental Group III) among State level cricket players comparing to the control group.
3. The Psychological Variable **Anxiety** was significantly improvement (decrease) due to Twelve weeks of Yogasanas (Experimental Group – I) & Pranayama (Experimental Group II) & Combined Training - Yogasanas and Pranayama (Experimental Group III) among State level cricket players comparing to the control group.
4. The Psychological Variable **Aggression** was significantly improvement (decrease) due to Twelve weeks of Yogasanas (Experimental Group – I) & Pranayama (Experimental

- Group II) & Combined Training - Yogasanas and Pranayama (Experimental Group III) among State level cricket players comparing to the control group.
5. The Performance variable **Batting** was significantly improvement (increase) due to Twelve weeks of Yogasanas (Experimental Group – I) & Pranayama (Experimental Group II) & Combined Training - Yogasanas and Pranayama (Experimental Group III) among State level cricket players comparing to the control group.
 6. The Performance variable **Bowling** was significantly improvement (increase) due to Twelve weeks of Yogasanas (Experimental Group – I) & Pranayama (Experimental Group II) & Combined Training - Yogasanas and Pranayama (Experimental Group III) among State level cricket players comparing to the control group.
 7. The Performance variable **Fielding** was significantly improvement (increase) due to Twelve weeks of Yogasanas (Experimental Group – I) & Pranayama (Experimental Group II) & Combined Training - Yogasanas and Pranayama (Experimental Group III) among State level cricket players comparing to the control group.
 8. Finally the post hoc analysis of the results proved that Combined (Yogasanas & Pranayama) (Experimental Group-III) was slightly effective than Yogasanas (Experimental Group-I) and Pranayama (Experimental Group-II) differences in **Flexibility, Cardiovascular Endurance, Anxiety, Aggression, Batting, Bowling & Fielding**. The hypothesis was accepted at 0.05 levels.

5.3 RECOMMENDATIONS

The following recommendations have been derived on the basis of the study for practitioners.

1. It was found that Yogasanas and Pranayama should be useful for the State level cricket players also.
2. It was found the Yogasanas and Pranayama also should be useful for female State level cricket players also.
3. It was found that the combination of both also Yogasanas and Pranayama are more suitable for the State level cricket players.
4. Yogasanas and pranayama may be recommended for State level cricket players for to promote better health.
5. Yogasanas and Pranayama may be recommended for management as well as coping the Anxiety and aggression.
6. Yogasanas and Pranayama may be recommended mainly for improvement of State level cricket players.
7. Yogasanas and Pranayama may be recommended for the improvement of the state level cricket players for general health.
8. Yogasanas and Pranayama may be recommended mainly for prevention of all ailments.
9. The government may be encouraged Yogasanas and Pranayama as a part of all other games.
10. Yogasanas and Pranayama may be included in academic curriculum in cricket players.
11. Yogasanas and Pranayama may be done by all the players in their daily routine for regular work.

5.4 SUGGESTION FOR FURTHER RESEARCH

During the course of the research study, the investigator came across a number of ideas, based on which the following suggestions are made for further research in this area.

1. Similar study can be undertaken to find out the changes on Yogasanas and pranayama .
2. Similar study can be undertaken for female cricket players also.
3. Similar study can be undertaken for rural and urban cricket players.
4. This type of study can be undertaken on different age groups.
5. Since the research was selected on two experimental groups, more experimental groups can be compared for state level cricket players.
6. Similar study can be conducted on other physical, psychological and performance variables also.
7. Similar study may be conducted for the extension period of experimentation by selecting a large sample.
8. Similar study may be conducted for other health problems faced by men players.
9. The present study needed to be strengthened or support by more relevant research studies.