

SUMMARY CONCLUSIONS AND RECOMMENDATIONS

5.1. SUMMARY

This work of research was intended to discover the effect of isolated and combined proprioceptive training and yogic practices on performance related fitness variables and psychological characteristics of rural Kho-Kho players.

With the intention of seeking results to the objectives, eighty(N=80) rural male Kho-Kho players whose age group ranged between 14 and 18 years were chosen as participants for this work of research. The selected participants are school students who were studying various schools from Tumkur district of Karnataka state. Selection of participants for the research was random and they were divided into four groups' namely experimental training group I, as proprioceptive training group, experimental training group II, as yoga training group, experimental training group III, as combined training group, and experimental group IV, as a control group. Twenty rural Kho-Kho men players constituted into each group. All eighty subjects endured pre-tests on chosen performance related fitness variables, namely agility, cardiovascular endurance, dynamic balance, leg strength, reaction time(foot), agility psychological variables achievement motivation, aggression, anxiety, mental toughness, self-confidence, team cohesion with standardized test. The obtained pre-test scores were collected and recorded by the research scholar.

The research scholar setup a twelve-week training programme for all the three experimental groups. After accomplishing the experimental training, the entire subjects underwent post-tests on the chosen performance related fitness variables and psychological variables. Data on the selected performance related fitness variables and

psychological variable were collected from all eighty subjects after the experimental procedure. The test scores after training of 12 weeks were taken as test scores. To get knowledge on the importance of the differences in mean, the initial test score, and the experimental effects score (post-test) were statistically treated using Analysis of Covariance (ANCOVA). As the adjusted test mean score was relevant for the, 'F' ratio, Henry Scheffe's post hoc test was brought into statistical application.

5.2 CONCLUSIONS

1. The performance related fitness variables of agility, cardiovascular endurance, dynamic balance, leg strength, foot reaction and speed improved after twelve weeks of proprioceptive Training (Experimental Group - I), Yoga Training (Experimental Group - II), and Combined Training (proprioceptive training and yoga Training) (Experimental Group III) among Kho-Kho players. The Combined Training Group showed more improvement than proprioceptive training and yoga Training groups.
2. The psychological variables achievement motivation, self-confidence and team cohesion were improved after twelve weeks of proprioceptive Training, Yoga Training, and Combined Training (proprioceptive training and yoga Training) among Kho-Kho players. The Combined Training Group showed more improvement than proprioceptive training and yoga Training groups.
3. The psychological variables Aggression, Anxiety, Mental Toughness showed no improvement after twelve weeks of proprioceptive Training, Yoga Training, or Combined Training (proprioceptive training and yoga Training) among Kho-Kho players.

5.3 RECOMMENDATIONS

The research scholar presents the following recommendations based on the findings of this study and related literature:

1. A well-organized proprioceptive and yogic practices along with routine Kho-Kho skills can be recommended for the improvement of techniques of Kho-Kho players at different age groups.
2. The present findings may help the Kho-Kho coaches and players to plan effective training sessions.
3. The findings of the present study could be more beneficial for players of other games where the players are most exposed to such rapid movements and change of directions of the nature of the game.
4. The findings of the study may provide awareness to prepare training plans to develop a psychological characteristic of players involving sports where players take immediate decisions.
5. The relevance of this study would pave the road for new research in the area of coaching and training of kho-kho players.
6. The proprioceptive training-based program could also be inserted into a full training program and used as a training tool to focus on the enhancement of dominant leg and dynamic balance.
7. Sports mentors and sports scientists can integrate their training plans with the protocols described in this investigation.
8. It is recommended that proprioceptive training and yogic practices can be incorporated as a routine training program for players of different sports and games where a sudden change of direction and movements are involved.

9. The findings of this study will be important to conduct regular assessments to monitor the progress of players and adjust training programs accordingly. This will ensure that players continue to reap the benefits of these training methods.
10. Awareness on the benefits of combined proprioceptive and yogic practices may be spread among school level kho-kho players on the importance of improving specific motor fitness, psychological and performance variables in kho-kho and for the benefit of all round fitness.

5.4 FUTURE DIRECTION OF THE RESEARCH

1. The same study could be done on professional Kho-Kho players with high-intensity proprioceptive training, and yogic practices.
2. Future studies should consider changing the frequency of exposure to proprioceptive training and yogic practices.
3. A similar study may be conducted with female subjects.
4. A similar study may be undertaken to assess the training programme's influence on other psychological and physiological variables.
5. A similar study may be attempted by selecting the state or national level kho-kho players as participants.