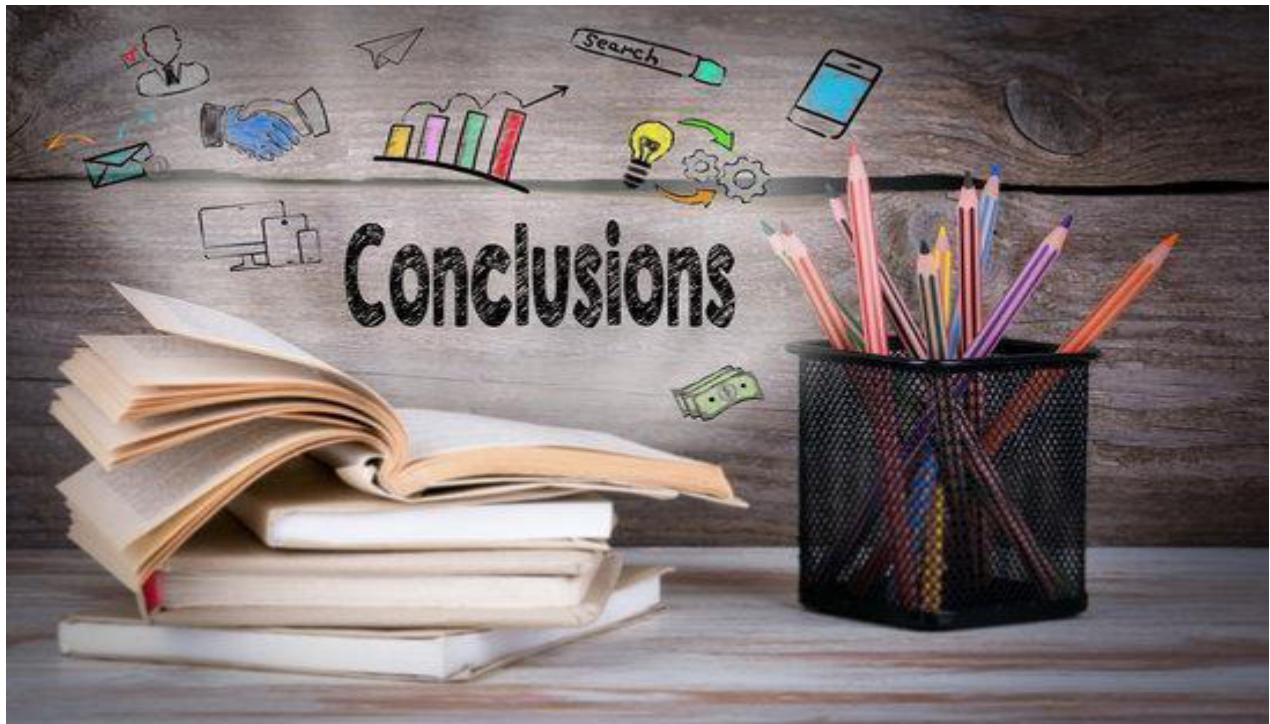


CHAPTER – V



SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

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SUMMARY, CONCLUSIONS AND RECOMMANDATIONS

5.1. SUMMARY

Since the scholar was interested in effect of effect of skill based exercise with concurrent training and mindfulness yoga on selected motor fitness physiological, psychological variables and playing ability among men handball players, this study was undertaken. The entire study was conducted carefully as these components were essential for achieving the intended objectives.

For the purpose of the study, players were selected from YMCA College of Physical Education, Gurunanak College and Anna University in the district of Chennai, Tamil Nadu, India. The ages of the subjects ranged from eighteen to twenty-five years. A randomly sampling technique was dividing the subjects into four groups and each groups consisting of twenty (n=20) subjects. Experimental group-I was named as Skill based exercise with Concurrent training group (SCTG, Group - I), Experimental group-II was named as Skill based exercise with Mindfulness yoga training group (SMYTG, Group - II), Experimental Group III was named as Skill based exercise with Concurrent training and Mindfulness yoga training group (SCMYTG, Group - III) and while Group IV served as the Control Group (CG, Group-IV). The subjects were assessed on selected Motor fitness components such as agility, balance, power, speed, endurance, Physiological variables such as blood oxygen saturation, heart rate, lung capacity, Psychology variables such as anxiety, aggression, self-confidence and Playing ability such as passing, shooting, throwing accuracy, dribbling, collection of the ball were measured. These assessments were conducted before the training period and the readings were recorded as pre-test scores in their respective units. After the pre-test, the training intervention was applied as follows: Group I underwent Skill based exercise with concurrent training, Group II underwent Skill based exercise with Mindfulness yoga training, Group III underwent Skill based exercise with Concurrent training and Mindfulness yoga training and Group IV Control Group did not undergo any specific training and continued with their regular activity. The experimental groups followed their respective training regimens for one and a half hours per day, three days a week, for duration of twelve weeks. Upon completion of the twelve-week training program, all groups were re-evaluated on the same selected Motor fitness components, Physiological variables, Psychology variables and playing ability. The post-test scores were recorded in their respective units.

The collected pre-test and post-test were analysed using a paired t-test to assess the effects of the twelve-week training period. Furthermore, to compare the effects of Skill based exercise with concurrent training group, Skill based exercise with Mindfulness yoga training group, Skill based exercise with Concurrent training and Mindfulness yoga training group and Control group across the four groups, the data collected before and after the training period were analyzed using Analysis of Covariance. In cases of a significant mean difference if any observed on variables among the four groups, a post hoc Scheffe's test will be applied. To test the significance of the results derived the 0.05 level was chosen as the level of significance. Based on the analysis of the data and results the following conclusions were drawn.

5.2 CONCLUSIONS

Based on the findings and within the limitations of the study the following conclusions were drawn.

1. Based on the results of this study it was concluded that Skill based exercise with concurrent training group had produced significant improvement over the period of twelve weeks training on selected Motor fitness components such as agility, balance, power, speed, endurance, Physiological variables such as blood oxygen saturation, heart rate, lung capacity, Psychology variables such as anxiety, aggression, self-confidence and Playing ability such as passing, shooting, throwing accuracy, dribbling, collection of the ball from base line to post treatment.
2. Based on the results of this study it was concluded that Skill based exercise with Mindfulness yoga training group had produced significant improvement over the period of twelve weeks training on selected Motor fitness components, Physiological variables, Psychology variables and playing ability from base line to post treatment.
3. Based on the results of this study it was concluded that Skill based exercise with Concurrent training and Mindfulness yoga training group had produced significant improvement over the period of twelve weeks training on selected Motor fitness components, Physiological variables, Psychology variables and playing ability from base line to post treatment.
4. Further in comparing the results of three experimental the groups it was concluded that Skill based exercise with Concurrent training and Mindfulness yoga training group was the superior training to develop all selected Motor fitness components,

Physiological variables, Psychology variables and playing ability than SCTG and SBMYTG

5.3 RECOMMANDATIONS

Based on the results of the study, the following recommendations have been made.

1. In the present study, the effect of Skill based exercise with Concurrent training and Mindfulness yoga training on physical variables, physiological variables and performance variables among handball players, the physical education teachers, trainers and coaches can prefer this type of training so as to achieve their aim in time.
2. It is recommended that the isolated and combined training of Skill based exercise with Concurrent training and Mindfulness yoga training may be given to the high level performance during the competition periods also.
3. It is recommended that this type of training can be undertaken based on the nature of sports and level of playing on selected game related fitness components.
4. It is recommended that this type of training conducted by selecting some other state and national level handball players as a subject.
5. It is recommended that the study may be conducted on female subjects.
6. It is recommended that the study may be conducted on other age level of subjects.