SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Chapter V

SUMMARY CONCLUSIONS AND RECOMMENDATIONS

5.1. SUMMARY

The learning of desirable skills is the very foundation of physical education. There are multivarious reasons why a physical educator should attempt to formulate new tests in the existence of numerous tests.

Basket ball is one of the most popular sports in the world as spectator sports and in terms of player's participation. It is fast, quick, aggressive and attractive. It is considered a strenuous game because the game demands a high degree of fitness, intelligence and an alert mind. Balance, relaxation and protection are the basic skills required for all the fundamental movements in basketball. The capacity of a player in possession of the natural movements and mastery of fundamental movements will be a source for mastering the game. The fundamental skills of the game are holding the ball, passing and receiving, dribbling and shooting.

The purpose of the present study was to construct the skill test battery for college Men basketball players of Tamilnadu in the age group of 18 - 24 years. The present study is significant in the following aspects.

1. The users can get accurate data since the test battery constructed in the present study highlights the real game situations.

2. The equations framed in the study would help the players and coaches to forecast the overall playing ability.

3. The periodical assessment of the player's fundamental skills helps the physical education teachers and coaches identify the level, and a source to plan the right type of training during the course of action.

The methodology adopted in the present study is briefly given below.

The present study was folded into three phases such as

i). Selection of skill test items

ii). Extracting the selected test items and developing the final test battery

iii). Constructing the norms for final test battery items.

The purpose of the present study was designing the skill test battery to measure the fundamental skills of the basketball players at Inter-collegiate level. In the first phase 7 test items were arbitrarily selected with the help of field experts and knowledge achieved from the earlier studies and literatures. They are:

Passing and Receiving

1. Wall passing
2. Target accuracy passing

Dribbling

1. Zig zag dribbling
2. Alternate hand

Shooting

1. Free throw shooting
2. Speed spot shooting

Rebounding

1. Rebounding ability

Thirty basket ball players were selected to establish the reliability on selected test items. They were selected at random in the age group of 18-24 years. The selected subjects were the participants of various Inter collegiate level tournaments. To ensure the subjects reliability and instruments reliability, the selected subjects were tested on selected test items with Intra class correlation suggested by Safrit and wood (1984) processed the collected data to test the reliability on the selected test items. In the second phase of the present study selected test items among the seven tests were extracted. The Y = 0.91 value were considered as the selected test items using the results obtained on testing the reliability. Thus the selected test items namely wall passing, speed spot shooting, zig zag dribble and rebounding ability were selected.

Further to validate the individual test items, the overall playing ability of the basketball player was chosen as a criterion (Dependent

variable) measure. For this, 102 Inter-collegiate basketball players were selected. The methods and procedures used in selection of subjects were as in the earlier phase of the present study. The selected 102 players were tested on selected test items with the standardized instruments. Also in view of getting accurate data and completion in time the assistance of the three research scholars in the field of basketball was sought. To validate the test items and predicting the test items with the criterion measure based on the functional association, the collected data in this phase were treated by correlation analysis and step-wise regression analysis. Using the results of regression analysis, the final test battery was developed. Finally in the third phase of the present study to construct the norms for the final test battery items, (wall passing, speed spot shooting, zig zag dribble and rebounding ability) 1500 subjects were selected as samples from the colleges throughout Tamilnadu. They were tested on the final test battery items. The collected data were processed by percentile. Thus the norms for the final test battery were constructed.

5.2. FINDINGS OF THE STUDY

The following are the findings of the present study.

I. Using the 'r' value of 0.91 and above on selected seven test items, the selected test items such as, wall passing, speed spot shooting, zig zag dribble and rebounding were selected.

II. It was found out that the reliability coefficient on most appropriate test items the R_{xx} value ranged from 0.95 to 0.99

III. It was found out that the objectivity coefficient on most appropriate test items the R_{xx} value ranged from 0.916 to 0.9891

IV. It was found out that the reliability coefficient of the concurrent validity between the criterion measure of overall playing ability the 'r' value ranged from 0.09 to 0.92.

V. From the result of the R-square value 0.95 it was found that the independent variables such as speed spot shooting, rebounding ability and zig zag dribble were highly associated with the criterion measure of overall playing ability.

VI. From the results of the step-wise regression analysis, it was found that the test items such as speed spot shooting, rebounding and zig zag dribble were in the final module.

5.3. CONCLUSIONS

In the light of the findings and within the limitations of the present study the following conclusions have been made.

I. It was concluded that the tests namely wall passing, speed spot shooting, zig zag dribble and rebounding were evolved as a final test battery to find out the playing ability of the Inter-collegiate basketball players in fundamental skills. Hence, the above said newly constructed skill tests battery to measure the fundamental skills of the inter collegiate Basket ball players were reliable, valid and objective.

II. It was concluded that the percentile norms evolved in the present study for the final test battery was more appropriate in the contemporary settings.

5.4. RECOMMENDATIONS

Based on the findings and conclusions made in the present study the following recommendations have been made.

1. The physical instructors and coaches assessing the fundamental skills of basketball players can use the final test battery evolved in the present study.
2. The coaches and physical instructors predicting overall playing ability of the players can use the equations framed in the present study.
3. The norms evolved in the present study can be used to find out the performance of players in the fundamental skills and to locate the talented basketball players at Inter-collegiate level.

4. In the training period the coaches and physical instructors can use the norms of the final test battery to know the level of learning in their fundamental skills.
5. The norms developed in the present study would be helpful during the selection trials for physical education colleges, sports schools and sports authority of India.
6. As the norms being self explanatory, basketball players may use the evolved equation in the present study to predict the playing ability.
7. A similar study may be conducted for women basketball players at Inter collegiate level.
8. Using the test items of the present study, research may be conducted to construct the skill test battery and norms for the age group of fewer than 18 years.
9. Since nurturing plays very crucial role in learning and executing the fundamental skills, the present study can be extended to the players at nation level.