

CHAPTER V

SUMMARY CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

Kabaddi being a team game, every player has a specific role to play in defense and offense. The motor qualities differ from player to player and specific abilities of players occupying different positions or roles in the team game also differ. For example, the specific fitness of a raider is slightly different from that of the main defense player. This call for the designing of individual training programmes for each player, as far as possible, especially when they reach a certain standard of performance. Physical Fitness is generally achieved through exercise, correct nutrition and enough rest. It is an important part of life.

In this study, a guiding concept here is morphological optimization, the notion of an ideal body morphology, or narrow range of morphologies, most likely to be associated with success in various disciplines. One major success factor is body size and shape, or morphology. The major skill related physical fitness variables of Speed, agility, power, coordination, and reaction time are treated for the training program. The precise understanding and manipulation of the variables are expected to help in choosing right composition of training method as well as in the prediction of the performance level

of players in a particular game context. The investigator has tried to the problem of enhancing the performance of College level Kabaddi players.

The study was formulated as a true random group design, consisting of a pre and post test. Randomly selected forty five (N=45) men kabaddi players from various colleges in Chennai, as subjects for this study. The selected subjects were divided into three groups consisting of 15 kabaddi players in each group. Experimental group I was assigned as Medium Intensity Resistance Training (MIRTG) Group, Experimental group II was assigned as High Intensity Resistance Training (HIRTG) Group and Control Group was not given any special treatment. Prior to experimental treatment, all the subjects were measured of their morphological variables such as Stature, Body mass, Body mass index, Body Surface Area and Lean body mass and Skill Related Physical Fitness Variables such as Speed, Agility, Power, Coordination and Reaction Time. After 12 weeks of experiments to the experimental groups on respective training, all the three groups were tested on criterion variables, which form post test scores. The difference between pre and post test scores was considered as the effect of varied intensities resistance training. To test the statistical significance of the difference, the obtained pre and post test scores of all the three groups using ANCOVA. In all cases 0.05 level was fixed to test the hypothesis.

The results of the study proved that there were significant improvements in the selected morphological variables namely, Stature, Body mass, Body mass index, Body Surface Area and Lean body mass and Skill Related Physical Fitness Variables such as Speed, Agility, Power, Coordination and Reaction Time among college men kabaddi players.

5.2 CONCLUSIONS

The results of the study also showed that there was a significant impact on all the selected morphological and skill related physical fitness variables among college men kabaddi players.

Within the limitation and delimitation of the study, the following conclusions were drawn:

1. The results of the study show similar effects on pre test means among Medium Intensity Resistance Training group (MIRTG), High Intensity Resistance Training group (HIRTG) and control group (CG).
2. Varied intensities such as Medium Intensity Resistance Training (MIRT) and High Intensity Resistance Training (HIRT) produce no changes on stature of college men kabaddi players.

3. Varied intensities such as Medium Intensity Resistance Training (MIRT) and High Intensity Resistance Training (HIRT) significantly altered body mass of the college men kabaddi players. There was no significant difference between the treatment groups.
4. It was concluded that varied intensities such as Medium Intensity Resistance Training (MIRT) and High Intensity Resistance Training (HIRT) significantly altered body mass index of the college men kabaddi players. There was no significant difference between the treatment groups.
5. Varied intensities such as Medium Intensity Resistance Training (MIRT) and High Intensity Resistance Training (HIRT) significantly altered body surface area of the college men kabaddi players. There was no significant difference between the treatment groups.
6. It was concluded that varied intensities such as Medium Intensity Resistance Training (MIRT) and High Intensity Resistance Training (HIRT) significantly increased Lean body mass of the college men kabaddi players. There was no significant difference between the treatment groups.
7. It was further concluded that varied intensities such as Medium Intensity Resistance Training (MIRT) and High

Intensity Resistance Training (HIRT) significantly improved Speed of the college men kabaddi players. There was no significant difference between the treatment groups.

8. It was concluded that that varied intensities such as Medium Intensity Resistance Training (MIRT) and High Intensity Resistance Training (HIRT) showed greater improvements in Agility of the college men kabaddi players. There was no significant difference between the treatment groups.
9. It was concluded that that varied intensities such as Medium Intensity Resistance Training (MIRT) and High Intensity Resistance Training (HIRT) showed greater improvements in Power of the college men kabaddi players. There was no significant difference between the treatment groups.
10. It was concluded that that varied intensities such as Medium Intensity Resistance Training (MIRT) and High Intensity Resistance Training (HIRT) showed improvements in Coordination of the college men kabaddi players. There was no significant difference between the treatment groups.
11. It was concluded that that varied intensities such as Medium Intensity Resistance Training (MIRT) and High Intensity Resistance Training (HIRT) showed greater improvements in

Reaction Time of the college men kabaddi players. There was no significant difference between the treatment groups.

5.3 RECOMMENDATIONS

The finding of this research proved that twelve weeks varied intensities such as Medium Intensity Resistance Training (MIRT) and High Intensity Resistance Training (HIRT) significantly altered selected Morphological and Skill related physical fitness variables college men kabaddi players. Based on these results, discussions and finding of the research, the following recommendations were suggested by the investigator.

1. The present study is mainly concerned with the college men kabaddi players. So the same study can be conducted on college women kabaddi players.
2. It is recommended that the same may be conducted at different age group for different age categories.
3. It is recommended that a similar study may be conducted with a varied training protocol for other Physiological, Biochemical, Hematological and Psychological parameters.
4. It is recommended that a similar study may be extended with some other variables.

5. It is recommended that a similar study may be conducted with more subjects on elaborate and extensive manner.

5.4 SUGGESTIONS FOR FURTHER RESEARCH

1. It was recommended that a similar study may be conducted with larger samples, which would support the findings of this study.
2. A similar study may be conducted on state and National level men and women kabaddi players.
3. It was suggested that a similar study may be conducted in different higher intensities and pace.
4. A study determine the effect of varied intensities such as Medium Intensity Resistance Training (MIRT) and High Intensity Resistance Training (HIRT) on Physiological, Biochemical, Hematological and Psychological parameters not covered by this study may be undertaken.