

CHAPTER V

SUMMARY CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

The purpose of the study was to find out the effect of varied capsules of fitness training namely circuit training, interval training and stair case training on selected physical, physiological, psychological and skill performance variables among college level men handball players. To achieve the purpose of the study, 80 college men handball players were selected as subjects from various colleges of the University of Madras at random and their age was ranged between 18 and 24years. Further, they were divided into four equal groups of 20 subjects each. The groups were assigned as Experimental Group I, II, III and Group IV as control group respectively. Pre tests were conducted for all the 80 subjects on selected physical, physiological, psychological and skill performance variables such as speed, abdominal strength, flexibility, cardiovascular endurance, vital capacity, breath holding time. achievement motivation, self-confidence, anxiety, dribbling, shooting and wing shot shooting. The experimental groups were participated in their respective circuit training, interval training and stair case training for a period of 12 weeks. The control group was not exposed to any special training except their regular game practice. The post tests were conducted on the above said dependent variables after a period of 12 weeks of circuit training, interval training and stair case training. Analysis of Covariance (ANCOVA) statistical technique was used to test to test the adjusted post test mean differences among the experimental groups. If the adjusted post test result was significant, the Scheffe's post-hoc test was used to determine the significance of the paired mean

differences. In all the cases, level of confidence was fixed at 0.05 to test the significance, which was considered as appropriate.

5.2 CONCLUSIONS

Within the limitations of the present study, the following conclusions were drawn.

- 1 Circuit training, interval training and stair case training significantly improved the selected physical variables such as speed, abdominal strength, flexibility and cardiovascular endurance and physiological variables such as vital capacity and breath holding time and psychological variables such as achievement motivation, self-confidence and anxiety and skill performance variables such as dribbling, shooting and wing shot shooting compared to control group.
- 2 Circuit training significantly improved the selected physical variables such as speed, flexibility and cardiovascular endurance and physiological variable namely vital capacity and psychological variable namely achievement motivation, self-confidence and anxiety and skill performance variable namely shooting among college level handball players than other trainings.
- 3 Stair case training significantly improved the selected physical variable namely abdominal strength and physiological variable namely breath holding time and psychological variable namely self-confidence and anxiety and skill performance variables namely dribbling and wing shot shooting compared to other groups.

- 4 Interval training significantly reduced the selected psychological variable namely anxiety compared to other groups.

5.3 RECOMMENDATIONS

On the basis of the findings and conclusions, the following recommendations were made.

1. The findings of the study confirmed that circuit training, interval training and stair case training significantly improved the selected physical, physiological, psychological and skill performance variables among college level handball players. Hence, professionals in physical education, coaches and trainers in the field of sports can utilize these training programme for better performance of their players.
2. Physical education teachers, coaches and trainers may adopt the circuit training, interval training and stair case training methods to develop the selected physical, physiological and psychological variables.
3. The result of the study would help the handball coaches and players to understand and add the circuit training, interval training and stair case training in their training schedule of fitness and skill development.

5.4 SUGGESTIONS FOR FURTHER RESEARCH

1. There are great scopes for other researchers to carry out similar studies with different physical, physiological, psychological and skill performance variables.

2. Similar studies may be conducted for various games like , hockey, basketball, volleyball, kabaddi and kho-kho.
3. Same training programme may be carried out for more than 12 weeks of training period.
4. Similar studies may be conducted for inter school and state level handball players.