

## CHAPTER V

### SUMMARY CONCLUSIONS AND RECOMMENDATIONS

#### 5.1 SUMMARY

The purpose of the study was to find out the effect of asanas, aerobics and proprioceptive training on selected motor fitness, physiological and performance variables among football players. To achieve this purpose of the study, eighty intercollegiate football players from four different colleges in Chennai city namely in Alpha Arts and Science College, Porur, Sindhi College of Arts and Science, Tiruverkadu, Hindustan College of Arts and Science, Padur and Guru Nanak College, Vealachery, Chennai, Tamil Nadu, India were randomly selected as subjects. The age of the subjects were ranged between 18 to 28 years. The selected subjects were divided in to four equal groups of twenty subjects each. Group I underwent asanas training for twelve weeks (for three days per week). Group II underwent aerobic training for twelve weeks (for three days per week). And Group III underwent proprioceptive training for twelve weeks (for three days per week). Group IV acted as control that did not participate in any special training programme apart from their regular routine football training. The following motor fitness, physiological and performance variables such as speed, explosive power, agility, reaction time, vital capacity, resting pulse rate, cardio vascular endurance, breath holding time, dribbling ability, passing ability and shooting ability were selected as dependent variables. All the subjects of four groups were tested on selected dependent variables at prior to and immediately after the training programme. The subjects for this study were selected at random but the groups were not equated in relation to the factors that have been examined. Hence, the difference among the means of the four groups in the pre-test

had to be into account during the analysis of the post test difference among the means. This was achieved the application of analysis of covariance (ANCOVA) where the final means were adjusted for difference in the initial means were tested for significance. When the adjusted post test means were significant, the scheffe's post hoc test was administered to final out the paired means significant difference. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered as an appropriate.

## **5.2 CONCLUSIONS**

From the analysis of the data, the following conclusions were drawn.

1. There was a significant difference among asanas, aerobic, proprioceptive training and control groups on selected motor fitness components namely speed, explosive power, agility, reaction time and cardio vascular endurance.
2. Significant improvements were noticed on selected motor fitness components namely speed, explosive power, agility, reaction time and cardio vascular endurance due to asanas, aerobic and proprioceptive trainings.
3. There was a significant difference among asanas group, aerobics group, proprioceptive training and control groups on selected physiological variables namely vital capacity, resting pulse rate, breath holding time.
4. Significant reduction was noticed on resting pulse rate due to asanas, aerobics and proprioceptive training among college men football players.

5. Significant improvement was noticed on vital capacity and breath holding time due to asanas, aerobics and proprioceptive training among college men football players.
6. There was a significant difference among asanas group, aerobics group, proprioceptive training and control groups on selected performance variables namely dribbling ability, passing ability and shooting ability among football players.
7. There was a significant improvement on selected performance variables namely passing, dribbling and shooting due to aerobic, proprioceptive trainings. There was a significant improvement on shooting due to asanas.
8. The results of the study also showed that there was no significant improvement on selected performance variables namely passing and dribbling due to asanas.

### **5.3 RECOMMENDATIONS**

Based on the results of the study, the following recommendations were drawn.

- 1) In the present study, it was concluded that aerobic group had much influence on selected motor fitness, physiological and performance related variables namely speed, explosive power, agility, cardio vascular endurance, reaction time, vital capacity, resting pulse rate, breath holding time, dribbling ability and passing ability. Hence, it is recommended to the coaches, trainers and physical

educators to adopt this practice to improve selected motor, physiological and performance related variables.

- 2) The similar study may be carried out by selecting national or state level players as subjects.
- 3) The duration of the training period may be increased upto 15 – 18 weeks to examine the training effect.
- 4) The similar study may be conducted by selecting women students as subjects.
- 5) The similar study may be conducted with large number of samples.