

CHAPTER - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

The purpose of the study was to find out the influence of game-specific field training, yogic practice and mental training on selected physical, physiological, psychological and performance variables among cricket players.

To achieve the purpose of the study, sixty male inter-collegiate cricket players studying in various colleges affiliated to Bharathidasan University, Tiruchirappalli, Tamilnadu state, India were randomly selected as subjects and their ages ranged from 18 to 25 years. The subjects (N=60) were randomly assigned to four equal groups of fifteen subjects each. The experiment procedures, testing as well as exercise schedule was explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study.

Pre test was conducted for all the subjects on selected physical, physiological, psychological and performance variables. This initial test scores formed as pre test scores of the subjects. The groups were assigned as Experimental Group I, Experimental Group II, Experimental Group III and Control Group in an equivalent manner. Experimental Group I was exposed to game-specific field training, Experimental Group II was exposed to game-specific field training with yogic practices, Experimental Group III was exposed to game-specific field training with yogic practices and mental training and

Control Group was not exposed to any experimental training other than their regular daily activities. The duration of experimental period was 12 weeks. After the experimental treatment, all the sixty subjects were tested on their physical, physiological, psychological and performance variables. This final test scores formed as post test scores of the subjects. The pre test and post test scores were subjected to statistical analysis using dependant 't' test and Analysis of Covariance (ANCOVA) to find out the significance among the mean differences, whenever the 'F' ratio for adjusted test was found to be significant, scheffe's post hoc test was used. In all cases 0.05 level of significance was fixed to test hypotheses.

5.2 CONCLUSIONS

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

1. The game-specific field training group had shown significant improvement in all the selected physical, physiological, psychological and performance factors among Cricket players after undergoing game-specific field training for a period of twelve weeks.
2. The game-specific field training with yogic practices group had shown significant improvement in all the selected physical, physiological, psychological and performance factors among Cricket players after undergoing game-specific field training with yogic practices for a period of twelve weeks.

3. The game-specific field training with yogic practices and mental training group had shown significant improvement in all the selected physical, physiological, psychological and performance factors among Cricket players after undergoing game-specific field training with yogic practices and mental training for a period of twelve weeks.
4. The game-specific field training with yogic practices and mental training group showed significant improvement in selected physical, physiological, psychological and performance factors among Cricket players from their baseline to post training than the other experimental groups and control group.

5.3 RECOMMENDATIONS

5.3.1 Recommendations for implication

1. The results of this research study clearly indicate that game-specific field training, yogic practices and mental training could enhance the performance of cricket players in almost all the selected physical, physiological, psychological and performance factors. Hence it is recommended that coaches and physical educators in the game of cricket should give due importance to include game-specific field training, yogic practices and mental training in their schedules.
2. It is also recommended that a cricket team at any level should have knowledge about game-specific field training, yogic practices and mental training to train the players for enhancing their performance.

5.3.2 Recommendations for future research

1. A similar study may be conducted on players of National cricket team to assess their level in the selected variables.
2. A similar study may be conducted in greater detail to assess changes on biochemical and other physiological and physical fitness variables.
3. A similar study may be conducted on different game and sports.
4. To find out the improvement on criterion measures periodically, the same study may be designed with repeated measures.