

CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

The summary of the present study, the conclusion drawn based on the results and the recommendation for future studies are presented in this chapter.

5.1 SUMMARY

The purpose of this study was to find out the effect of varied strength training on selected physical and performance variables among cricket players. To achieve the purpose of the study the investigator selected the cricket players from different colleges in Theni, Madurai and Dindigul Districts of Tamil Nadu, India. The subjects were explained the purpose and nature of the study and requested to be the volunteer for the study. 200 Cricket players in the age group of 18 to 25 years from various colleges were randomly selected as subjects. The selected subjects were divided into four equal groups namely three experimental groups weight training group (WT), circuit training group (CT), interval strength training group (IT) and one control group (CG) consists of 50 subjects each. The physical variables speed, strength, explosive power, agility, endurance and performance variables batting, bowling and fielding were selected as dependent variables for the study. Independent variables are weight training, circuit training and interval strength training.

To determine the significant difference between the groups on the dependent variable the statistical procedure analysis of variance (ANCOVA) was used. To find out the significant difference on adjusted means of the group, Scheffe's Post-hoc test

was administered. To ascertain the significant difference between the groups the level of significance was set at 0.05 level of confidence which has considered adequate for the purpose of this study.

The game of Cricket can have a variety of lengths and structures. The traditional cricket game consisted of one inning per side, and such a match could take hours or more than one day to complete. Cricket is a sport in which fitness is traditionally not thought of as very important. However, the success in the international matches comes through the professionalism in fitness and the countries who dominated the international cricket over a decade like West Indies and Australian team has been attributed to their professionalism, and in part to the way they addressed their fitness. The other test playing nations have rightfully put more emphasis on fitness recently and are reaping the benefits. Now-a-days different format of cricket is being conducted at international level in which it needs lots of speed, strength, agility, explosive power, muscular endurance, flexibility, coordination, reaction and cardio respiratory endurance. Demand of the game forces every individual player to continue the regular, progressive and specific training for the fitness. The results of the research study would highlight the specific exercises and training programme for the cricketers to improve their physical fitness and performance variables.

5.2 CONCLUSIONS

On the basis of observation and findings from the present study the following conclusions were drawn.

1. It was concluded that the eight weeks of weight training, circuit training and interval strength training improved the speed of the cricketers.
2. It was concluded that the eight weeks of weight training, circuit training and interval strength training improved the strength of the cricketers.
3. Further it was concluded that the circuit training had more significant improvement on the strength than the weight training and interval strength training group.
4. It was concluded that the eight weeks of weight training, circuit training and interval strength training developed the explosive power of the cricketers.
5. Further it was concluded that weight training had significant improvement on the explosive power than the interval strength training group. And, it was concluded that circuit training had better effect than the weight training group on the development of explosive power.
6. It was concluded that circuit training more significantly improved the agility of the cricketers than the interval strength training and control groups.
7. It was concluded that the weight training, circuit training and interval strength training significantly improved the endurance of the cricketers.

8. It was concluded that the weight training, circuit training and interval strength training significantly improved the batting performance in cricket.
9. It was concluded that the weight training, circuit training and interval strength training significantly improved the bowling performance in cricket.
10. It was concluded that the weight training, circuit training and interval strength training significantly improved the fielding performance in cricket.

5.3 RECOMMENDATIONS

Based on the result and conclusions of the study, the following recommendations were drawn,

1. The results found in the study may be utilized by the coaches or fitness trainers in the training programme to enhance the fitness and performance of cricketers.
2. The result of the study may be helpful for the cricket players to identify the importance of the need of physical fitness while playing cricket.
3. The research study may be conducted with different exercises, frequency and volume.
4. It is recommended that the training methods and the result of this study may be used by the cricketers to follow the training schedule to improve the playing ability in cricket.

5. The study may be conducted with more number of physical variables and game skill variables.
6. Studies may be conducted with the inclusion of psychological, biochemical and hematological variables also.
7. The similar study may be conducted by using the subjects of different playing level and capacity.
8. Similar study may be conducted on different age category and female players.
9. Similar research studies may be conducted by using various intensity strength training.
10. Similar study may be conducted by using various forms of strength training.

BIBLIOGRAPHY
