

## CHAPTER V

### SUMMARY CONCLUSIONS AND RECOMMENDATIONS

#### 5.1. SUMMARY

The purpose of the study was to investigate the effect of specified training with sign language and vibrator aid on selected psychomotor variables namely, reaction time and movement time and skills in handball namely 9 meter front throw, dominant hand speed pass, overhead pass, accuracy throw, jump and throw and dribbling among deaf and dumb college students.

For the present study, forty five deaf and dumb men students were selected randomly from Presidency College, Chennai. The age of the subjects ranged between 18 and 25 years and their hearing impairment level is 90%. Selected subjects were divided into three equal groups namely experimental group I (VTG) underwent specified training with vibrator aid (n=15), Group II (SVTG) underwent specified training with combination of vibrator aid & sign language and Group III (CG) served as control group (n=15). The selected criterion variables psychomotor and handball skills were assessed prior to and immediately after the 12 weeks of training period by using the standardized tests. The experimental design used in this study was pre and post test random group design involving 45 subjects. The collected data were analyzed by using Analysis of Covariance (ANCOVA). Whenever the 'F' ratio was found to be significant, Scheffe's test was used as post-hoc test to determine which of the paired means differed significantly. In all cases the criterion for statistical significance was set at 0.05 level of confidence ( $P < 0.05$ ).

## 5.2. CONCLUSIONS

The current study focuses on specified training with vibrator aid and sign language on selected psychomotor variables and skills in handball among deaf-and-dumb college students. The researchers investigated only male handball players, and training was designed only for them.

1. Twelve weeks of specified training with vibrator aid and combination of vibrator aid & sign language instruction based training reduced the reaction and movement time.
2. The present research concluded that specified training with vibrator aid and combination of vibrator aid & sign language improved the passing and throwing skills in handball.
3. Our findings indicate that specified training with vibration aid and combination of vibration aid & sign language could support deaf-and-dumb students in improving dribbling and accuracy performance.
4. At the same time enhancing the performance of all the dependent variables, specified training with combination of vibrator aid & sign language was better than the specified training with vibrator aid.
5. Based on the findings, the researcher concluded that specified training with vibration aid and specified training with combination of vibration aid & sign language are practical approaches for learners in enhancing handball skills if these instructions are adapted to meet up the learners' needs during training.

### **5.3. RECOMMENDATIONS TO THE SOCIETY**

1. Since the specified training with combination of vibration aid & sign language is identified as the decisive training, it is recommended to the coaches and physical education teachers to include them in their regular schedule of coaching and training programme.
2. It is proposed vibration aid and sign language instructions will be gradually introduced during the training sessions and correct the errors committed by the players to enhance the performance of the players.
3. Intend to conduct a long-term study where vibration aid and sign language instructions are gradually introduced during training.

### **5.4. RECOMMENDATIONS TO THE RESEARCHERS**

The results of the study brought out the following recommendations for further studies in this area.

1. Substantiate the findings in other training settings and for other physical activities/sports and games.
2. The intensity of the training and number of training sessions can be fixed according to the age and gender level of the subjects.
3. The present study thus needs to be strengthened or supported by more relevant research studies.