

CHAPTER - V

SUMMARY CONCLUSION AND RECOMMENDATIONS

5.1 SUMMARY

Junior players are required to have a good physical fitness, as well as physiological profiling and stroke production that will enable successful performance at the competitive level. The aims and objective of the present study was to examine the player's physical fitness, physiological responses and simultaneously to measure the skills related variables among state level male junior badminton player. It is important to ascertain the most efficacious method for enhancing fitness performance and also to bring the player to the next level and reduce the fatigue. Further, not much research has been completed on the physiological aspects of badminton. This research aim was to examine the impact of specific skill and neuromuscular training on selected physical physiological and skill related variables among state level male junior badminton players.

To achieve the purpose of the study, thirty (N=30) state level junior male badminton players were selected randomly in the age group of 16 and 18 years Chennai. They were assigned into three group's namely experimental group I (specific skill training), experimental group II (neuromuscular training) and group III acted as Control Group. Experimental groups underwent training for a period of 12 weeks. The data collected from experimental group and control groups on selected physical physiological and skill related variables in relation to and adjusted post test scores were subjected to statistical analysis using

paired 't' test to analyse the significant difference if any between pre-test, post-test. Further, 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 CONCLUSION

The following conclusions have been derived on the basis of the limitation and delimitation.

1. It was concluded that there was a significant improvement on selected physical fitness variables such as agility, flexibility and leg explosive power due to specific skill training and neuromuscular training.
2. It was concluded that there was no significant improvement on physical fitness variables such as speed and arm strength due to specific skill training and neuromuscular training.
3. It was concluded that there was a significant improvement on physiological variables such as anaerobic power and maximal oxygen uptake due to specific skill training and neuromuscular training.
4. It was concluded that there was a significant improvement on skill related variables such as short serve, long serve, forehand clear, back hand clear and volleying ability due to specific skill training and neuromuscular training.

5.3 RECOMMENDATIONS

The following recommendations have been derived on the basis of the study for practitioners.

1. It was found that specific skill training and neuromuscular training were useful for improving the performance badminton players.
2. It was found the specific skill training and neuromuscular training were useful for improving the physical fitness level of badminton players.
3. It was found the specific skill training and neuromuscular training were useful for improving the physiological fitness level of badminton players.
4. The badminton association of India and private badminton clubs may include the specific skill training and neuromuscular training as a part of training schedule badminton players.

5.4 SUGGESTION FOR FURTHER RESEARCH

During the course of the research study, the investigator came across a number of ideas, based on which the following suggestions are made for further research in this area.

1. Similar study can be undertaken to find out the changes on psychological variables.

2. Similar study can be undertaken for elite level of badminton players.
3. Similar study can be undertaken for rural and urban badminton players.
4. This type of study can be undertaken on different age groups.
5. Since the research was selected on two experimental groups, more experimental groups can be compared for badminton players.
6. Similar study can be conducted on other physiological, psychological and life skill variables also.
7. Similar study may be conducted for the extension period of experimentation by selecting a large sample.
8. The present study needed to be strengthened or support by more relevant research studies.