

CHAPTER V

SUMMARY CONCLUSIONS AND RECOMMENDATIONS

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5.1 SUMMARY

Valid and reliable tests of ability and achievement in football are present in the literature. Most tests, however, measure one or two isolated skills without regard to how they are used in the actual game situation. The need for a new football test for women players is acute as the tests presently found in the literature were validated.

This research was to construct a battery of objective skill tests in football to assess the football playing ability of the girl football players. The investigator reviewed existing football skill tests which revealed several previous researches which were used to measure one or more of the skills chosen for the test to be constructed. The investigator formed the research method in three phases, namely, Pilot Study Phase, Testing Phase for Validity and Reliability and Testing Phase for Objectivity. During pilot study phase twenty subjects were involved for selection of skills, refinement process of the skill tests constructed and finalization of the tests constructed. Variations of several of these tests were combined and six distinct skill tests were constructed to assess the skills in a game like situation... Constructed skill tests were administered on 250 girl football players from Tamil Nadu were selected at the age group of 16 to 19 years..

After careful assessment of the present skill tests and the investigator constructed skill tests, namely, passing, dribbling, shooting, heading, trapping and

chipping. During the Testing Phase for Reliability and Validity of tests constructed, the researcher found the reliability of the tests constructed through test – retest (intra class) methods. Reliability of the constructed tests were also done by inter-rater (outside expert) with the 60 subjects, 30 in the age group of 16 to 17.5 and 30 in the age group of 17.6 to 19 were selected for this purpose. To ascertain the validity (criterion related and construct related) the playing ability was determined by three experts when the selected subjects were in actual competitions. The obtained playing ability was related with the skill scores of the subjects to determine criterion related validity. To determine the construct related validity the playing ability and constructed skill scores of the subjects in the age group of 16 to 17.5 and in the age group of 17.6 to 19 were found and related so that to find the validity of the constructed skill tests for both the age groups. To find out the objectivity of the constructed skill tests, the investigator administered the constructed skill tests for 250 subjects from Tamil Nadu. Based on the scores, hull scales were computed and the subjects were classified and thereby the objectivity of the skill tests could be proved. Data were collected using the constructed skill tests and the playing ability of the subjects were scored with the help of a panel of three experts subjectively. The collected scores were subjected to statistical treatment using Pearson Correlation Coefficient, Multiple Correlation and Hull scale to determine the reliability, validity and objectivity of the tests constructed.

The scores of the subjects obtained through administration of the newly constructed skill tests were compared using Pearson Correlation Coefficient, Multiple Regression analysis consisting of Multiple Correlation on to find out the reliability, validity and objectivity of the tests constructed. In all the cases, 0.01 level of confidence was fixed to test the significance, which was considered as appropriate. In this study, if the obtained r value were greater than the table value, the null hypotheses were rejected to the effect that there existed significant correlations among the means of the groups compared and if the obtained values were lesser than the required values at 0.01 level, then the null hypotheses were accepted to the effect that there existed no significant correlations among the means of the groups under study.

The results of this study proved that there were significant correlations in test –retest, tester's scores and expert's scores, playing ability scores and constructed skill tests scores individually, playing ability scores and skills scores as a whole.

5.2 CONCLUSIONS

Within the limitations and delimitations of this study, the following conclusions were drawn.

1. There was significant relationship between test – retest scores of the constructed skill tests and there was significant relationship between investigator's scores and experts scores. Thus it was concluded that the

constructed skills tests have significant the intra class and inter rater reliability.

2. There was significant relationship between playing ability scores and individual skill test scores. There was significant relationship between playing ability scores and individual skill test scores among the players in the age group of 16 to 17.5 years. There was significant relationship between playing ability scores and individual skill test scores among the players in the age group of 17.6 to 19 years. There was significant relationship between playing ability scores and scores of skill tests put together as assessed through multiple regression analysis. Thus, it was concluded that the constructed skill tests have significant criterion related validity and construct related validity.
3. It was concluded that the skill tests constructed possessed objectivity as the tests have been carefully constructed with great care, clear test directions, precise scoring methods, and adherence of them. Through the constructed skill tests norms have been constructed and the players were classified.
4. It was concluded that the newly constructed battery of tests would truly measure the football skills of an individual.
5. It was concluded that the playing ability of girl football players can be measured through the performance of players in the skill test of the battery proposed.

6. It was concluded that the players in skill test would have positive correlation with the experts rating on the game performance.

5.3 RECOMMENDATIONS

In this study, the newly constructed skill tests have significant relationship with playing ability of girl football hence, it was recommended to extensively use the constructed skill tests to measure the individual skills as well as to improve the performance of the players.

Coaches, team selectors and physical education teachers may use the newly constructed skill tests for the selection of players and these tests could predict the playing ability of the players in a 'game like' situations.

The results of the present study may be used to evaluate the girl football players to be groomed for higher level of competitions based on the constructed norms.

5.4 RECOMMENDATIONS FOR FUTURE RESEARCH

Based on the results and discussions of this study, the following recommendations are made for future research.

1. Researches may be undertaken to find out the reliability, validity and objectivity of the constructed skill tests among men football players.
2. Similar research with a larger sample is recommended so that statistical findings may become more reliable.

3. Similar research may be undertaken to construct skill tests in other games like basketball, volleyball, hockey etcetera.
4. A research may be undertaken to predict the playing ability of the football players with the constructed skill tests.
5. The men football players may be assessed to find out the effectiveness of the constructed skill tests.