CHAPTER - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

Yoga is the oldest known science of self-development, originated in ancient India. Yogic practice is fast gaining popularity throughout the world. Many research studies of the past report that yogic training improves the physical & mental fitness level as well as the performance of sports persons in various sports disciplines.

Different Sports required different type of fitness emphasizing on a particular fitness factors. Similarly the training varies sports discipline to sports discipline. Field training is a highly co-ordinate and well panned exercise. Generally in military this type of training is very common. In modern sports training the game-specific field training is gaining tremendous popularity, which focus on game-specific fitness as well as performance related skill factors.

Cricket is basically a bat and ball game played between two teams of eleven players. It is played in many forms such as Test, One day International, First class Twenty 20, Super Six, Eight-a-side, Indoor Cricket Max Cricket, Double wicket and Single wicket. Cricket is played in more than 105 countries around the globe. Performance in Cricket is determined by several factors namely skill, technique, tactics, fitness and training. Both physical and mental fitness play vital role in performance.

The investigator, being a Cricketer, coach, selector, and Yogic practitioner was motivated to find out the impact of field training with and
without yogic practice on selected physical, physiological, psychological and performance variables among the Cricket players. Moreover, very little research had been done on field training and yogic practice among Cricket players. This also motivated the investigator to take-up the study.

The purpose of this study was to determine the impact of field training with and without yogic practice on selected physical, physiological, psychological and performance variables among Cricket players. To achieve the purpose of the study, forty eight male inter-collegiate Cricket players studying in various colleges affiliated to Madurai Kamaraj University, Madurai were randomly selected as subjects. Their age ranges from 18 to 25 years. The subjects had past playing experience of at least three years in Cricket and only those who represented their respective college teams were taken as subjects. By using the matching procedure on the basis their initial test performance scores on Cricket playing ability, the subjects were divided into three equal groups in which each group consisted of sixteen subjects and named Group-I was involved field training, Group-II was given field training combined with yogic practice, Group-III (Control group) was not exposed to any training/conditioning other than their daily routines activities.

The field training package was specifically designed to improve the Cricket playing ability and fitness levels of the Cricketers. The field training packages designed by the investigator of the study was administered for a period of twelve weeks, five days a week, two sessions each day, each session lasted 90 minutes. The yogic practice was meted out for 45
Summary, Conclusions and Recommendations

minutes to group-II either before or after the field training. The yogic practice includes selected asanas, pranayamas and meditation techniques.

The selected variables for the present study are Physical fitness components namely speed, endurance, explosive strength and flexibility; Physiological variables namely resting heart rate, aerobic power, anaerobic power and breath holding time; Psychological variables namely sports competitive state anxiety (SCAT), somatic, cognitive, self confidence and sports achievement motivation and performance was subjectively rated by three qualified Cricket coaches.

The following standardized tests were used to measure the Physical fitness components namely 50 metres run, 12 minutes run, standing broad jump and sit & reach. Physiological factors was measured by standard protocol using Digital heart rate monitor, Astrand-Astrand Nomogram (bench stepping), Margaria-Kalamen power test and Digital Stop watch used to measure breath holding time. Psychological factors were measured by standardised questionnaire, namely Sports Competitive Anxiety Test (SCAT) developed by Martens (1990) and Competitive State Anxiety Questionnaire II (CSAI-2) developed by Martens, Burton, Vealey, Bump and Smith (1990), Sports Achievement Motivation test Questionnaire developed by Kamlesh (1983). To measure the batting, bowling and fielding performance in Cricket, the subjectively rating by three qualified coaches was used to measure their performance in playing ability. The guideline for subjective rating was given by the investigator. To make the study more scientific the subject reliability, reliability of data, instrument reliability, tester reliability was established.
Summary, Conclusions and Recommendations

The collected data from the three groups prior to and after the experimental treatment on selected physical, physiological, psychological and performance variables were statistically analyzed by using the concept of analysis of covariance (ANCOVA). Whenever the ‘F’ ratio for adjusted post test means was found to be significant, Scheffe’s test was followed as a post hoc test to determine which of the paired means difference was significant. In all the cases 0.05 level of confidence was fixed as a level of confidence to test the hypothesis.

CONCLUSIONS

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

1. The control group had not shown significant changes in any of the selected variables.
2. The field training with and without yogic practice group had shown significant improvement in all the selected physical fitness variables among Cricket players.
3. The field training with and without yogic practice group had shown significant changes in all selected physiological and psychological variables among Cricket players.
4. The field training with and without yogic practice group had shown a significant improvement in all the selected performance variables among the Cricket players.
5. The field training combined with yogic practice group was better than the field training group on all selected parameters among the Cricket players. However the significant difference was observed
Summary, Conclusions and Recommendations

only on flexibility, Sports competitive anxiety, Self confidence, Cricket playing ability.

RECOMMENDATIONS

Recommendations for implementation

1. The results of this study clearly indicate that field training combined with yogic practice could enhance the performance level in all the selected physical, physiological, psychological and performance variables among the Cricket players. Hence, it is recommended that coaches and physical educators in the game of Cricket should include Yogic packages in their schedules.

2. It is also recommended that a Cricket team at any level should have a yoga expert to train the players for enhancing their performance.

RECOMMENDATIONS FOR FUTURE RESEARCH

1. A similar study may be conducted on players of Indian Cricket team to assess their level in the selected variables.

2. A similar study may be conducted on different games and sports.

3. A similar study may be conducted in greater detail to assess changes on biochemical variables.