

9.0 APPRAISAL

The assessment of the research work and finding innovative ideas and suggestions, the present research study is reviewed under the following headlines.

Summary of outcomes

Conclusion

Strength of the study

Limitations of the study

Suggestions for future research

Implications of the study

9.1 SUMMARY OF OUTCOMES

Youth players are more of energetic and can get the success if the energy flows in the right direction. The combination of yoga and physical fitness training found more effective in this study. The feasibility and study module was assessed by the experts. The subjects were included in the study age range from 18 to 24, based on the successful execution of two skills out of five from Bobby Charlton Soccer Skill Tests. All the subjects were divided into two groups. The intervention was given for four months. The treatment group showed significant improvement in all the variables of fitness components as well as skill variables following yogic and physical fitness exercises. The intervention was given under the observation of a medical officer of

the college. However, no injuries or another form of adverse events took place. Overall high attendance indicates their interest to participate in this research program.

9.2 CONCLUSION

The teaching and learning method was found pleasant and put in to practice successfully. The model which was prepared for the intervention found beneficial for the players. All the subjects participated wholeheartedly and reacted positively to set up new ideas. The effectiveness recorded depends partially on its content, subject's faithfulness, and training quality. The findings show the possible enhancement in physical fitness and skills among college football players. The study was conducted as per the convenience of the players without affecting their regular academic schedule. Following yoga and physical fitness training intervention, we found that, the treatment group has won maximum number of matches as compared to previous years. This shows the improvement in the match performance with respect to given intervention. Therefore, it is exposed that, the present training program is helpful in improving health-related physical fitness components, skill level as well as performance among football players.

9.3 STRENGTH OF THE STUDY

The strong point of this research study shall be known on the basis of the followings:

- i) The study was conducted with a sufficient number of sample size.
- ii) As per the suggestion of the experts, 16 weeks' duration is enough to find the change.
- iii) The data were collected and recorded by the experts.
- iv) The fitness and yoga training study has undertaken and assessed the first time.
- v) As per the inputs by the experts, the study is useful for the selection of players through skill tests.

vi) The improvement in the outcome variables shows the positive strength of the study.

9.4 LIMITATIONS OF THE STUDY

- i) The study was limited to two groups (Treatment & Control)
- ii) The footballers were asked to perform skill tests from which they need to qualify at least two out of five skills to get in the selection of subjects.
- iii) Age ranging from 18 to 24 years.
- iv) The control group was not able to participate actively in the study.
- v) Few participants may not have participated in the assessment to the best of their abilities, need to be corrected.
- vi) Specific criteria were put to minimize heterogeneous sports group which may limit generalization of results.
- vii) Lack of follow up after the study.

9.5 SUGGESTIONS FOR FUTURE RESEARCH

- i) The selection procedure shall be followed to get the best players for training.
- ii) It is suggested that long duration training program may be more effective as compared to short duration by considering the high-level competition.
- iii) Follow up program shall be held for both treatment and control group.
- iv) Yoga and physical fitness training shall be extended to other team sports such as Basketball, Volleyball, and Hockey etc.

v) Long-term benefits of yoga shall be studied on female footballers and other team game players.

vi) The effectiveness of the Yoga and physical fitness training shall be compared with various groups such as yoga group, physical fitness training group, and control group to get better results.

vii) The validation of the yoga and physical fitness training module shall be useful to acquire best players in the team.

viii) A module shall be validated as per the playing position of the game.

9.6 IMPLICATIONS OF THE STUDY

i) More number of football coaches may encourage adapting yoga practices in their training schedule.

ii) The application of new method may be useful in enhancing both physical and mental health of the players.

iii) It may become accustomed in the reduction of stress, fatigue and enhancement in the concentration and up-liftment of the fitness qualities.

iv) The scientific facts may give confidence to practice yoga and fitness training on regular basis in young players.

v) The possible implementation of yogic and fitness practices may further be exposed.

vi) The maintenance of good behavior in and outside field of a player is appreciated.