PSYCHO-PHYSICAL EMPOWERMENT OF WOMEN THROUGH SELF DEFENSE ACTIVITIES- AN EXPERIMENTAL STUDY

A

Thesis

Submitted to

For the award of

DOCTOR OF PHILOSOPHY (Ph.D)

in

PHYSICAL EDUCATION

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PUNJAB
2018

CHAPTER-V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

The study was aimed at psychological and physical empowerment of women through self-defense activities. To accomplish the aim of the study it was important to bifurcate it in parts. Thus, considering the aim of the present study different objective were set up. In the context various objectives of the study different hypotheses were framed. This chapter provides summary of all the previous chapters, in addition with the conclusion, suggestion and application of the present research work.

5.1 Objectives of the Study

1. To find out the effect of self-defense activities on selected psychological parameters such as self-efficacy, emotional intelligence, and aggression of women.
2. To ascertain the effect of self-defense activities on selected physical and motor fitness components like explosive strength, Flexibility, balance, reaction time (audio and visual) and agility of women.

5.2 Hypotheses

1. **$H_{(1)}$:** There exists a significant effect of self-defense activities on Self-efficacy of adolescent females.
2. **$H_{(2)}$:** There exists a significant effect of self-defense activities on emotional intelligence of adolescent females.
3. **$H_{(3)}$:** There exists a significant effect of self-defense activities on aggression level of adolescent females.
4. **$H_{(4)}$:** There exists a significant effect of self-defense activities on the explosive strength of adolescent females.
5. **$H_{(5)}$:** There exists a significant effect of self-defense activities on flexibility of adolescent females.
6. **$H_{(6)}$:** There exists a significant effect of self-defense activities on static balance of adolescent females.

7. **$H_{(7)}$:** There exists a significant effect of self-defense activities on auditory reaction time of adolescent females.
8. **$H_{(8)}$:** There exists a significant effect of self-defense activities on visual reaction time of adolescent females.
9. **$H_{(9)}$:** There exists a significant effect of self-defense activities on agility of adolescent females.
10. **$H_{(10)}$:** There exists a significant effect of self-defense activities on self-efficacy of adult women.
11. **$H_{(11)}$:** There exists a significant effect of self-defense activities on emotional intelligence of adult women.
12. **$H_{(12)}$:** There exists a significant effect of self-defense activities on aggression level of adult women.
13. **$H_{(13)}$:** There exists a significant effect of self-defense activities on the explosive strength of adult women.
14. **$H_{(14)}$:** There exists a significant effect of self-defense activities on flexibility of adult women.
15. **$H_{(15)}$:** There exists a significant effect of self-defense activities on static balance of adult women.
16. **$H_{(16)}$:** There exists a significant effect of self-defense activities on auditory reaction time of adult women.
17. **$H_{(17)}$:** There exists a significant effect of self-defense activities on visual reaction time of adult women.
18. **$H_{(18)}$:** There exists a significant effect of self-defense activities on agility of adult women.

5.3 Design of the Study

It was an experimental type of study with two group randomized pre and post design was adopted for carrying out the current research work. The study was designed for empowering women psychologically as well as physically by means of selected self-defense activities.

5.4 Sample

Total sample was of one hundred and thirty (N=130) non-sports person females in which Sixty (N=60) adolescent and Seventy (N=70) adult women were taken. The age ranging from 13 to 17 for adolescents and 18 -25 years for adults was delimitated. Adolescent subjects were taken from Layalpur Sanatan Dharam Senior Secondary School, Bassi Daulat Khan, Punjab and adult female were taken from Hindu Kanya College, Kapurthala Punjab.

5.5 Sampling Method

For appropriate representation of the population, purposive random sampling technique was used.

5.6 Selection of Variables

The study was confined into two groups viz psychological aspect and physical aspect. The variables chosen for psychological aspects were Self-efficacy, Emotional Intelligence, Aggression whereas, variables chosen for physical aspect were Explosive Strength, Balance, Flexibility, Reaction time (audio - visual), and Agility variables.

5.7 Collection of Data

Prior information regarding the research project was given and consent of the authorities was taken by the investigator. The selected sample was divided in to two groups namely treatment / experimental group and controlled randomly. The treatment groups had gone through one-hour self-defense programme for twelve weeks whereas, controlled group was not given any of the training. Before the administration of pre-test on the criterion variable, a meeting of all selected subjects and concerned authority was held with the investigator to give detailed explanation of the purpose of the study along with the testing procedure and the training programme and its progression.

Pre-test was conducted on all the one hundred sixty (N=160) subjects and after pre-test, training programme of Twelve weeks was implemented to the treatment groups, whereas,

control group was not exposed to any sort of training. After completion of the experiment a post-test was conducted on the criterion variables among the subjects. Post-test data was collected from those treatment group subjects that had gone through the complete training programme for a time period of 12 weeks and control group. A total of 30 adolescent females and 35 adult women subjects, of treatment group out of 40 adolescents and 40 adult women, had gone through the complete training programme, and post-test of control groups was also conducted whereas, 30 subjects were removed before the final compilation of the data.

5.8 Tools

The instruments/tools administrated in the study were finalized after a thorough review of literature. Selection of tools was done on the basis of the need for achievement of various objectives of the study. To measure dependent variables, for each criterion variable, already standardized and pre-published instruments were explored that were possibly the best for the fulfillment of the study objectives.

5.8.1 Instruments to measure Psychological Parameters :-

1. **Self-efficacy:** Self-efficacy Scale by Dr. Arun Kumar Singh and Dr. Shruti Narrain (2014)
2. **Emotional intelligence:** Emotional Intelligence Scale by Dr. Arun Kumar Singh and Dr. Shruti Narrain (2014)
3. **Aggression:** Aggression Scale by Dr. R.L. Bharadwaj (2008)

5.8.2 Instruments to measure Physical Fitness parameters :-

1. **Explosive Strength:** Standing Broad Jump by AAPHER Youth Fitness Test (1975).
2. **Balance static:** Stork Stand by Johnson & Nelson (1988)
3. **Flexibility:** Sit and Reach Test by AAPHER Youth Fitness Test (1975).
4. **Audio visual reaction time:** Audio visual reaction timer(Medicate made)
5. **Agility:** SEMO Agility Test by Johnson & Nelson (1988)

5.8.3 Description of the Self-Defense Programme

With the help of various experts from the field of martial arts, self-defense activities and sports trainers, the researcher had prepared twelve weeks programme for self-defense. Researcher has taken the help of experts for execution of self-defense programme for one hour six days a week. Description of the self-defense training programme was mentioned in Table No. 3.2.

5.9 Statistical Analysis

After providing intervention post-test of all the groups were taken. Collected data was examined for analysis by using descriptive analysis and paired t' test with the help of statistical package (SPSS) and level of significance was set at 0.05.

5.10 Results and Findings Pertaining to Adolescents

In Table No. 4.3.1.1 paired difference displays mean and standard deviation difference in treatment group as 4.70 and 2.53 whereas, the control group showed means and standard deviation difference of 0.16 and 3.22 respectively. The result found proved to be significantly different in pre-intervention and post-intervention data of treatment group where the t-value determined by calculation was 10.15 which was greater than the tabulated t' value 2.04 and in control group t-value determined by calculation was 0.28 which was lower than the tabulated value of t'. Since the p value for treatment group was 0.00 which proved to be significantly accepted at 0.05 level and p value of control group was 0.77 and was higher than the 0.05 significance level which failed to be significant. Hence, it can be strongly reported that there was a positive impact of self-defense programme on treatment group who were exposed to self-defense activities for 12 weeks.

Thus, the research hypothesis $H_{(1)}$**,** "There exists a significant effect of self-defense activities on self efficacy of adolescent females" stands accepted.

In Table No. 4.3.2.1 paired difference clearly depicts the mean and standard deviation difference in treatment group as 2.23 and 2.04respectively whereas, the control group showed mean and standard deviation difference of 0.33 and 2.41 respectively. The result

found proved to be significantly different in pre-intervention and post-intervention data of the treatment group where the t-value determined by calculation was 5.97 which was greater than the tabulated t' value 2.04 and in control group t-value determined by calculation was 0.07 which was lower than the tabulated of t' value. Since the p value for treatment group was 0.00 which proves to be significantly accepted at 0.05 level and p value of control group was 0.94 and was higher than the 0.05 significance level and resulting not to be significant. Hence, it can be strongly inferred that there was a significant improvement in emotional intelligence of those who were exposed to self-defense activities for 12 weeks.

Thus, the research hypothesis $H_{(2)}$ "There exists a significant effect of self-defense activities on Emotional Intelligence of adolescent females" stands accepted.

In Table No. 4.3.3.1 paired difference depicts mean and standard deviation difference in treatment group as 1.13 and 2.95 whereas, control group showed mean and standard deviation difference of 0.06 and 2.62 respectively. The result found proved to be significantly different in pre-intervention and post-intervention data of treatment group where the t-value determined by calculation 2.10 which was greater than the tabulated t' value 2.04 and in control group t-value determined by calculation was 0.13 which was lower than the tabulated value of t'. Since the p value for treatment group was 0.04 which proves to be significantly accepted at 0.05 level and p value of control group was 0.89 and was higher than the 0.05 level and resulting not significant. Hence, it can be strongly documented that 12 weeks self-defense training contribute in the increment of aggressive behaviour in the subjects taken into current study.

Thus, the research hypothesis $H_{(3)}$, "There exists a significant effect of self-defense activities on Aggression of adolescent females" stands accepted.

In Table No. 4.3.4.1 paired difference clearly displays mean and standard deviation difference in treatment group as 0.24 and 0.21whereas, control group shows mean and standard deviation difference of 0.1 and 0.11 respectively. The result proved to be significantly different in pre-intervention and post-intervention data of treatment group

where the t-value determined by calculation was 6.48 which was greater than the tabulated t' value 2.04 and in control group t-value determined by calculation was 0.51 which was lower than the tabulated value of t'. Since the p value for treatment group was 0.00 which was significant at 0.05 level and p value of control group was 0.61 was higher than the significance level found to be not significant. Hence, the results indicated that there was positive impact of 12 weeks self-defense programme on explosive strength on treatment group.

Thus, the research hypothesis $H_{(4)}$, "There exists a significant effect of self-defense activities on Explosive Strength of adolescent females" stands accepted.

In Table No. 4.3.5.1 paired difference depicts the mean and standard deviation difference in treatment group as 1.43 and 0.93whereas, control group shows mean and standard deviation difference of 0.09 and 0.95 respectively. The result found to be significantly different in pre-intervention and post-intervention data of treatment group where the t-value determined by calculation was 8.44 which was greater than the tabulated value of t' i.e. 2.04 and in control group t-value determined by calculation was 0.56 which was lower than the table value of t'. Since the p value for treatment group was 0.00 which proves to be significant at 0.05 level and p value of control group was 0.57, was higher than the selected significance level, resulting non-significance. Hence, it can be strongly recorded that 12 weeks self-defense activities have significant effect on flexibility component of physical fitness.

Thus, the research hypothesis $H_{(5)}$, "There exists a significant effect of self-defense activities on Flexibility of adolescent females" stands accepted.

In Table No. 4.3.6.1 depicted the paired difference of mean and standard deviation difference in treatment group as 1.61 and 1.50 respectively whereas, control group showed mean and standard deviation difference of 0.02 and 0.90 respectively. The result found proved to be significantly different in pre-intervention and post-intervention data of treatment group where the t-value determined by calculation was 5.87 which was greater than the tabulated value of t' i.e. 2.04 and in control group t-value determined by

calculation 0.12 which was lower than the tabulated t' value. Since the p value for treatment group was 0.00 which proves to be significantly accepted at 0.05 level was 0.90 and was higher than the 0.05 significance level and resulting to be not to be significant. It can be strongly inferred from the above results that 12 weeks self-defense activities improve the balance capability.

Thus, the research hypothesis $H_{(6)}$, "There exists a significant effect of self-defense activities on Balance of adolescent females" stands accepted.

In Table No. 4.3.7.1 paired difference depicts mean and standard deviation difference in treatment group as 0.48 and 0.52 whereas, control group shows mean and standard deviation difference of 0.02 and 0.36 respectively. The result found proved to be significantly different in pre-intervention and post-intervention data of treatment group where the t-value determined by calculation was 4.99 which was greater than the tabulated value of t' i.e. 2.04 and in control group t-value determined by calculation was 0.03 which was lower than the table value of t'. Since the p value for treatment group was 0.00 which proved to be significantly accepted at 0.05 level and p value of control group was 0.73 and was higher than the 0.05 significance level and resulting not significant. The results accessible in descriptive statistics showed reduced timing between auditory stimuli and reaction of those, who were exposed to self-defense activities for 12 weeks. Thus, the results revealed that self-defense activities helped in increasing reaction ability to auditory stimulus of treatment group.

Thus, the research hypothesis $H_{(7)}$, "There exists a significant effect of self-defense activities on Audio reaction Time of adolescent females" stands accepted.

In Table No. 4.3.8.1 paired difference clearly shows the mean and standard deviation difference in treatment group as 0.70 and 0.02 whereas, control group showed mean and standard deviation difference of 0.02 and 0.37 respectively. The result found not to be significantly different in pre-intervention and post-intervention data of treatment group where the t-value determined by calculation was 1.79 and for controlled it was 0.43 both are lower than the tabulated value of t' i.e. 2.04. Since the p value for treatment group

was 0.08 which was failed to be significant at 0.05 level of significance and p value of control group was 0.66 and was higher than the 0.05 significance level and resulting not to be significant. Though the mean difference showed a difference in visual reaction time of those who were exposed to self-defense activities for 12 weeks but it was not significantly different. Therefore, it was indicated that there was a little impact of self-defense programme on visual reaction time of treatment group.

Thus, the research hypothesis, $H_{(8)}$, "There exists a significant effect of self-defense activities on Visual reaction Time of adolescent females" stands rejected.

In Table No. 4.3.9.1 paired difference clearly shows mean and standard deviation difference in treatment group as 2.51 and 1.52 whereas, control group showed mean and standard deviation difference of 0.16 and 1.77 respectively. The result found proved to be significantly different in pre-intervention and post-intervention data of treatment group where the t-value determined by calculation was 9.03 which was greater than the tabulated value of t' i.e. 2.04 and in control group t-value determined by calculation was 0.51 which was lower than the tabulated value of t'. Since the p value for treatment group was 0.00 which proves to be significantly accepted at 0.05 level and p value of control group was 0.61 and was higher than the 0.05 significance level which was not found significant. The results presented in above tables depict an improvement in agility by showing less timing in post-test data of those who were exposed to self-defense activities for 12 weeks. Thus, it indicated that there was positive impact of self-defense programme on agility of treatment group.

Thus, the research hypothesis $H_{(9)}$, "There exists a significant effect of self-defense activities on agility of adolescent females" stands accepted.

5.11 Results and Findings Pertaining to Adult women

In Table No. 4.4.1.1 paired difference clearly shows the mean and standard deviation difference in treatment group as 5.31 and 4.54 whereas, control group shows mean and standard deviation difference of 0.00 and 9.82 respectively. The result proved to be

significantly different in pre-intervention and post-intervention data of treatment group where the t-value determined by calculation is 6.91 which was greater than the tabulated t' value 2.03 and in control group t-value determined by calculation was 0.00, found to be lower than the table value of t'. Since the p value for treatment group is 0.00 which proved to be statistically significant at 0.05 level of significance. The results of above-mentioned tables revealed an enhancement of self-efficacy of those who were exposed to self-defense activities for 12 weeks. Thus, it indicated that self-defense programme given to treatment group improved the self efficacy.

Thus, the research hypothesis $H_{(10)}$, "There exists a significant effect of self-defense activities on Self-Efficacy of adult women" stands accepted.

In Table No. 4.4.2.1 paired difference clearly shows the mean and standard deviation difference in treatment group as 1.94 and 2.33whereas, control group shows mean and standard deviation difference of 0.17 and 1.96 respectively. The result found proved to be significantly different in pre-intervention and post-intervention data of treatment group where the t-value determined by calculation was 4.91 which found to be greater than the tabulated t' value 2.03 and in control group t-value determined by calculation is 0.51 which is lower than the tabulated value of t'. Since the p value for treatment group is 0.00 which proved to be significantly accepted at 0.05 level and p value of control group is 0.60 and is higher than the 0.05 significance level which is not significant. The data obtained from above tables showed an improvement in emotional intelligence of those who were exposed to self-defense activities for 12 weeks. The results indicated that there is positive impact of self-defense programme on emotional intelligence of treatment group.

Thus, the research hypothesis $H_{(11)}$, "There exists a significant effect of self-defense activities on emotional intelligence of adult women" stands accepted.

In Table No. 4.4.3.1 paired difference clearly depicts mean and standard deviation difference in treatment group as 2.71 and 3.01 whereas, control group shows mean and standard deviation difference of 0.05 and 2.16 respectively. The result found proved to be

significantly different in pre-intervention and post-intervention data of treatment group where the t-value determined by calculation is 5.32 which is greater than the tabulated t' value 2.03 and in control group t-value determined by calculation is 0.15 which is lower than the tabulated value of t'. Thus, it was failed to be significant. Since the p value for treatment group is 0.00 which proves to be significantly accepted at 0.05 level and p value of control group is 0.87 and is higher than the 0.05 significance level which is not significant. The results revealed in above table depicted a decrease in aggression of those who were exposed to self-defense activities for 12 weeks. Thus, it can be concluded that 12 weeks self-defense programme affected aggression of treatment group positively. Thus, the research hypothesis $H_{(12)}$, "There exists a significant effect of self-defense activities on aggression of adult women" stands accepted.

In Table No. 4.4.4.1 paired difference represents mean and standard deviation difference in treatment group as 0.13 and 0.11 whereas, control group showed the mean and standard deviation difference of 0.00 and 0.05 respectively. The result found proved to be significantly different in pre-intervention and post-intervention data of treatment group where the t-value determined by calculation is 7.12 which was greater than the table value of t' i.e. 2.03 and in control group t-value determined by calculation is 0.45 which was lower than the table value of t' Since the p value for treatment group is 0.00 which proves to be significantly accepted at 0.05 level and p value of control group is 0.65 and is higher than the 0.05 significance level which is not significant. The results existing in table showed an improvement in explosive strength of treatment group. Thus, it showed that there was treatment group had a positive effect of self-defense programme on explosive strength.

Thus, the research hypothesis $H_{(13)}$, "There exists a significant effect of self-defense activities on explosive strength of adult women" stands accepted.

In Table No. 4.4.5.1 paired difference depicts mean and standard deviation difference in treatment group as 1.23 and 2.28 whereas, control group showed mean and standard deviation difference of 0.03 and 0.47 respectively. The result found proved to be

significantly different in pre-intervention and post-intervention data of treatment group where the t-value determined by calculation is 3.19 which was greater than the table value of t' i.e. 2.03 and in control group t-value determined by calculation is 0.45 which was lower than the table value of t'. Since the p value for treatment group is 0.00 which proved to be significantly accepted at 0.05 level and p value of control group is 0.61 and is higher than the 0.05 significance level which was not significant. Thus, results in the above table showed an improvement in flexibility of treatment group. Thus, it indicated that self-defense programme affected flexibility of treatment group positively.

Thus, the research hypothesis $H_{(14)}$, "There exists a significant effect of self-defense activities on flexibility of adult women" stands accepted.

In Table No. 4.4.6.1 paired difference clearly showed mean and standard deviation difference in treatment group as 1.99 and 1.50 whereas, control group showed mean and standard deviation difference of 0.12 and 0.38 respectively. The result found proved to be significantly different in pre-intervention and post-intervention data of treatment group where the t-value determined by calculation is 7.72 which was greater than the table value of t' i.e. 2.03 and in control group t-value determined by calculation is 1.93 which is higher than the table value of t'. Since the p value for treatment group is 0.00 which was significant at 0.05 level of significance and p value of control group is 0.06 and is also higher than the 0.05 significance level which failed to be significant. The results presented in table depicted an improvement in balance of treatment group. Thus, it indicated that there is positive impact of self-defense programme on balance of treatment group.

Thus, the research hypothesis $H_{(15)}$, "There exists a significant effect of self-defense activities on Balance of adult women" stands accepted.

In Table No. 4.4.7.1 paired difference clearly shows mean and standard deviation difference in treatment group as 0.38 and 0.51 whereas, control group showed mean and standard deviation difference of 0.00 and 0.33 respectively. The result found proved to be significantly different in pre-intervention and post-intervention data of treatment group

where the t-value determined by calculation is 4.44 which was greater than the tabulated value of t' i.e. 2.03 and in control group t-value determined by calculation is 0.00 which was lower than the tabulated value of t'. Since the p value for treatment group was 0.00 which proves to be significantly accepted at 0.05 level and p value of control group is 0.99 which was higher than the 0.05 significance level which is not significant. The results presented in table showed an improvement in audio reaction time of treatment group. Thus, it was clear that there is positive effect of self-defense programme on audio reaction time of treatment group.

Thus, the research hypothesis $H_{(16)}$ "There exists a significant effect of self-defense activities on audio reaction time of adult women" stands accepted.

In Table No. 4.4.8.1 paired difference clearly showed the mean and standard deviation difference in treatment group as 0.05 and 0.12 whereas, control group showed the mean and standard deviation difference of 0.02 and 0.17 respectively. The result found proved to be significantly different in pre-intervention and post-intervention data of treatment group where the t-value determined by calculation is 2.80 which was greater than the tabulated value of t' i.e. 2.03 and in control group t-value determined by calculation is 0.79 which was lower than the table value of t'. Since the p value for treatment group is 0.00 which proves to be significantly accepted at 0.05 level and p value of control group is 0.43 and is higher than the 0.05 significance level which was not significant. The results shown in the table depicted a decrease in visual reaction time of treatment group. Thus, it indicated that there is positive impact of self-defense programme on visual reaction time of treatment group.

Thus, the research hypothesis $H_{(17)}$, "There exists a significant effect of self-defense activities on visual reaction time of adult women" stands accepted.

In Table No. 4.4.9.1 paired difference clearly showed mean and standard deviation difference in treatment group as 2.76 and 1.37 whereas, control group shows mean and standard deviation difference of 0.22 and 1.60 respectively. The result found proved to be significantly different in pre-intervention and post-intervention data of treatment group

where the t-value determined by calculation is 11.87 which was greater than the tabulated value of t' i.e. 2.03 and in control group t-value determined by calculation is 0.81 which was lower than the tabulated value of t'. Since the p value for treatment group is 0.00 which proved to be significantly accepted at 0.05 level of significance and p value of control group is 0.42 and is higher than the 0.05 significance level which was not significant. The result shown in table depicts an improvement in agility of treatment group. Thus,it indicated that there is positive impact of self-defense programme on agility of treatment group.

Thus, the research hypothesis $H_{(18)}$ "There exists a significant effect of self-defense activities on agility of adult women" stands accepted.

5.12 Conclusions

On the basis of above findings, literature guidance and through thoughtful conversation with professionals, specialists in the field of sports and the guide, following conclusions were obtained : -

(1) 12 weeks self-defense activities have proved to be a useful mean to improve self-efficacy, and emotional intelligence positively whereas, findings showed improvement of aggression too which might be attributed to their adolescent period and intervening variables.

(2) The self-defense programme has also proved to be beneficial for improving explosive strength, balance, flexibility, reaction time, and agility of adolescent females whereas, it has been failed to improve visual reaction time significantly.

(3) The self-defense activities have had a significant effect upon psychological variable of self-efficacy, emotional intelligence and aggression. Self-efficacy and emotional intelligence increased due to effect of self-defense programme whereas, aggression decreased which is a good sign and evidence that self-defense activities can prove to be a useful mean.

(4) The physical fitness variables like explosive strength, balance, flexibility, audio and visual reaction time and agility were improved significantly with 12 weeks programme of self-defense activities.

5.13 Suggestions

(1) Depending upon the feasibility of the samples, the trainings may be planned for longer duration for better results.

(2) The study may be conducted on subjects of different age groups and sex.

(3) Similar sort of treatment programme can be implemented for the empowerment of more psychological and physical and physiological parameters.

(4) A comparative study can be conducted by using different type of self-defense activities.

(5) Competition phases can be included as a part of treatment programme.

(6) Different training programme can be developed by selecting other self-defense activities other than chosen in this study.

(7) The study may be conducted by using different designs other than those employed in this study.

5.14 Limitations

(1) Certain elements like dietary habits, resting and sleeping pattern etc. were not in the hands of the investigator and were considered to a limitation of the study.

(2) As the subjects were from unlike socio-economic groups, their diet, life style, routine was dissimilar which were considered as limitations of the study.

(3) No special technique was employed to inspire the subjects during the administration of the tests.

5.15 Application/Recommendation of the Research

(1) The findings of this research can be considered by the government while framing various policies for empowering women. In this concern, self-defense training programme can be provided to uplift women in society.

(2) This study can be very useful in preventing women from risk of rape and will give them power to stay safe with their head held high.

(3) The study has highlighted the significance of 'self-defense activities to curb the weakness of women. Therefore, it can be applied in schools as well as at the college level. Findings can be used while framing curriculum and policies.