CHAPTER -V
DISCUSSION, CONCLUSION AND RECOMMENDATIONS

The aim of the present research was to find out the relationship between life attitude and certain personality variables among the sports persons. In this context the objective of the present study was to determine the contribution of personality variable (independent variable) to factor of life attitude (dependent variable) in terms of accountable variance for the sports persons of the body builders and weight lifters. In this study there were twenty dimensions of personality scale (adaptability, achievement motivation, boldness, competition, enthusiasm, general ability, guilt proneness, imagination, innovation, leadership, maturity, mental health, morality, self control, sensitivity, shrewdness, self sufficiency, suspiciousness, social warmth and tension) and seven factors of life attitude profile (life purpose, existential vacuum, life control, death acceptance, will to meaning, goal seeking and future meaning to fulfill).

Firstly, Pearson product moment coefficient of correlation was used to find out the relationship between the personality variable with factors of life attitude profile and the findings revealed that, in body builders group, achievement motivation and shrewdness showed significantly positive relationship also boldness and self-control showed significantly negative relationship with life purpose. It means that as the value of achievement motivation and shrewdness increases, it also increases the value of life purpose. On the other hand negative relationship means as the value of boldness and self-control increases the value of life purpose decreases among the body builders group. In a study Damon, Menon and Bronk (2003) observed purpose during youth
leads to number of desired outcome such as pro-social behavior, moral commitment, achievement and high self esteem values and believe both religious and other-wise affect life purpose. Further we found that sensitivity and shrewdness showed significantly positive relationship with existential vacuum. Because of polished and sophisticated nature, their feelings are not easily swayed and that they are polite and diplomatic about handling other people. Such people usually prefer to use reason and go in more depth than force in getting things done. This was the reason that body builder’s score on sensitivity and shrewdness showed positive relationship with existential vacuum. Also due to the suspiciousness i.e. suspecting, jealous and irritable quality of personality body builders showed significantly negative relationship with life control. Body builders possess general ability means they are sensitive to minute details and showed better judgments in their observations. They accept the reality of death that is why showed significantly positive relationship with death acceptance. Results also showed that as the leadership quality of body builders increases it decreases the acceptance of death it may be due to the fact that they occupy such positions in a group that commands a certain authority or potential for controlling the behavior of the group. They are adventurous, responsible and spend more time in thinking how to defeat the opponent team. Findings of coefficient of correlation also revealed that tension and imagination showed significantly negative also maturity significantly positive relationship with goal seeking. It means that as the value of tension and imagination increases, it decreases the value of goal seeking. On the other hand increase in maturity leads to
increase in the value of goal seeking among the body builders group. If the body builders spend more time in making impractical ideas it will automatically effect on sleep, the person become short tempered and leads to low level of goal seeking attitude. This was the reason that imagination and tension showed negative relationship and maturity positive relationship with goal seeking.

On the other hand in case of weight lifters group, the researcher found that maturity showed significantly positive and suspiciousness significantly negative relationship with life purpose. Because mature players have a life purpose and know the trick of stress tolerance and can deal with the challenges of the life effectively. Also French and Joseph (1999) found that a sense of purpose is connected to health and productive behaviors in all their manifestations psychologically, socially and physically. On the other hand we also found that among the weight lifters group as the value of suspiciousness decreases the level of life purpose increases. Weight lifters who are far away from suspecting and jealous nature focus more on the purpose of life rather than critical of others work. Competitiveness, sensitivity and tension showed significantly positive also maturity, mental health and morality showed significantly negative relationship with existential vacuum a factor of life attitude profile. This is found because those weight lifters who are self-assertive, tender minded and irrigated by small things are more prone to existential vacuum. In comparison to those players who are mature, mentally healthy and give importance to morality. Maturity also showed significantly positive relationship with life control. As the level of
maturity among the weight lifters increases it also increase the level of their life control. They know how to control their emotions and deal with the different types of situations and people in the society. Further findings showed that achievement motivation showed significantly positive relationship with death acceptance. Weight lifters do hard work, ambitious and found to be motivated to achieve their target. It’s positive aspect of personality that weight lifters accept the reality of death, in spite of having motivation to achieve something they did not forget the reality of death. They are mature enough and know that it’s a reality of life and we all will die one day. Boldness and enthusiasm showed significantly positive relationship with will to meaning, means as the boldness and cheerful nature of personality among the weight lifters increases it will also increase the level of will to meaning. Findings of the study also revealed that will to meaning showed significantly negative relationship with guilt proneness. Negative relationship means as the feeling of falling insecure and depression increases it decreases the level of will to meaning. Innovation showed significantly negative relationship with goal seeking. Because weight lifters trust on logic rather than feelings and prefer to break away established ways of doing things. This is the reason that innovation showed negative influence on goal seeking. Finally boldness and tension showed significantly positive relationship with future meaning to fulfill. Weight lifters were found to be typically adventurous, bold and energetic with good insight. But some time they take extra tension which goes beyond the limit which helps them to achieve the future meaning of life.
The results of multiple regression analysis (stepwise) indicated that in the body builders group, achievement motivation emerged significant predictors and had a positive influence on life purpose a dimension of life attitude profile. This indicates that body builders want recognition of their physique at the national or international level. Their keen interest in making their career motivates them to do something and achieve their life purpose. Shrewdness was a significant predictor showed positive influence on life purpose and existential vacuum (dimensions of life attitude scale). Body builders showed positive influence of shrewdness on life purpose because these sports persons never expose their aim to his rivals, they utilize their special thoughts and techniques to defeat their opponents so that they can easily achieve their target. Body builders also showed positive influence of shrewdness on existential vacuum, because most of the times they prefer to keep problems to themselves, they are polite and diplomatic. Sometimes they do not share their ideas and opinions with other team mates, due to this they may not get initiative or face defeat, which may sometimes lead to loss of interest in sports, which will ultimately leads the body builders towards a feeling of lack of meaning in their life. Self-control was a significant predictor which had negative influence on life purpose. Because in spite of having ability to control their behavior and anxiety under stressful circumstances sometimes due to lack of proper guidance, inadequate space or chance to express themselves they lose their purpose of life. Sensitivity was a significant predictor which showed negative influence on existential vacuum. This can be attributed to sensitive nature of personality; body
builders found to be tender minded, dependent, and fidgety. All these lead them to have feeling of guilt, depression or distress in their life. Therefore body builders showed negative influenced of sensitivity on existential vacuum. Suspiciousness was found to be the significant predictor which showed negative influence on life control, a factor of life attitude profile. Body builders showed negative influence of suspiciousness on life control, because suspicious nature includes jealousy, dogmatic, critical and irritable behavior. Such type of people spent most of their time in thinking about what others have said in their absence and waste their precious time in criticizing others work which leads the body builders to have less control in their life. General ability emerged as a significant predictor and positively influence death acceptance. Such type of people had been found to be sensitive to minute details, during the training phase they learnt to help others, and also got to some extent religious training which helps them to accept the reality of death. Leadership was a significant predictor and negatively influenced on death acceptance a dimension of life attitude profile. Body builders found to be responsible showed negative influence of leadership on death acceptance due to leadership responsibility they spent most of their time in thinking how they can achieve their target and defeat their opponents. Imagination was a significant predictor which has negative influence on goal seeking. Because body builders were found to be self-absorbed and untraditional in their ideas which may be responsible for fewer goal seeking ability. Negative influence of imagination on goal seeking means as the value of imagination increases it decreases the chances of goal seeking. Also
maturity and tension were found to be the significant predictor which showed positive influence on goal seeking a dimension of life attitude profile. Body builders showed positive influence of maturity on goal seeking because a mature player tend to be more persistent, more respectful and having high sense of duty. Body builders also showed positive influence of tension on goal seeking because here tension is used in positive sense which motivates them to achieve their target and defeat their competitor.

Results of regression analysis in weight lifters indicated that self-sufficiency was found to be the significant predictor which negatively influenced life purpose (a factor of life attitude profile). Because weight lifters trained themselves under the supervision of an instructor, they were not allowed to do anything without the permission of the coach. Therefore in spite of having the ability, they fail to develop their own training. This affects the self-sufficiency negatively in attitude as well as on their performance. Maturity was a significant predictor which positively influenced life purpose and life control. Sports persons during the phase of training gradually learnt how to deal with problems and build up a well disciplined and matured behavior. They use several types of coping strategies to cope up with the life’s stress and problems in a better manner. Maturity in weight lifters group also negatively influence existential vacuum (factors of life attitude profile). This is because of the same reason already mentioned above. A person who is mature will not be depressed or loose meaning or purpose of his life, either due to defeat or some other problems of his life. Morality was found to be a significant
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predictor which negatively influences on existential vacuum and positively on death acceptance dimensions of life attitude profile. Weight lifters undertake training in the groups, which teaches them moral values and skills to behave with other training partners, sports persons, and other people in a more respectful cooperative and friendly manner. Trained sports persons tend to be more persistent, more respectful having high sense of duty, attentive to people and highly disciplined. These players accept the reality of life and know how to deal with the stressful situations with the help of moral values. Therefore weight lifters have negative influence of morality on existential vacuum, and positive influence on death acceptance. Tension was a significant predictor negatively influences on life control, as we all know that tension plays a big role in human life. Usually in sportsmen tension arises (it may be rational or irrational) due to competition, fear of defeat, nature of audience etc. If this tension goes beyond the normal level it influences life control in negative manner. That was the reason in weight lifters group tension negatively influences on life control. Achievement motivation, a dimension of personality scale emerged as a significant predictor, negatively influenced on death acceptance. Because they were found to be ambitious, covertly interested in their career and realistically involved in various aspects of life. This shows weight lifters motivated to achieve their aim of life which gave a feeling of low death acceptance among them. Guilt proneness was found to be the significant predictor which had negative influence on will to meaning. Findings shows that if due to any reason weight lifters facing failure in any sphere of life from a
long period of time, in spite of having lots of positive aspects of personality as a human being, sometimes it may arouse feeling of guilt among them which negatively influences their will to meaning. It means that if the feeling of guilt decreases it will increase the value of will to meaning. Further findings shows that Enthusiasm was also found to be the significant predictor which positively influences will to meaning. It was found because weight lifters have good motor qualities, psychologically very strong, and they have a good coordination of brain and physique during speedy movements, do regular exercise due to which they feel freshness of mind and body, they are cheerful, talkative and lively. It provides weight lifters, positive attitude towards life, ability to take decision and power to adjust him in a short period of time. That was the reason enthusiasm had positive influence on will to meaning. Boldness emerge as a significant predictor had positive influence on will to meaning and future meaning to fulfill factors of life attitude profile, because weight lifters are typically adventurous, bold and energetic with good insight. Through training they achieve a balanced fitness and good coordination of mind, physique and body. They are well disciplined and do everything in a systematic way, they have a meaning in their life, and it all makes nature of the weight lifters bold in the sense of his life. Innovation was a significant predictor which had negative influences on goal seeking. As we know weight lifting is entirely a technical and coordinated game with speed, power, agility and soundness of mind. There were so many innovations in his past history, weight lifters also developed some of their own techniques, but due to a part of his team he
had to follow or do what his coach or instructor tells him to do. That may have been the reason why weight lifters have fewer goals seeking attitude in their life. Shrewdness was a significant predictor had positive influence on goal seeking, a factor of life attitude profile. Because weight lifters were found to be polished and sophisticated, use technical aspect to achieve their goal, they never showed their technique or schedule to their opponents, they try to misguide them so that they themselves become successful in achieving the goal. Competitiveness was a significant predictor which had positive influence on goal seeking, because competitive weight lifters are self assertive, dominant and aggressive. They always remain excited to achieve their goal. They do lots of hard work and competition with his rivals, once they achieve target, they reset another target in their mind immediately, and it showed competitive spirit of his behavior to achieve his goal. Boldness and social warmth had been found to be significant predictor having positive influence on future meaning to fulfill a factor of life attitude profile. Because they are kind hearted, have warm attitude towards people, neither hesitant nor fearful with situation, they are more satisfied and successful in occupations where public relation or inter personal relation is essential. Due to all these qualities they get recognition from parents and support from other people in the society. That is the reason why weight lifters have positive influence of boldness and social warmth on future meaning to fulfill.

Over all findings of multiple regression analysis showed that weight lifters have more positive attitude towards life as compared to body builders group. These differential effects of personality dimensions
towards life attitude in body builders and weight lifters can be explained due to the fact that in body builders group only some of the dimensions of life attitude like life purpose, death acceptance, and goal seeking positively influenced by personality scale dimensions such as achievement motivation, shrewdness, general ability, and maturity. But if we see the case of weight lifters they have more positive life attitude as most of the dimensions of life attitudes such as life purpose, life control, will to meaning, future meaning to fulfill and goal seeking were positively influenced by maturity, boldness, social warmth, shrewdness and competitiveness dimensions of personality questionnaire. Similarly, Yalom (1980), Zika and Chamberlain (1992) found that positive life meaning is associated with strong religious beliefs, membership in groups, dedication to a cause, life value, and clear goals.

Again z- test showed that although mean score of both body builders and weight lifters were found to be above average from the mean scores of the questionnaire norms table (A5) on most of the dimension of personality variable except adaptability and achievement motivation. Weight lifters scored significantly higher than body builders in terms of mean scored on personality variables i.e. adaptability, achievement motivation, competition, enthusiasm, general ability, guilt proneness, innovation, mental health, self-control, self-sufficiency, and social warmth. Weight lifters on life attitude scale also indicate that they scored significantly higher on life purpose, life control and death acceptance except existential vacuum, a dimension of life attitude profile.
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The plausible explanation for the above differences in body builders and weight lifters group with regard to personality and life attitude is that, in case of weight lifters group most of the dimensions of personality variables are positive in nature and play a powerful generative role in the development of positive attitude towards life. Weight lifters have meaning and purpose in life which motivates them to do something and shape their attitude of how to live. Similarly in a study Mc Carthy (1980) found that the entire human race may suffer from existential vacuum, if they do not find meaning and purpose in their life.

5.1 DISCUSSION ON HYPOTHESES:

In the light of the objectives of the present investigation, following hypotheses were made.

H\textsubscript{1}. “There will be no significant relationship between factors of life attitude and personality variables for sports persons of body builders and weight lifters”. This hypothesis was rejected because after analysis of data found that factors of life attitude profile showed significant relationship with some of the dimensions of personality scale such as, “Life Purpose” factor of life attitude scale showed significant relationship with achievement motivation, shrewdness, boldness and self-control of personality scale among body builders. “Existential Vacuum” factor of life attitude scale showed significant relationship with shrewdness and sensitivity. In the same way life attitude scale factor that was “Life Control” showed significant relationship with suspiciousness. “Death acceptance” showed
significant relationship with general ability and leadership. Finally “Goal Seeking” was found to be significantly correlated with maturity and imagination among body builders group.

In weight lifters group “Life Purpose” factor of life attitude scale was found to be significantly correlated with maturity and self sufficiency dimensions of personality scale. “Existential Vacuum” factor of life attitude scale showed significant relationship with competition, sensivity, tension, mental health, maturity and morality dimension of personality scale. “Life Control” factor of life attitude scale showed significant relationship with maturity. “Death Acceptance” was found to be significantly correlated with achievement motivation. In the same way “Will to Meaning” showed significant relationship with enthusiasm, guilt proneness and boldness. “Goal Seeking” factor of life attitude scale found to be significantly correlated with competition and innovation dimension of personality scale. Finally “Future Meaning to Fulfill” after analysis showed significant relationship with boldness and tension dimension of personality scale among weight lifters group. Hence, the first hypothesis of the study was rejected.

\[ H_2 \]

The second hypothesis of this study was, “The personality variable (independent variable) would not contribute significantly to factor of life attitude (dependent variable) for sports persons of body builders and weight lifters group”. This hypothesis was rejected because after analysis findings showed, in body builders group “Life Purpose” factor of life attitude scale found to be significant predictor for achievement motivation, shrewdness and self control dimensions of personality...
variable. “Existential Vacuum” found to be significant predictor for sensitivity and shrewdness. “Life Control” was the significant predictor for suspiciousness. “Death Acceptance” factor of life attitude scale found to be significant predictor for general ability and leadership. “Goal Seeking” factor of life attitude scale found to be significant predictor for imagination, maturity and tension among body builders group.

In weight lifters group “Life Purpose” found to be significant predictor for self sufficiency and maturity. “Existential Vacuum” was found to be significant predictor for morality and maturity dimensions of personality variable. “Life Control” factor of life attitude scale found to be significant predictor for maturity and tension. “Death Acceptance” found to be significant predictor for achievement motivation and morality. “Will to Meaning” factor of life attitude scale found to be significant predictor for guilt proneness, enthusiasm and boldness. Similarly “Goal Seeking” was found to be significant predictor for innovation, shrewdness and competition dimensions of personality scale. Finally “Future Meaning to Fulfill” factor of life attitude scale found to be significant predictor for boldness and social warmth dimensions of personality variable among weight lifters group. Hence, the second hypothesis of the study also stands rejected.

H₃. Third hypothesis of this study was, “There would be no significant difference between body builders and weight lifters group on personality variable and its dimensions”. This hypothesis was also rejected because after applying z test findings showed that there was
significant difference found in between bodybuilders group and weight lifters group on adaptability, achievement motivation, competition, enthusiasm, general ability, guilt proneness, mental health, self sufficiency, social warmth, innovation and self control dimensions of personality variable. Hence, third hypothesis of the study was rejected.

H₄. Fourth hypothesis of this study was, “There would be no significant difference between body builders and weight lifters group on life attitude variable and its dimensions”. This hypothesis was also rejected because findings showed that there was significant difference found between body builders and weight lifters group on life purpose, existential vacuum, life control and death acceptance dimensions of life attitude scale.

5.2 CONCLUSION:

The present study of attitude towards life of sports persons triggered by a conviction that meaning and purpose play a powerful generative role in development and its role has been recognized in research and practice. For example Frankl (1963) placed central emphasis upon man’s spiritual and transcendental need for man to find meaning in life. He claims that personal religious involvement provides the ground work for an existential commitment to purpose in life. We can say “Meaning” and “purpose” could make a difference that they could motivate someone to do something and shape a person’s basic choices about how to live.
It has been noticed that people somehow, have lost contact with their inner-self. Reid and Ware (1974) investigated that individuals with an internal locus of control were also in control of their life, reported living a more meaningful, existing life, suffered less from existential frustration were more accepting of death and had a deeper sense of the real meaning of life. In comparison to those who are continuously unaware about their purpose in life according to the demand of their inner-self. They have little time to discover the meaning of their lives, consequently, it create conflicts and tensions.

The meaning and purpose in life are two basic dimensions of attitude towards life. Most of the studies of attitude towards life are based on meaning and purpose in life.

It is clear from the preceding chapters that a numbers of researches of meaning and purpose in life have been conducted related to different dimensions. But no study has been conducted on attitude towards life of sports persons, related to various dimensions of personality. Thus, the present researcher has made a humble attempt to explore Attitude towards life in relation to certain personality variables among sports persons.

For measuring life attitude of sports persons (body builders and weight lifters) “Life Attitude Profile” (LAP) developed by Recker and Peacock (1981) was used.

The data on all the measures were collected from 400 sports persons (including 200 body builders and 200 weight lifters) from various All India Intervarsity and other similar state and national level tournaments.
The data of this study were analyzed by Pearson’s Product Moment Correlation Coefficient, stepwise multiple regression analysis and z test.

The results of the analysis along with necessary tables and its interpretations were presented in the fourth chapter however the fifth chapter covered the discussion of results.

**FINDINGS**

In order to ascertain the effect of independent variable viz. twenty personality variables on the dependent variables that is attitude towards life, the (stepwise) multiple regression technique has been applied on different groups of sports persons i.e. body builders and weight lifters. Multiple Regression analysis revealed following results on body builders group:-

1. Achievement Motivation and Shrewdness were found to contribute significantly and had positive influence on life purpose, Achievement Motivation jointly with Shrewdness and self-control had significant influence on life purpose. But the contribution of self-control was negative in body builders.

2. Sensitivity as a predictor variable shows significantly negative effect on the existential vacuum. Sensitivity along with shrewdness also contributed significantly but the contribution of shrewdness was positive in the prediction of existential vacuum among the body builder group.

3. Suspiciousness has been found to contribute significantly and negatively in the prediction of life control in body builder group.
(4) General Ability significantly and positively influence on death acceptance. General ability along with Leadership also contributed significantly but the contribution of Leadership was negative in the prediction of death acceptance among the body builder group.

(5) Imagination emerged as significant predictor which negatively influences goal seeking. Imagination together with Maturity and Tension contributed significantly in the prediction of Goal Seeking. But the direction of influence for Maturity and Tension was positive in the prediction of goal seeking among the body builders group.

Findings of above body builder group revealed that shrewdness plays an important role in determining life purpose and existential vacuum, factors of life attitudes. Because shrewdness is the only predictor which influences two dimensions of life attitude profile that is life purpose and existential vacuum.

When multiple regression analysis was conducted on weight lifters groups the following results were obtained:

(1) Self-sufficiency showed significant and negative influence on life purpose. Self-sufficiency together with Maturity also showed significant influence but Maturity showed positive influence in the prediction of life purpose in weight lifters group.

(2) Morality and Maturity emerges significant predictors and negatively influences on existential vacuum a dimension of Life Attitude Profile (LAP) in weight lifters.

(3) Maturity contributed significantly had positive influence on life control. Maturity jointly with Tension significantly predicted life
control but Tension influences negatively on life control in weight lifters.

(4) Achievement motivation found to be significantly negative predictor and morality significantly positive in the prediction of death acceptance among weight lifters group.

(5) Guilt Proneness significantly and negatively influence Will to Meaning. On the other hand boldness and enthusiasm had positive influence on will to meaning, Guilt Proneness together with Enthusiasm and boldness significantly influence will to meaning but the direction of influence of boldness and enthusiasm was positive in the weight lifters group.

(6) Innovation significantly and negatively contributed in the prediction of goal seeking, Innovation together with Shrewdness and Competitiveness also significantly influence on Goal Seeking. But the contribution of shrewdness and competitiveness was positive in weight lifters.

(7) Boldness and social warmth significantly and positively influence on Future Meaning to fulfill in weight lifter group.

Weight lifters showed quite different results than body builders group. The findings revealed that maturity, morality and boldness play an important role in the prediction of life attitude of weight lifters in terms of positive influence on life purpose, life control, death acceptance, will to meaning and future meaning to fulfill also showed negative influence in the prediction of existential vacuum.
z test revealed following results of weight lifters and body builders on personality variables.

- Body builders and weight lifters differ significantly on the dimensions of personality scale. Findings showed that both the groups differ significantly in terms of personality variables.

- The mean scores of weight lifters were higher than body builders on the dimensions of Life Attitude Profile (LAP). Results showed that there was significant difference existed between body builders and weight lifters on the dimensions of Life Attitude Profile (LAP).

### 5.3 IMPLEMENTATION OF THE STUDY

The study has great importance in the field of sports especially in body building and weight lifting. The results of the study are very much helpful for the coaches as well as for the sports persons. For a coach, it is helpful because after knowing the results of the study a coach can understand the impact of life attitude dimensions and personality variables on one’s performance. As a result of which, the coaches may try to give the training to their sports persons which in turn, may affect the performance of the sports persons. And the study may be implemented to influence the performance, and life in general, of the sports persons. It may be because after knowing the result of the study he also becomes aware about the impact of the life's attitude dimensions and personality variables on performance.
5.4 RECOMMENDATIONS FOR FURTHER RESEARCH

Researches and exploration are not the end results but there always open the way for future investigation. Similarly, the present work is not the end in this area. In fact, all the variables can never be studied in a single research. So the present study is confined to study the attitude towards life and certain personality variables only. The results of the present investigation led to certain possibilities for further researches. Further researches may be conducted on attitudes towards life of sports persons in relation to other personality dimensions which were not included in the present study e.g. neuroticism, extroversion, aggression, etc. Moreover, demographic variables such as age, gender, socio-economic status etc. could give some interesting findings. This type of study may also be conducted in cross cultural context.

It is suggested that further studies in this area may compare on sports persons of different games. This will enable to find out the difference of attitude towards life between different groups.

Larger sample provide better results, whereas the present research work is confined to only 400 sports persons. Thus it can not claim for its comprehensiveness. Future researches may be conducted on even much larger sample. The result may provide greater insight for sports persons.

It is suggested that further studies may also be conducted by using another psychological inventories like Hogan Personality Inventory developed by Hogan (1992), and Minnesota Multiphasic Personality Inventory developed by Butcher (2010) in place of MAP series used in this study.