Chapter-V

SUMMARY, CONCLUSION AND RECOMMENDATIONS
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Sports is a multifaceted phenomenon which makes an individual physically, mentally, socially, emotionally and spiritually fit or we can say that sports develop all round personality of an individual which in turns helps him to become a well balanced citizen.

The importance of sports around the whole world is due to the fact that people have become aware of its unlimited benefits.

In today’s age of cut-throat competition when winning is the sole aim of the athletes, more and more techniques of training the sports persons are being used by the coaches to bring out the optimum/maximum performance. Every body knows that to achieve excellence and proficiency in skills, the physiological development or training is not enough as there are physical and physiological limitations. To overcome these obstacles/barriers sports psychology plays an indispensable role.

Ability to function depends not only on physical fitness aspects of an individual but also largely upon mental, emotional, social and spiritual components of fitness.

Improvement in performance is impossible without manipulating some and controlling other behaviour related variables. While training, when
performance of player reaches a state of plateau, certain psychological processes seem to make the athlete achieve top performance.

Psychology helps the coaches to understand the individual differences among the athlete as each and every individual respond or react differently to the same situations. It is a well known fact that “Sound mind is there in a sound body” Thus in order to reach harmony of body, mind and spirit, individual’s interest in sports activities has to be inculcated for which proper motivation is required. Therefore motivation plays a key role in promoting interest, attention and efforts in individual towards involvement in sports activities and hence prompts learning and improving performance level. Keeping in view the importance of body image and motivation in sports, an attempt was made to study the influence of participation motivation, achievement motivation and body image as related to gender and performance. To achieve the objectives of the study, following procedure were adopted.

Sample

In order to accomplish the study, data were collected on total one hundred and thirty four inter-college level male and female volleyball players, randomly selected to act as subjects for the present study. Out of the total players, there were sixty-seven males and Sixty-seven females. The subjects were between the age group of 18-25 years and were studying in various affiliated colleges and departments of Delhi university. All the players who acted as subjects had
participated in at least Delhi University inter college volleyball tournaments for men and women in 2003-04 and 2004-05

The players selected to represent Delhi university volleyball team in Inter-University level competition or played for the Delhi state in Senior Nationals and women festivals or represented India were considered as high performers and those volleyball players who played in the inter college volleyball competition of the Delhi University and had never been selected to represent Delhi university in the Inter-University competition were considered as low performers.

In total there were thirty two high performer and thirty five low performer female volleyball players. Similarly there were thirty one high performer and thirty six low performer male volleyball players.

**Variables of the study**

The following psychological variables have been used for the study:-

1. Participation motivation (Participation motivation test by Gill, Gross and Huddleston 1983)

2. Achievement motivation (sports achievement motivation test by Kamlesh; 1990)

Analysis of Data

Analysis of variance statistical techniques was applied to find out the differences between male and female as well as high and low male female volleyball players. 't' test was applied to test the hypothesis at 5% level of significance Pearson's Product Moment Coefficient of Correlation statistical technique was applied to find out inter correlation among participation motivation, achievement motivation and body image of volleyball players.

Conclusions

With the limit and limitation of the study, following conclusions have been drawn.

1. A significant difference was observed between high performer male and female volleyball players in their body image concept whereas no significance difference was obtained in their participation motivation and achievement motivation.

2. A significant difference was observed between low performer male and female volleyball players in their participation motivation. No significant difference was observed between their achievement motivation and Body Image

3. In the total sample of male and female volleyball players no significant difference was observed in any of the three variables i.e. participation
motivation and achievement motivation and Body Image

4. A significant difference was observed between high and low performer volleyball male players in all the three variables i.e. participation motivation, achievement motivation and Body Image.

5. In case of high and low performer female volleyball players, significant difference was observed in only achievement motivation variable.

6. In case of total sample including male and female volleyball players a significant difference was observed between high and low performers in their achievement motivation and Body Image concept. However no significant difference was observed in their participation motivation variable.

7. A significant positive intercorrelation was observed among participation motivation, achievement motivation and Body Image in case of volleyball players.

8. Similarly a significant intercorrelation was observed among participation motivation and achievement motivation and Body Image in case of female volleyball players also.

9. When total sample including male and female subjects was considered, similar results of positive intercorrelation was observed among the three variables i.e. participation motivation, achievement motivation and Body Image.
RECOMMENDATIONS

1. Coaches and trainers should encourage maximum participation of volleyball players to improve their performance level, achievement motivation and Body Image which in turn will help better achievement in performance.

2. The selectors and coaches may consider the players which have better Body Image concept, participation motivation and achievement motivation.

3. A similar study may be conducted on other sports disciplines.

4. A similar study may be conducted on different age group and level of performance.

5. A similar study may be conducted on various psychological variables other than variables used in this study.