CHAPTER VI
SUMMARY, CONCLUSIONS, SUGGESTIONS & RECOMMENDATIONS
CHAPTER VI
SUMMARY, CONCLUSIONS, SUGGESTIONS & RECOMMENDATIONS

Accomplishments of the sportpersons in the field of sports are the results of many factors associated with sports. These factors are physical as well as psychological. As physical fitness is necessary to acquire skill in any sport or game, psychological fitness is also more or less equally important in achieving the skill. Physical characteristics, sense acuity, perceptual and decision making process, acquired skills and developed abilities structure the human system for preparation for competition. The optimal state of arousal encourages the structure to function in a desirable way. But emotions and attitudes translated into motivational force accomplish more than this. They are responsible for the athlete’s selection of particular sports activity over other possible activities at some point in his or her life.

Different types of self-concept, locus of control, and achievement motivation play significant roles in the life of sportpersons, especially in their achievements in the field of sports. Just as we form impression of other people so also we generate concepts about ourselves. Each normal person experiences himself as a distinct, continuos being or “object” with clear body boundaries. In the course of maturation, each individual develops attitudes towards the objects and calls it names “I” or “me” or “myself”. Thus, self-concept is a way one sees oneself. It is the set of characteristics with himself irrespective of particular environment in which he may be at a given time.

Achievement motivation is a striving to overcome challenges, improve oneself, attain excellence and accomplish more than others. Thus, it is a unique human drive. McClelland and his associates hypothesize that achievement motivation is an important determinant of goal attainment. In case of sportpersons
achievement motivation has a special importance, in the sense, that they have to attain excellence in their sport skill. Several studies conducted to examine the relationship between need for achievement scores and actual behaviour. It has been found that high scores have occupational goals that are congruent with their abilities. Achievement motivation was found associated with many other factors such as sex, success orientation and physical and other abilities.

The locus of perceived happenings might be either inside or outside the person; when one perceives an internal locus, he sees himself as causing success or failure. When one perceives an external locus, he attributes success or failure to forces outside himself. Locus of control also depends on many factors; for example, sex differences are closely related to locus of control, and among other factors success orientation and physical fitness might probably be associated with locus of control.

Apart from achievement motivation and locus of control, the self-concept of sport persons was treated as dependent variable. Brief account of self-concept was already given. When self-concept is viewed as an organized pattern of perceptions and evaluations of one's own characteristics, obviously, it is being influenced by many factors. Studies conducted on non-sportpersons employed several factors such as IQ, SES, sex etc. and examined their effect on the development of self-concept. In present study sex, success orientation and physical fitness were treated as independent variables and achievement motivation, locus of control and self-concept were considered as dependent variables. Association between independent variables and dependent variables are to be examined in the present study.

**Aim of Study** :-

Sportpersons and non-sportpersons differ from each other in many ways, such as their life style, in their perceptions etc. In present study only sportpersons
were included. The study aims at examining the locus of control, achievement motivation and different self concepts of sportpersons, both males and females, who differ in their physical fitness and in their orientation towards success i.e. who are group success oriented and those who are individual success oriented.

**Objectives of Study:**

The following objectives were used as guide lines for carrying out the present study.

1. To examine sex differences with respect to locus of control and to find out among whom the internal locus of control is more predominant.

2. Among the individual success oriented and group success oriented sportpersons, who have significantly more predominance of external locus of control ? To search the answer of this question.

3. To study the association between physical fitness and locus of control of the sportpersons.

4. Who have significantly more need for achievement, the males or the females among the sportpersons ? to search the appropriate answer of this question.

5. To find out whether the individual success oriented subjects have significantly more need for achievement or the group success oriented subjects ? to search an appropriate answer of the question.

6. To understand the relationship between physical fitness and need for achievement motivation.
7. To measure the physical self-concept and find out who have significantly superior physical self-concept, the male or the female sportpersons.

8. To search, who developed significantly superior physical self-concept, those who are individual success oriented or those who are group success oriented.

9. To examine the association between physical self-concept and physical fitness.

10. To search sex differences with regards to intellectual self-concept and find out who, the individual success oriented or group success oriented have significantly better intellectual self-concept. Also, to find out whether physical fitness is associated with better intellectual self-concept or not.

11. Do the male sportpersons have developed significantly better social self-concept or the female sportpersons have better social self-concept? To search answer of this question.

12. Having individual success orientation helps in developing better social self-concept, or group success orientation helps in developing better social self-concept is a question, to which the present study intends to find out appropriate answer.

13. To understand the relationship between social self-concept and physical fitness of the sportpersons.

14. To examine sex differences among sportpersons regarding their moral self-concept.
15. To find out, whether the individual success oriented sportpersons had developed better moral self-concept, or those who are group success oriented have significantly better moral self-concept.

16. To study the nature of association between moral self-concept and physical fitness of the sportpersons.

17. Does the sex of the sportpersons helps in developing significantly better emotional self-concept? To search the appropriate answer to the question.

18. Do the individual success oriented sportpersons develop significantly better emotional self-concept or it is significantly better among group success oriented sportpersons? To obtain appropriate answer to this question.

19. To understand the nature of association between emotional self-concept and physical fitness of the sportpersons.

20. To find out whether the male sportpersons have better aesthetic self-concept, or the female sportpersons develop better aesthetic self-concept.

21. To measure aesthetic self-concept of individual success oriented as well as group success oriented sportpersons and find out who had developed significantly better aesthetic self-concept.

22. To understand and examine the nature of association between aesthetic self-concept and physical fitness of the sportpersons.
Hypotheses To Be Tested:

In order to meet the demands of the objectives, findings of earlier studies were taken into consideration and the following hypotheses were framed. Assuming that the other factors are controlled or constant,

1. Female sportpersons have significantly more predominance of external locus of control than that of the male sportpersons.

2. Internal locus of control is significantly more predominant among the sportpersons having the group success orientation than those sportpersons having individual success orientation.

3. Physical fitness and internal locus of control are closely associated. The sportpersons who are rated physically more fit have significantly more predominance of internal locus of control than those who are rated physically less fit.

4. There do not appear any significant sex differences with regards to achievement motivation.

5. Achievement motivation is significantly more among personal success oriented sportpersons than the sportpersons having group success orientation.

6. The sportpersons who are physically more fit, have significantly more achievement motivation than those who are rated physically less fit sportpersons.

7. It's a universal phenomenon that females are generally more aware about their physical appearance than males. It is then hypothesized that physical self
concept of the female sportpersons is significantly better than that of the male sportpersons.

8. Individual success oriented and group success oriented sportpersons do not differ from each other in their physical self-concept.

9. Those sportpersons who are rated physically better fit, develop significantly better physical self concept than those who are rated as physically poor fit.

10. Male sportpersons as well as female sportpersons do not differ from each other from their intellectual self-concept.

11. Sportpersons either having individual success orientation or group success orientation have more or less similar intellectual self-concept.

12. Physical fitness of the sportpersons and intellectual self-concept are not associated to each other.

13. Male and female sportpersons differ from each other on social self concept. Social self-concept of the male sportpersons is significantly better than that of the female sportpersons.

14. Social self-concepts of group success oriented sportpersons are significantly superior to that of the individual success oriented sportpersons.

15. The physically fit sportpersons develop significantly better social self concept than the physically less fit sportpersons.

16. Female sportpersons have significantly better moral self-concept than the male sportpersons.
17. Group success oriented sportpersons develop significantly better moral self-concept than the individual success oriented sportpersons.

18. There do not appear any association between moral self-concept and physical fitness.

19. Female sportpersons develop significantly better emotional self concept than the male sportpersons.

20. Emotional self-concept of the group success oriented sportpersons is significantly superior to that of those who are individual success oriented.

21. Physical fitness and emotional self-concept are associated to each other. Physically fit sportpersons develop significantly better emotional self-concept than those who are physically poorly fit.

22. Female sportpersons have significantly better aesthetic self-concept than the male sportpersons.

23. Aesthetic self concept and success orientation are not associated to each other.

24. Aesthetic self-concept and physical fitness are not associated to each other.

**Justification of Study :-**

Self-concept and personality are inseparable. Self-concept influences the development of personality to a greater extent. Most studies carried out on self-concept deal with the non sportpersons. Only two or three decades before sports psychologists were attracted towards the study of self-concept of sportpersons and
athletes. Though physical appearance is perceived as a non-significant factor in personality, the physical fitness as well as physical appearance also contribute to some extent in the development of personality. Self-concept of the sportspersons might help in improving the personality of the individual. Does success orientation helps in developing positive self-concept? It is difficult to infer confidently on this problem, for the simple reason, that, there are hardly a few studies in which attempts were made to understand the strength of association between success orientation and self-concept. Physical fitness, however, directly or indirectly is associated with physical self-concept. But does physical fitness influence the development of other types of self-concept, is yet to be explored extensively. Present study has special importance in sports psychology because it is designed to examine the effect of individual success orientation Vs group success orientation on the development of different types of self-concept. Also, it attempts to examine the effect of physical fitness on the development of different self-concept among male and female sportspersons. Thus, it will definitely bridge the gap observed in research studies on self-concept of sportspersons.

Sample of the study comprises of sportspersons enrolled in B.PEd. colleges of Aurangabad. Though at initial stage there were 401 Ss, the final and effective sample consists of 320 Ss only. Male female ratio was 1:1. Age range of the Ss was 19 to 22 yrs.

For collecting the data reliable and standardized scales were used. Rotter's internal-external locus of control scale was used to measure the locus of control of the Ss. For measuring achievement motivation, Incomplete Sentence Blank, devised and standardized by Mukherji, was used.

Six different kinds of self-concept were measured by Self Concept Scale developed and standardized by Beena Awasthi.
Personal Preference Inventory, developed and standardized by Zander was utilized for measuring individual success orientation Vs group success orientation among the sportpersons.

Nine different Physical Fitness Tests were administered on the Ss, to find out whether they are physically fit or not. The nine different test of physical fitness were extent flexibility, dynamic flexibility, shuttle run, hand grip, leg lifts, cable jump, pull ups, balance and six hundred meter run walk.

The paper pencil scales were administered on small groups of Ss, comprising 20 to 25 Ss in each group. Before administering each scale, proper rapport was formed and the instructions laid down by the author of the scale were followed strictly.

For administering all the nine tests of physical fitness appropriate instruments, such as meter scale, rod, tape, stop watch etc. were used. These tests were administered on the Ss in the playground.

A balanced $2 \times 2 \times 2$ factorial design was used for analyzing the data. Collected data were first arranged in to eight classified groups, and they were treated first by mean and standard deviation. Later on the data were treated by three way ANOVA and finally, Scheffe’s Test of Multiple Comparison was employed.

On the basis of the results obtained in the study, following inferences were drawn.

1. There was significant sex difference in locus of control. The female sportpersons had significantly more external locus of control than the male sportpersons. Most of the males had internal locus of control.
2. Sportpersons having group success orientation exhibited significantly more external locus of control than those sportpersons who were categorised as individual success oriented.

3. The sportpersons who are physically better fit showed significantly more internal locus of control than those who were categorised as physically poor fit.

4. Male sportpersons had significantly more achievement motivation than the female persons.

5. The sportpersons who had individual success orientation, had significantly better achievement motivation than those having predominance of group success orientation.

6. Those sportpersons who are categorised as physically better fit had significantly better achievement motivation than those who were physically poor fit.

7. Female sportpersons had developed significantly better physical self-concept than the male sportpersons.

8. Group success oriented sportpersons had developed significantly better physical self concept than the individual success oriented sportpersons.

9. Both male as well as female sportpersons who were physically better fit had significantly better physical self-concept than that of those who were physically poor fit.

10. There are significant sex differences regarding intellectual self-concept. The male sportpersons had significantly better intellectual self-concept than the female sportpersons.
11. Individual success oriented sportpersons had significantly better intellectual self-concept than the group success oriented sportpersons.

12. The sportpersons who were physically better fit had significantly better intellectual self-concept than those who were physically poor fit.

13. Regarding social self-concept the male and female sportpersons failed to differ from each other. Male as well as female sportpersons had developed more or less similar social self-concept.

14. Sportpersons who are individual success oriented had significantly better social self-concept than that of those who were group success oriented.

15. Physically better fit sportpersons developed significantly better social self-concept than those who were physically poor fit.

16. Not large but significant sex differences were found in the moral self-concept of sportpersons. Female sportpersons had significantly better moral self-concept than the male sportpersons.

17. Individual success oriented sportpersons developed significantly better moral self-concept; group success oriented sportpersons had relatively poor moral self-concept.

18. Moral self-concept was associated with physical fitness also. The sportpersons who were physically better fit had significantly better moral self concept than those who were physically poor fit.
19. Female sportpersons developed significantly better emotional self-concept than the male sportpersons.

20. The sportpersons who were having orientation towards individual success had significantly better emotional self-concept than those who were having group success orientation.

21. Emotional self-concept was significantly better among those sportpersons who were physically better fit than those who were physically poor fit.

22. Female sportpersons were significantly superior to male sportpersons in aesthetic self-concept.

23. The sportpersons having predominance of individual success orientation had significantly better aesthetic self-concept than those sportpersons having predominance of group success orientation.

24. Aesthetic self-concept was significantly better among those sportpersons who were physically better fit than those who were physically poor fit.

**Limitations of Study:**

Before generalizing the findings of study, a few limitations must be taken into consideration.

1. Sample size was not large, and it was selected from a limited number of institutions, because there were no much reputed institutions of physical education.
2. In B.PEd. colleges a good number of students enroll themselves just to obtain the degree as it is treated equivalent to B.Ed.. It is not necessary that they are interested in sports and games.

3. Not multivariate but univariate approach was used for analysing the data.