Chapter V

SUMMARY, CONCLUSION, AND RECOMMENDATIONS

Summary

The purpose of the present study was to find the “socio-psychological differentials among sports achievers, non achievers, and non-participants female tribals”.

It was hypothesized that there might not be significant differences in selected socio-psychological variables of sports achievers, non achievers, and non-participants female tribals.

For the purpose of the study, 450 female tribals (150 sports achievers, 150 non achievers & 150 non participants) were randomly selected as the subjects of the study. The subjects were selected from different institutions of Jharkhand state. The age level of the subjects ranged from 18 to 25 years.

Keeping the feasibility aspect in mind and importance of socio-psychological aspects, the following variables were selected for the purpose of this study: personality, sports aggression, self-esteem, achievement motivation, self confidence, social adjustment, locus of control and self concept.
The criterion measures adopted for the study were as follows: Personality (Extraversion/Neuroticism) was assessed by the total scores in Maudsley Personality Inventory (MPI) written by H. J. Eysenck. Aggression was assessed by the total scores in Sports Aggression Inventory constructed and standardized by Prof. Anand Kumar Shrivastava & Prem Shankar Shukla. Self-esteem was assessed by the total scores in Canadian Self Esteem Inventory (CSEI) developed by Dr. Ambika Prasad Pandey. Achievement motivation was assessed by the total scores in Sports Achievement Motivation Test (SAMT) developed by Dr. M.L. Kamlesh. Self-confidence was assessed by the total scores in Agnihotri’s Self Confidence Inventory (ASCI) developed by Dr. Rekha Agnihotry. Social adjustment was assessed by the total scores in Deva’s Social Adjustment Inventory (SAI) constructed by Dr. R.C. Deva. Locus of control was assessed by the total scores in Rotter’s Locus of Control Scale prepared by Dr. Anand Kumar and Dr. S. N. Srivastava. Self-concept was assessed by the total scores in Self Concept Scale developed by Dr. Mukta Rani Rastogi.

With the help of the questionnaires related to Socio-psychological variables necessary data were collected. Data regarding various socio-psychological variables from 450 female tribals was collected by the scholar herself with the help of teachers, directors and coaches. In order
to assess personality, sports aggression, self-esteem, achievement motivation, self confidence, social adjustment, locus of control and self concept, and the test were conducted on 150 female tribals who were sports achievers. Similarly the same tests were conducted to measure various socio-psychological variables on 150 female tribals those who were non sports achievers and 150 female tribals those who were non participants.

The data was analysed by applying Descriptive Statistic i.e. Mean, Standard Deviation, Standard Error and range & Analysis of Variance (ANOVA) in order to assess and compare the socio psychological variables of sports achievers, non achievers, and non participants female tribals. The level of significance was set at 0.05. The data was analysed by SPSS version 15.

Conclusions

On the basis of the findings of the study, the following conclusions are drawn:

1. Sports achievers are more extroverts as compared to non achievers and non participants. Non achievers are more extrovert than non participants.

2. Sports achievers are more emotionally stable as far as neuroticism is considered in comparison to non achievers and non participants.
Non achievers and non participants are found average on neuroticism.

3. Sports achievers possessed high sports aggressiveness in comparison to non achievers and non participants. Non achievers and non participants are above average on sports aggression.

4. As compared to non achievers and non participants, sports achievers have higher self esteem. Non achievers have higher self esteem than non participants.

5. Sports achievers have higher achievement motivation in comparison to non achievers and non participants. Non achievers and non participants are moderate to low on achievement motivation.

6. Sports achievers are highly self confident as compared to non achievers and non participants. Non achievers are average on self confidence and non participants are low on self confidence.

7. Sports achievers are highly social adjustable in terms of emotional adjustment and social maturity as compared to non achievers and non participants.

8. Non participants are higher in locus of control in comparison to non achievers and sports achievers. Non achievers and sports achievers are low on external locus of control.
9. As compared to non achievers and non participants, sports achievers have higher self concept.

**Recommendations**

In the light of the conclusions drawn; the following recommendations are made:

1. Similar studies may be conducted selecting other socio-psychological variables contributing to performance efficiency of players.
2. The study may be repeated on subjects of higher/lower level and on professional players to measure their socio-psychological characteristics.
3. Physical education teachers and coaches should take into consideration the psychological pre requisites of game in talent search.
4. The similar study can be done on male tribals.
5. A comparative study can be conducted between male and female.
6. A more comprehensive study can be conducted between on large samples of individuals and team sports separately.
7. The similar study can be conducted on other regions of India with other tribals groups and different age groups.