Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

The purpose of the study was to investigate psychological factors influencing the females participation in physical activities. It was also designed to investigate the dominating psychological factors influencing the females participation in physical activities at various levels.

The subjects for the study were selected at random from different levels of females belonging to different schools, colleges and institutions of Kerala and Madhya Pradesh states. Eight hundred females belonging to four levels - seven to nine class (N = 200), ten to twelve class (N = 200), graduates (N = 200) and working class (N=200), ages ranged from twelve to fourteen years, fifteen to seventeen years, eighteen to twenty two years and twenty two to forty years respectively.

Twenty two aspects were located which can influence the participation of females in physical activities. Those aspects categories
in to personal factors and situational factors. The personal factors further classified into five factors with many influencing aspects. In the same ways the situational factors also classified into two factors and each factor with many influencing aspects. The personal factors classified into motivation, emotional factors, competitive factors and self concept. Enjoyment, achievement/excellence, personal choice/interest, aspiration, attitude, and incentives/awards were considered as influencing aspects for motivation. Anxiety management and feelings, were considered as emotional factors. Will to win, task mastery, dominance and efforts were considered as competitive factors. Self confidence any body image were considered as influencing factors for self concept. The situational factors were classified into instrumental factors and social factors. The instrumental factors were values, influence of significant others, role models, role conflicts, spectators and early experiences. The social factors were social affiliation and social acceptance.

Questionnaire method was employed to collect the relevant data. A questionnaire was constructed for this purpose. The eighty six item questionnaire was named 'physical activity participation - psychological inventory.' Subjects responses were assessed by using a
five point Likert - type rating scale, options ranging from 'always', 'often', 'seldom', 'sometimes' and 'never'.

The response of the questionnaire were analysed by using chi-square ($\chi^2$) test. Chi-square test was applied in each question in order to analyze the pattern of responses in each factor in each group. Each group were analyzed separately to know the different factors influencing in different level of females. The equal occurrence of hypothesis was used for interpreting chi-square test to find out the divergence of observed values from the expected values. The significance of responses given by the respondents was tested at .05 level.

The findings indicated that the psychological factors have significant effect on the participation of females in physical activities. And also it reveals that the psychological factors influencing the participation of females in physical activities differ at various levels.

The females belonging to seven to nine class have been positively influenced by the factors enjoyment, achievements/excellence, personnel choice/interest, attitude, incentives/awards; task mastery, efforts, values, role models, role conflicts, early experiences
and social affiliation to their participation in physical activities. The factors aspiration, anxiety management, feelings, will to win, dominance, self confidence, body image and influence of significant others are having negative influence on their participation in physical activities. The factor social acceptance has either positive or negative influence on their participation. The factor spectators is not a influencing factor for their participation in physical activities.

The females belonging to ten to twelve class have been positively influenced by the aspects enjoyment, achievements/excellence, personal choice/interest, attitude, incentives/awards, dominance, effort, values, early experiences and social affiliation. The factor aspiration, anxiety management, feelings, will to win self confidence, body image, influence at significant others role models, role conflicts spectators and social acceptance are having negative influence on their participation in physical activities. The competitive factor task mastery has no significant influence.

Graduate females have been positively influenced by the aspects enjoyment, achievement/excellence, personal choice/interest, attitude, incentives/awards, will to win, task mastery, dominance, effort, values,
early experiences and social affiliation to their participation in physical activities. The negative influence is witnessed in the aspiration, anxiety management, feelings self confidence, body image, influence of significant others, role models, role conflict, spectators and social affiliation.

Working class females have been positively influenced by the factors attitude, incentives/awards, task mastery, dominance, effort, body image, values and early experiences to their participation in physical activities. The factors enjoyment, achievement/excellence, personal choice/interest, aspiration, anxiety management, feelings, will to win, self confidence, influence of significant others, role models role conflicts, spectators, social affiliation and social acceptance have negative influence on their participation in physical activities.

**Conclusions**

Within the limitation of present study the following conclusions may be drawn:

1. Motivational factors enjoyment, achievement/excellence, personal choice/interest, attitude, incentive/awards have
positive influence on the participation of females belonging to 7 to 9 class, 10 to 12 class and graduates.

2. The motivational factors enjoyment/excellence, personal choice/interest and aspiration are negatively affecting the females belonging to working class. Attitude and incentives/awards have positive influence on their participation.

3. Aspiration is not considered as a motivational aspects by all levels of females.

4. All emotional aspects (anxiety management and feelings) have negative effect on the participation of all the level of females in physical activities.

5. The competition aspect 'will to win' have negative influence on the participation of 7 to 9 class and working class females. But it has positive effect to compete in physical activities on graduates. Will to win do not influence the 10 to 12 class females participation in physical activities.
6. The competitive aspect task mastery is positively influencing factor for the participation of 7 to 9 class, graduates and working class.

7. Dominance is a competitive factor which positively influence the participation of females belonging to 10 to 12 class, graduates and working class. But for the females belonging to 7 to 9 class it is negatively influencing factor.

8. The competitive factor 'effort' has a positive influence on females of all levels for participation in physical activities.

9. The factors self confidence and body image are negatively influencing the participation of 7 to 9 class, 10 to 12 class and graduates.

10. All levels of females are positively influenced by the situational factors 'values' and 'early experiences.' And the factor 'influence of significant others has a negative influence on all of them.

11. The females belonging to all levels of females do not have any role models.
12. The females belonging to 7 to 9 class do not have any role conflicts, but others have the role conflicts to participate in physical activities.

13. 'Spectators' influence is considered as a common negative factor for the females participation.

14. The social factor 'social affiliation' positively influence the females belonging to 7 to 9 class, 10 to 12 class and graduates for sport participation. For working class it has negative effect on their the participation.

15. The social factor 'social acceptance' is a negatively influencing factor for all levels of females.

**Recommendations**

With the help of results derived from the present study the following recommendations can be made.

1. The result of present study can be very much useful for teachers, parents, coaches, administrations and social workers to make
better environment for female participation in physical activities.

2. A compulsory physical education programme may be implemented in school and colleges all over India, that will provide the experience of physical activities to all population.

3. Seminars and clinics may be organised to educate all the levels of females.

4. Detailed studies may be conducted on psychological variables which have negative influence on participation of females in physical activities to develop better understanding on the problems faced by them.

5. It is recommended that the present study may be repeated by selecting subjects from lower age and housewives.

6. It is also recommend to identify appropriate gender-specific teaching methods.

7. It is further recommended to develop and implement more inclusive research agendas. Future research must be expanded.
beyond an analysis of highly competitive sport and physical activity to include broader range of activities and settings. Additionally studies should include participants from racially, ethnically, economically and ability back ward females.