CHAPTER – V
SUMMARY, CONCLUSION AND RECOMMENDATIONS

Summary

The purpose of the study was to investigate the psychological profile of male University Level Badminton players of India. The subordinate purpose of the study was to

i.) Sketch a profile of University level Badminton player’s

ii.) Draw a few psychological profiles for different zone of Badminton player’s

iii.) Compare the status among Badminton players of different zone on the selected psychological variables and the variables selected for the study were Incentive Motivation (consisting of seven different systems i.e. Excellence, Power, Sensation, Independence, Prestige, Aggression and Affiliation), Achievement Motivation, State and Trait Anxiety, competitive state anxiety (cognitive state anxiety, somatic state anxiety and self-confidence).

iv.) To determine the relationship between performance of badminton player’s and psychological characteristics i.e. Incentive Motivation (consisting of seven different
systems i.e. Excellence, Power, Sensation, Independence, Prestige, Aggression and Affiliation), Achievement Motivation, State and Trait Anxiety, competitive state anxiety (cognitive state anxiety, somatic state anxiety and self-confidence) of university level badminton players.

The collection of relevant data was based on five Questionnaires i.e. Incentive Motivation Inventory was prepared by R.B. Alderman and N.L. Wood, Sports Achievement Motivation test prepared by M.L. Kamlesh, State and Trait Anxiety Questionnaire was prepared Charles D. Speilberger and Competitive State Anxiety Inventory was prepared by Rainer Martens.

The sample of the present study comprised of 100 male university Badminton players of India. Keeping in view the purpose of the study they were divided into different zone Badminton Players. Some Data was collected during the all India University which was held in KIIT Bhubaneswar in 2013 and other some data was collected from M.D.U Rohatak, BIITS Ranchi. The age range of the subjects was 20 to 28 years. In order to sketch the profile of university level Badminton players, Descriptive Statistics was used. To find out significance difference among different zone Badminton Players, one way Analysis of Variance was used. The level of significance was set at .05.
CONCLUSIONS

Within the limitations of the present study, the following conclusions may be drawn in different Zone of University level Badminton Players of India.

SECTION ONE

University Badminton Players were having greater Sensation and lesser Affiliation.

SECTION TWO

- West Zone players were having greater State Anxiety (19.60) in comparison to South (18.15), Central Zone (18.10), and East Zone (17.95) and North Zone (16.25).
- East Zone players were having greater Trait Anxiety (18.35) in comparison to South (16.25), Central Zone (17.05), and West Zone (17.70) and North Zone (13.40).
- East Zone players were having greater Cognitive State Anxiety (22.65) in comparison to South (19.250), Central Zone (21.65), and West Zone (18.55) and North Zone (22.15).
- Central Zone players were having greater Somatic State Anxiety (22.15) in comparison to South (17.05), East Zone (22.00), and West Zone (18.40) and North Zone (19.20).
- North Zone players were having greater Self- Confidence (28.95) in comparison to South (27.50), Central Zone (28.90), and West Zone (26.40) and East Zone (28.20).
• Central Zone players were having greater Incentive Motivation (196.00) in comparison to South (192.95), East Zone (190.90), and West Zone (193.90) and North Zone (193.65).

• East Zone players were having greater Excellence (30.00) in comparison to South (27.40), Central Zone (29.60), and West Zone (29.90) and North Zone (29.35).

• West Zone players were having greater Power (28.85) in comparison to South (27.40), Central Zone (28.25), and East Zone (26.65) and North Zone (27.10).

• South Zone players were having greater Sensation (29.85) in comparison to West Zone (26.05), Central Zone (29.05), East Zone (27.40) and North Zone (29.00).

• West Zone players were having greater Independence (29.35) in comparison to South (27.45), Central Zone (28.25), and East Zone (26.65) and North Zone (26.80).

• North Zone players were having greater Success (31.55) in comparison to South (30.00), Central Zone (29.85), and West Zone (26.85) and East Zone (29.60).

• East Zone players were having greater Aggression (24.75) in comparison to South (23.55), Central Zone (23.80), and West Zone (23.80) and North Zone (22.35).

• West Zone players were having greater Affiliation (29.15) in comparison to South (27.35), Central Zone (27.30), and East Zone (25.85) and North Zone (27.40).

• Central Zone players were having greater Achievement motivation (29.50) in comparison to South (27.80), East Zone (27.90), and West Zone (26.50) and North Zone (29.40).
SECTION THREE

- Insignificant difference was found in East, North, South, West and Central Zone Badminton Players in relation to State Anxiety.
- Significant difference was found in East, North, South, West and Central Zone Badminton Players in relation to Trait Anxiety.
- Significant difference was found in East, North, South, West and Central Zone Badminton Players in relation to Cognitive State Anxiety.
- Significant difference was found in East, North, South, West and Central Zone Badminton Players in relation to Somatic State Anxiety.
- Significant difference was found in East, North, South, West and Central Zone Badminton Players in relation to self-Confidence.
- Insignificant difference was found in East, North, South, West and Central Zone Badminton Players in relation to Incentive Motivation.
- Insignificant difference was found in East, North, South, West and Central Zone Badminton Players in relation to Achievement Motivation.
- Significant difference was found in East, North, South, West and Central Zone Badminton Players in relation to Excellence.
- Insignificant difference was found in East, North, South, West and Central Zone Badminton Players in relation to Power.
- Significant difference was found in East, North, South, West and Central Zone Badminton Players in relation to Sensation.
• Significant difference was found in East, North, South, West and Central Zone Badminton Players in relation to Independence.
• Significant difference was found in East, North, South, West and Central Zone Badminton Players in relation to Success.
• Insignificant difference was found in East, North, South, West and Central Zone Badminton Players in relation to Aggression.
• Significant difference was found in East, North, South, West and Central Zone Badminton Players in relation to Affiliation.

SECTION FOUR
• Significant relationship was found between performance of Badminton players and psychological variables in relation to Cognitive State Anxiety, Achievement Motivation, Aggression and Affiliation.
• Insignificant relationship was found between performance of Badminton players and psychological variables in relation to State Anxiety, Trait Anxiety, Somatic State Anxiety, Self Confidence, Incentive Motivation, Excellence, Power, Sensation, Independence and Success.
RECOMMENDATIONS

The present study was a study of its own kind because such an attempt of profiling the players psychologically had hardly been made in India. Therefore, the findings of the study will certainly help the Badminton coaches, trainers and even the selectors to acquire an insight into the psychological makeup and functioning of the Badminton Players.

On the basis of investigator's self experience and findings of the study some recommendations were made as follows:

1. A similar study may be conducted on the players of different fields of sports and games of different age and sex.
2. A more comprehensive study may be conducted on a larger sample.
3. The selected psychological profiles may be used as predictors for better performance of a player.
4. Not only the sport psychologists but the coaches should also be made to know and understand the psychological principles of training.
5. Every coach should sketch the psychological profile of his/her team and find out what psychological factors are most conducive to their performance.