Chapter V

SUMMARY, CONCLUSION, AND RECOMMENDATIONS

Summary

Physical education and sport, which are an integral part of education, have also influence by scientific advancement. Now the sportsmen are able in giving good performance because of involvement of new scientifically substantiated training method and method of execution of sport exercises like sports technique and tactics, improved sports gear and equipments, as well as other components and conditions of the system of sports training.

The purpose of the present study was to find the “socio-psychological differentials among District, State and National school rifle shooting players”.

It was assumed that there would be no significant difference between the district, state and national school rifle shooting players in different socio-psychological variable.

The present study was conducted on 300 rifle shooting players of India. Keeping in view the objectives, the players were categorized into three main groups: district (100), state (100), and national (100) rifle shooting players. The sample representing the district school players who

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 300 rifle shooting player was collected by the scholar herself with the help of manager and coaches.

The data was analysed by applying Descriptive Statistic i.e. Mean score and standard deviation of district (N=100), state (N=100), and national (N=100) and the sample (N=300) were calculated in all the eight variables i.e. Personality (Extroversion, Neuroticism), Sports Aggression, Self-Esteem, Sports Achievement Motivation, Self-Confidence, Social Adjustment, Locus of control and Self-Concept

One-way analysis of variance was applied to find out the significance of mean difference among National (N=100), State (N=100) and Districts (N=100) players in each of the variable. This was followed by Least Significance Difference Test (L.S.D.) of Post-hoc comparison to determine the significance of difference between ordered paired means at 0.05 level.
From the analysis of data it is found significance difference between national, state and district school rifle shooting players in the extroversion level. It is evident that national, state and district school rifle shooting players in extroversion test differed significantly, as the obtained F-value of 120 is much more than the tabulated value $F_{0.05} (2, 297) = 4.71$. It is obvious that there is significant difference between national and state; national and district and state and district players on aggression level at 0.05 level as the mean difference of 3.74, 6 and 2.26 is higher than the critical difference of 0.76. Hence the null hypothesis is rejected and it was proved that national players have higher extroversion as compared to state and district rifles shooting player.

From the analysis of data it is found significance difference between national, state and district school rifle shooting players in the neuroticism level. It is evident that national, state and district school rifle shooting players in neuroticism test differed significantly, as the obtained F-value of 61.28 is much more than the tabulated value $F_{0.05} (2, 297) = 4.71$. It is obvious that there is significant difference between national and state; national and district and state and district players on neuroticism level at 0.05 level as the mean difference of 2.44, 4.2 and 1.76 is higher than the critical difference of 0.74. Hence the null hypothesis is rejected and it was
proved that district players have higher neuroticism as compared to national and state rifles shooting player.

From the analysis of data it is found significance difference between national, state and district school rifle shooting players in the sports aggression level. It is evident that national, state and district school rifle shooting players in sports aggression test differed significantly, as the obtained F-value of 114.44 is much more than the tabulated value \( F_{0.05} (2,297) = 4.71 \). It is obvious that there is significant difference between national and state; national and district and state and district players on aggression level at 0.05 level as the mean difference of 2.78, 5.88 and 3.1 is higher than the critical difference of 0.76. Hence the null hypothesis is rejected and it was proved that national players have higher sports aggression as compared to state and district rifles shooting player.

From the analysis of data it is found significance difference between national, state and district school rifle shooting players in the self-esteem level. It is evident that national, state and district school rifle shooting players in self-esteem test differed significantly, as the obtained F-value of 77.50 is much more than the tabulated value \( F_{0.05} (2,297) = 4.71 \). It is obvious that there is significant difference between national and state; national and district and state and district players on self-esteem level at 0.05
level as the mean difference of 3.7, 6.34 and 2.37 is higher than the critical difference of 1.0. Hence the null hypothesis is rejected and it was proved that district players have higher self-esteem as compared to national and state rifles shooting player.

From the analysis of data it is found significance difference between national, state and district school rifle shooting players in the sports achievement motivation level. It is evident that national, state and district school rifle shooting players in sports achievement motivation test differed significantly, as the obtained F-value of 57.44 is much more than the tabulated value $F_{0.05 (2,297)} = 4.71$. It is obvious that there is significant difference between national and state; national and district players on sport achievement motivation level at 0.05 level as the mean difference of 5.14 and 6.27 is higher than the critical difference of 1.22. Hence the null hypothesis is rejected and it was proved that district players have higher sports achievement motivation as compared to national and state rifles shooting player. But the mean difference of 1.13 between state and district medium students is insignificant at 0.05 level as critical difference of 1.22 is higher than the mean difference of 1.13.

From the analysis of data it is found significance difference between national, state and district school rifle shooting players in the self confidence
level. It is evident that national, state and district school rifle shooting players in self confidence test differed significantly, as the obtained F-value of 137.56 is much more than the tabulated value $F_{0.05}(2,297) = 4.71$. It is obvious that there is significant difference between national and state; national and district and state and district players on aggression level at 0.05 level as the mean difference of 7.32, 12.32 and 5 is higher than the critical difference of 1.46. Hence the null hypothesis is rejected and it was proved that district players have higher self confidence as compared to national and state rifles shooting players.

From the analysis of data it is found significance difference between national, state and district school rifle shooting players in the social adjustment level. It is evident that national, state and district school rifle shooting players in Social Adjustment test differed significantly, as the obtained F-value of 62.60 is much more than the tabulated value $F_{0.05}(2,297) = 4.71$. It is obvious that there is significant difference between national and state; national and district and state and district players on social adjustment level at 0.05 level as the mean difference of 19.03 and 30.73 is higher than the critical difference of 11.7. Hence the null hypothesis is rejected and it was proved that national players have higher social adjustment as compared to state and district rifles shooting player.
From the analysis of data it is found significance difference between national, state and district school rifle shooting players in the locus of control level. It is evident that national, state and district school rifle shooting players in locus of control test differed significantly, as the obtained F-value of 74.90 is much more than the tabulated value $F_{0.05} (2,297) = 4.71$. It is obvious that there is significant difference between national and state; national and district and state and district players on locus of control level at 0.05 level as the mean difference of 2.75, 4.5 and 1.75 is higher than the critical difference of 0.72. Hence the null hypothesis is rejected and it was proved that district players have higher locus of control as compared to national and state rifles shooting player.

From the analysis of data it is found significance difference between national, state and district school rifle shooting players in the self concept level. It is evident that national, state and district school rifle shooting players in self concept test differed significantly, as the obtained F-value of 49.23 is much more than the tabulated value $F_{0.05} (2,297) = 4.71$. It is obvious that there is significant difference between national and state; national and district and state and district players on self concept level at 0.05 level as the mean difference of 16.9, 25.28 and 8.38 is higher than the critical difference of 5.08. Hence the null hypothesis is rejected and it was
proved that national players have higher self concept as compared to state and district rifles shooting player.

Conclusions

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

1. National players are more extroverts as compared to state and districts rifle shooter player. State players are more extrovert than District rifle shooting players.

2. District player are more emotionally stable as far as neuroticism is considered in comparison to state and national rifle shooting players. State and national players are found average on neuroticism.

3. National players possessed high sports aggressiveness in comparison to state and district rifles shooting players. State and District rifle shooting players are above average on sports aggression.

4. As compared to national and district rifle shooting players, national players have higher self esteem. State players have higher self esteem than district rifle shooting players.
5. National players have higher achievement motivation in comparison to state and district rifle shooting players. State and district rifle shooting players are moderate to low on achievement motivation.

6. District players are highly self confident as compared to national and state rifle shooting players. State players are average on self confidence and national rifle shooting players are low on self confidence.

7. National players are highly social adjustable in terms of emotional adjustment and social maturity as compared to state and district rifle shooting players.

8. District players are higher in locus of control in comparison to state and national rifle shooting players. State and national rifle shooting players are low on external locus of control.

9. National players are highly self concept in comparison to state and district rifle shooting players. State players are average on self concept and district rifle shooting players are low on 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 similar study can be conducted on other regions of India with university levels and different age groups.

3. Physical education teachers and coaches should take into consideration the psychological pre requisites of game in talent search.

4. A comparative study can be conducted between male and female.

5. A more comprehensive study can be conducted between on large samples of individuals and team sports separately.

6. The study may be repeated on subjects of higher/lower level and on professional players to measure their socio-psychological characteristics.