CHAPTER V
SUMMARY, CONCLUSION AND RECOMMENDATION

Summary

In the previous year; a number of attentions paid to the relationships of personality of personality variable and psychological factor with athletic performance. Several studies of measurement of personality character of athletes and players are necessary if we want to secure the information needed by sports psychologist and coaches and it is acceptable that physical abilities of an individual are related to this physical structure as the atmosphere where these abilities are exhibited constitute an ideal setting for the development of desirable personality characteristics like sociability, emotional, stability, confidence, cooperativeness, personal adjustment, extraversion. These merits or qualities are very essential to increase the athletic ability of the players and sportsmen.

This spiral of pressure not only makes demands on the mind, it mean the body is often asked to do more and sometime too much. Injuries are greater problem than they used to be, and there is a greater temptation to play through them. Some players can be lured by ambition or cash into playing too much.
Verves, tension, panic, negative thinking and even exploitation lie in ambush for many player at sometimes or the other.

Consider the facts. The money is more and the crowds are bigger. Standards of play have risen, quality in depth has increased and there a fewer easy matches. National attention and expectations are more intense than ever, particularly in developing nations.

The purpose of the present study was to study the psychological trait and sport competition anxiety of cricket and other team game players. The sample of the present study comprised of 500 cricket and other team game players of India. Keeping the view the purpose of the study they were divided into two groups cricket (250) and other team game (250) players.

The present study deals with the comparison of personality traits between cricket and other sports players with respect to Extraversion, Neuroticism, Psychoticism and Sports Competition Anxiety. The data was collected with the help of Sports Competition Anxiety, Eysenck personality inventory. This inventory provides three psychological dimensions viz; Extraversion, Neuroticism, Psychoticism.

From the analysis of data it has been found that there is significant difference between cricket and other team game players in the extroversion level. It
is evident that cricket and other team game players in extroversion test differed significantly, as the obtained t-value 7.11 is much more than the tabulated value $t_{0.05} (2, 448) = 1.645$. It is obvious that there is significant difference between cricket and other team game players on extroversion level at 0.05 level as the mean difference 11.744 and 10.776. Hence the null hypothesis is rejected between these groups at extroversion level.

From the analysis of data it has been found that there is significant difference between cricket and other team game players in the neuroticism level. It is evident that cricket and other team game players in neuroticism test differed significantly, as the obtained t-value 5.71 is much more than the tabulated value $t_{0.05} (2, 448) = 1.645$. It is obvious that there is significant difference between cricket and other team game players on extroversion level at 0.05 level as the mean difference 10.648 and 9.848. Hence the null hypothesis is rejected between these groups at neuroticism level.

From the analysis of data it has been found that there is significant difference between cricket and other team game players in the psychoticism level. It is evident that cricket and other team game players in psychoticism test differed significantly, as the obtained t-value 49.37 is much more than the tabulated value $t_{0.05} (2, 448) = 1.645$. It is obvious that there is significant difference between cricket and other team game players on psychoticism level at 0.05 level as the
mean difference 10.86 and 9.28. Hence the null hypothesis is rejected between these groups at psychoticim level.

From the analysis of data it has been found that there is significant difference between cricket and other team game players in the sport competition anxiety level. It is evident that cricket and other team game players in sport competition anxiety test differed significantly, as the obtained t-value 49.37 is much more than the tabulated value $t_{0.05}(2, 448) = 1.645$. It is obvious that there is significant difference between cricket and other team game players on sport competition anxiety level at 0.05 level as the mean difference 10.86 and 9.28. Hence the null hypothesis is rejected between these groups at sport competition anxiety level.

**Conclusion**

With the limits and limitations of the present study and on the basis of the results following conclusion were drawn:

1. The level of extroversion of cricket players was significantly high as compared with other team game players.

2. The level of neuroticism of cricket players was significantly high as compared with other team game players.
3. The level of psychoticism of cricket players was significantly high as compared with other team game players.

4. The level of sports competition anxiety of cricket players was significantly high as compared with other team game players.

**Recommendation**

On the basis of investigator’s self-experience juxtaposed with the findings of the study, some recommendation are offered hereunder which hopefully may go a ling way in helping all concerned with the game of football in particular and sports in general:

1. A Similar study could be done in different game and sports.

2. A Similar Study could be done at high level players like National, International and Olympic Players.

3. A Similar study could be done among Cricket and Other sports and others game and sports.

4. A similar study could be investigated among the players of two or more games.

5. A similar study could be done with subject belonging to different age groups.