Chapter-5
Conclusions, Suggestions and Recommendations
CONCLUSIONS, SUGGESTIONS AND RECOMMENDATIONS

Conclusions

Based on the analytical inferences drawn in the previous chapter, we can conclude that:

1. There exists a significant relation between adjustment and self-confidence.

2. Locus of control was not significantly related to adjustment and self-confidence if its effect is taken separately.

3. Though locus of control and adjustment and locus of control and self-confidence did not show a significant relation, but locus of control and self-confidence showed greater strength of relation than locus of control and adjustment.

4. There was a significant relation between locus of control and performance.

5. Adjustment and self-confidence were also significantly related to performance if their effects were taken separately.

6. There appeared a significant relation between internal locus of control and performance.

7. There was a significant relation depicted between practice and performance.

8. As observed, ability was positively related to performance.
9. Game superiority was not significantly related to performance.

10. There was a significant relation observed between equipment/coaching and performance.

11. External locus of control, financial backing, luck and high-ups were not significantly related to performance.

12. There was a significant relation emerged between home adjustment and performance.

13. Health and emotional adjustment were also significantly related to performance.

14. Social and Educational adjustment were not significantly related to performance.

15. There was a significant relation appeared between locus of control and high performance group. Whereas low performance group negatively related to locus of control.

16. A adjustment and self-confidence were not significantly related to performance for both high and low performers.

17. A significant relation between adjustment and self-confidence for both high and low performance groups was observed.

18. Further, locus of control was not significantly related to adjustment and self-confidence both for high and low performance groups.
19. There was a negative but significant relation exists regarding game superiority for low performers, whereas high performers showed an insignificant relation with game superiority.

20. A significant relation emerged between practice and performance for high performers.

21. A significant relation was observed between ability and performance for high performance group.

22. A significant relation was witnessed between internal locus of control and performance for high performers, whereas low performers displayed a negatively significant relation with performance.

23. Low performers demonstrated a negative and significant relation with external locus of control.

24. Equipment/coaching were witnessed significantly related to high performers. Whereas low performers showed an insignificant relationship.

25. Low performance group reflected a negative but significant relation for high-ups. Whereas there was an insignificant relation emerged between high-ups and high performance group.

26. Both high and low performance groups failed to display significant relations for financial backing and luck factors of external locus of control.
27. There was no significant relation showed on home, health, social, emotional and educational adjustment by high and low performers.

28. There reported a significant difference between high and low performers on locus of control.

29. High and low performers further differed significantly in terms of internal locus of control.

30. Regarding factors of internal locus of control, high performers differed significantly on all the factors such as game superiority, practice and ability in respect to low performers.

31. For external locus of control there found an insignificant difference between high and low performers.

32. There was a significant difference between high and low performers for factors of external locus of control i.e. financial backing and equipment/coaching. However, for rest of the factors i.e. luck and high-ups, the difference was not significant.

33. High and low performance hockey players significantly differed on adjustment.

34. High and low performance groups differed significantly only for home and emotional adjustment. Whereas for rest of the dimensions i.e. health, social and educational adjustment, the difference was insignificant.
35. A significant difference was also observed between high and low performance groups on self-confidence.

Suggestions

Though the findings of present investigation are significant in many ways, but it has certain limitations also. Keeping these in view, following suggestions are being put forward for future research:

1. Since the sample of the study was confined to the university hockey players only, it may be suggested that for greater reliability the sample may be broaden considering the players of other Group or Individual sport disciplines.

2. A comparative study may be conducted on East, West and South-Zone intervarsity players to find out whether due to socio-cultural and politico-geographical changes the populations varies with respect to these variables.

3. Performance is a continuous process, it is suggested that sport performance should be more extensively and intensively perused at various level.

4. Some other variables such as Leadership, Team-spirit and mental toughness etc. should also be introduced to determine their influence on performance.
5. Longitudinal studies should be undertaken in different disciplines of games and sport to enhance performance of the players in the country.

6. It is suggested that some physiological dimensions must be collaborated along with these psychological variables to predict performance in different games and sport in future studies.

7. In future a series of studies need to be conducted considering the important psychological variables and their relationship with performance.

8. The study may be replicated on different domain of sport such as Professional, Adventurous, Recreational and most importantly Indigenous sport.

**Recommendations**

Considering the inferences drawn from the present empirical investigation, the following recommendations may be forwarded:

1. It is recommended that sex differences in performance of players of various age groups should also be determined in future studies.

2. Most importantly this type of study may be repeated on veterans as well as athletes belonging to special population at various levels.
3. It is recommended to consider more specific dimensions of these variables such as health locus of control, collective self-efficacy etc for future research.

4. Future research must be expanded beyond an analysis of highly competitive sport.

Considering the above mentioned recommendations it may be forwarded that as single individual researcher may not be able to undertake such studies independently, hence premier institutions such as SAI, Sports Federations, Corporate houses and Sports Academies should take initiative to undertake long term research projects to determine the predictors of sport performance instead of merely stressing on any one or a few constructs of performance and for that a holistic approach by the researchers of vivid sports sciences must be adopted.