Summary

Sports Psychology Kinesiology and draws on knowledge from the field of psychology, that is a multiple of science. This psychological factor is performance impact study and participate in sports and exercise affect the psychological and physical factors. Physical education is an integral part of general education which contributes much in the development of man's behaviour. It is an old and fundamental education. It is a field that has its aim to improve the performance of human being throughout the medium of physical behavior to contain be preferred by a observation on the way to realize these outcome.

Physical instruction be not only promote because a method in the direction of teach students about teamwork and sports, other than also be means in the direction of develop along with maintain physical fitness. Since physical instruction be base going on personal achievement among a lot includes competitive games various populace contain mortal arguing thus the same as to inside the lower grade, persons who be not the same as athletically exceptional while others regularly experience rejection with feeling of lack. On the higher level, several argue next to compulsory physical education, since physical health be ones human being choice.

Cricket players will muscular work increases the work of the heart partly through the increases of blood which must be pumped out for minute, and partly through the increase in resistance (B.P.) which must be overcome. This increase occurs with greater degree of muscular exertion and with the total amount of the muscle work. It varies with different forms of labour of exercise.

As more women and girls come forward to defy prohibitions which prevent them from playing particular sports, they are at the same time challenging existing gender roles and patriarchal structures. Each time a girl has the courage to join a boys football game, or better yet, starts an all-girls football team, she demonstrates to the boys in her community that she is though and can compete on an equal level, challenging gendered norms which view women as fragile or inferior. In societies where women’s roles are predominantly confined to the domestic sphere, and where they not expected or permitted to
participate in public life, participation in sport can challenge these barriers and enable women to assume new roles within their communities. Thus, sports provide and environment in which gender norms, and accepted conceptions of masculinity and femininity, can be renegotiated. In sports, values such as aggressiveness and competition are valued, and sports fields are an acceptable territory in which women can demonstrate these qualities. As these values become more entrenched, gendered stereotypes are slowly changed, and women who exhibit these qualities become valued by the society.

Right to play, an organization which advocates the right of every child to sport and leisure activities, has shown how creating opportunities for girls to participate in sports can challenge these gender norms in a way which has a lasting impact on gender roles. Working in Nyagurusu, Tanzania with Congolese refugees, Right to play has set up sports activities for girls, with overwhelming success. The girls benefit from participation in sports as well as from the leadership of female coaches, who have become widely respected role models within the camp community. Moreover though Congolese society traditionally forbade girls to play sports, many within the camp believe that the refugees will return to their homes with an appreciation for the important role that sport can play in the lives of young girls. As Mama Salima, one of the coaches, explains, "For some girls it will be good for them, because those that would prevent them, namely their parents, have accepted sport and play in camp and so when they return to the Democratic Republic of the Congo, they should still be free to continue."

On an individual level, participation in sport empowers girls, giving them confidence, teamwork and leadership skills, which they carry with them for the rest of their lives. In a speech addressing the Pasifika netball challenge in Whitaker, Hon. Luamanuvao Winnie Laban, the first pacific woman in New Zealand's Parliament, highlighted the role that girl's participation in netball has played in empowering young pacific girls in New Zealand. "There are many pacific role model in netball opportunities for leadership in sport arise early for our young pacific girls- becoming a team captain, going on to become coaches, umpires, club captains and administrators. The leadership experience gained at a young age through sport can and should spur our young pacific women to strive for leadership positions as they grow and become adults."

Furthermore, research has shown that, in a highly masculinized work environment, team sports play a role in socializing children to work within certain organization structures, preparing them for their entry into the workforce. Without accepting that these environments should, or must, be the norm, sports can help girls to gain skills which will enable them to compete on a more equal footing when they join the workforce, particularly if they pursue hierarchically structured corporate careers. Competitive sports can help players learn to exude an illusion of confidence, even when afraid or insecure and to understand that
making mistakes and learning from then is 'part of the game.' Children gain confidence in their ability to take on unknown roles or tasks, and become more comfortable with 'learning by doing.'

Sport teaches teamwork skills such as loyalty to one's teammates, deference to a coach's decisions, and the fact that teams are chosen based on relative skills, not on the basis of popularity of personality. Participants learn that pressure, deadlines and competition can be fun, and are more prepared when they encounter these forces in a professional environment. All of these skill sets are highly valued in the workplace, and by fostering these values in girls from a young age, they are better prepared to interact and compete with their male colleagues.

With self-confidence, leadership and teamwork skills, girls are better equipped to challenge societal norms which continue to oppress women and relegate them to being second-class citizens. Though discrimination persists around the world, and acts as a deterrent to girl's participation in sport, the value of challenging these norms has become increasingly recognized, by international actors, government bodies, and communities themselves. United Nations Resolution 58/5, adopted in 2003 calls on governments to use sports to promote education, health, development and peace. UNESCO and UNDP have both recognized the value of sport as a tool of development, and have supported projects to use sport as a means of empowerment and development. But the real testimony comes who excels in sport, barriers are broken, and a new generation of girls is able to benefit from participation in sport in a way that their mothers and grandmothers could not.

Even the heart muscle seems to follow the laws of muscular work. Its working capacity is enormous it can however be strained (over-worked). If the heart is in training it will usually stand without harm an occasional maximal output of effort, if this is not too prolonged (proved by physiological examinations of the effects of. If this is repeated often harm can be done, this latter may be also result from less strong ex strong exertions. If these without previous training if the demands on the heart are increased gradually and the work stopped at the right time or stage, than the heart muscle will develop through work to greater strength and endurance, as do the selected muscles. In returning from work to rest a sudden change is not good. One neither can, non desires, to sit still after a forced run. The jockey lets his horse continue far beyond the goal and goes gradually over to slower times. Only after a Short rout will the horse be allowed into the stable. The quicker and stronger contractions of heart cannot be regulated through direct influence of the will. Experience shows that the discomfort from strenuous work is diminished by by stopping, it gradually or by exchanging it with work of an easier type. In the latter case one
should preferable use muscles which do not fix the thorax of abdominal wall i.e. restrain breathing, using the muscles of the lower extremities (log exercise, walking, walking on lacs etc.). The recovering after work requires a continued and more or less forced work by the heart and lungs. The greater the resistances opposing the blood stream i.e. the less elastic and the weaker. The muscles of the wall of the vessels are the more important it is to pay attention to this rule about gradual increase and successive decreases. Children and younger people possess a greater ability of adaption to different positions and conditions do older ones and this also applies to their hearts and vessels muscle strains will more easily occur in older people than in younger ones special care must be taken in the case of arteriosclerosis to prevent any bursting of vessels, a very careful and slow progression is recommended and there should be an avoidance of maximal and especially strong sudden efforts.

Similar principles should be applied in the work of a table. This ought, therefore, to have in introducing before the main exercise and a final part after them.

The table should given all-round exercise to the whole body and not only to muscle and joints. This is achieved by exercise from all the groups rather their subgroups. A table should, however, from a gymnastic unit. i.e. any exercise from all the must be chose in relation to each other. Most exercise are two, three, or four-fold in effect and they can according to sub effects, be put in two or more groups or subgroups. An example of this is stretch horizontal half-standing. Arm swimming which possess strong leg, arm, balance and dorsal effects. Outward, as a dorsal exercise standing. Tai lungi backward as a lateral, Lunge-side ways positions and as a balance exercise. Horizontal half standing as a lateral, Lungi-forward standing. Trunk turning, as a special walking forward with alternate. Arm Swinging, as running, “Seven league-boats as a struggling game. Lunge-backward standing pushing (in couples) and other exercise which would require certain muscle groups (of the leg and back) to be working the whole time without rest of cricket players.

To avoid one-sidedness the exercise must be chosen also with regard to their secondary effects. This however is not enough. Further, attention must be pay to be type of muscular work and the mobilisation of the joints. Mobility of the trunk is not obtained through using holdings
In the choice of exercise the character of the muscular action must be regarded, whether there is shortening (concentric), or lengthening (excentric) or a constant muscle length (static). In choosing a trunk exercise with abdominal effect one cannot take any abdominal exercise. Long abdominal muscles (in the counteracting of lordosis) are not rectified by giving—‘Trunk bending backward’ etc. The danger is now smaller than it used to be, as the value of dynamic muscular work is now recognised, but the need for changing between different types still exists. If the desires is to obtain an all-round effect and development through the movements of cricket players. An important physiological presumption of power to work of cricket players. The latter is largely dependent on the former, which should be produced night from the very beginning of the lesson through enlivening exercise. Lively refreshing exercise help in promoting the circulative and the power of reaction of the nervous system both us regards outer and inner impulses, thereby increasing the ability for work. To the extent that these exercise (e.g. games with running and struggling) use many large muscle groups, and thus have a general effect is the circulation made livelier. However, they must not be so strenuous or prolonged that they cause pronounced fatigue. As more women and girls come forward to defy prohibitions which prevent them from playing particular sports, they are at the same time challenging existing gender roles and patriarchal structures. Each time a girl has the courage to join a boys football game, or better yet, starts an all- girls football team, she demonstrates to the boys in her community that she is though and can compete on an equal level, challenging gendered norms which view women as fragile or inferior. In societies where women’s roles are predominantly confined to the domestic sphere, and where they not expected or permitted to participate in public life, participation in sport can challenge these barriers and enable women to assume new roles within their communities. Thus, sports provide and environment in which gender norms, and accepted conceptions of masculinity and femininity, can be renegotiated. In sports, values such as aggressiveness and competition are valued, and sports fields are an acceptable territory in which women can demonstrate these qualities. as these values become more entrenched, gendered stereotypes are slowly changed, and women who exhibit these qualities become valued by the society.

Right to play, an organization which advocates the right of every child to sport and leisure activities, has shown how creating opportunities for girls to participate in sports can challenge these gender norms in a way which has a lasting impact on gender roles. Working in Nyagurusu, Tanzania with Congolese
refugees, Right to play has set up sports activities for girls, with overwhelming success. The girls benefit from participation in sports as well as from the leadership of female coaches, who have become widely respected role models within the camp community. Moreover though Congolese society traditionally forbade girls to play sports, many within the camp believe that the refugees will return to their homes with an appreciation for the important role that sport can play in the lives of young girls. As Mama Salima, one of the coaches, explains, "For some girls it will be good for them, because those that would prevent them, namely their parents, have accepted sport and play in camp and so when they return to the Democratic Republic of the Congo, they should still be free to continue."

On an individual level, participation in sport empowers girls, giving them confidence, teamwork and leadership skills, which they carry with them for the rest of their lives. In a speech addressing the Pasifika netball challenge in Whitaker, Hon. Luamanuvao Winnie Laban, the first pacific woman in New Zealand's Parliament, highlighted the role that girl's participation in netball has played in empowering young pacific girls in New Zealand. "There are many pacific role model in netball opportunities for leadership in sport arise early for our young pacific girls- becoming a team captain, going on to become coaches, umpires, club captains and administrators. The leadership experience gained at a young age through sport can and should spur our young pacific women to strive for leadership positions as they grow and become adults."

Furthermore, research has shown that, in a highly masculinized work environment, team sports play a role in socializing children to work within certain organization structures, preparing them for their entry into the workforce. Without accepting that these environments should, or must, be the norm, sports can help girls to gain skills which will enable them to compete on a more equal footing when they join the workforce, particularly if they pursue hierarchically structured corporate careers. Competitive sports can help players learn to exude an illusion of confidence, even when afraid or insecure and to understand that making mistakes and learning from them is 'part of the game.' Children gain confidence in their ability to take on unknown roles or tasks, and become more comfortable with 'learning by doing.'

Sport teaches teamwork skills such as loyalty to one's teammates, deference to a coach's decisions, and the fact that teams are chosen based on relative skills, not on the basis of popularity of personality. Participants learn that pressure, deadlines and competition can be fun, and are more prepared when they encounter these forces in a professional environment. All of these skill sets are highly valued in the workplace, and by fostering these values in girls from a young age, they are better prepared to interact and compete with their male colleagues.
With self-confidence, leadership and teamwork skills, girls are better equipped to challenge societal norms which continue to oppress women and relegate them to being second-class citizens. Though discrimination persists around the world, and acts as a deterrent to girl's participation in sport, the value of challenging these norms has become increasingly recognized, by international actors, government bodies, and communities themselves. United Nations Resolution 58/5, adopted in 2003 calls on governments to use sports to promote education, health, development and peace. UNESCO and UNDP have both recognized the value of sport as a tool of development, and have supported projects to use sport as a means of empowerment and development. But the real testimony comes who excels in sport, barriers are broken, and a new generation of girls is able to benefit from participation in sport in a way that their mothers and grandmothers could not.

After this comes the part which calls for more serious and conscientious work. The constructed gymnastics aims at a methodical working of the joints and muscles of the organism for the regulation and necessary stimulation if their normal development and growth and of the skeleton as a whole especially with children and youth, in the case of grown-ups the aim is to maintain or further the functional ability.

An individual treatment would of course be the most national. The simultaneous exercising of general persons does not allow this, except. When Individuals with similar follow the true that modility should be included in all joints which need it. But in order to achieve the desired effect and not increase mobility in joints where it is unneeded to better of cricket players.

Cricket was introduced to North America in the 17th century, even before it had even reached the north of England. It arrived in Australia almost as soon as colonization started in 1788. New Zealand & South Africa followed Cricket in the early years of the 19th century. The cricket games have a long and complicated history in the West Indies. The exact roles of cricket have play in terms resistance toward the postcolonial hegemonic arrange in the West Indies is widely debated.

This game has changing nature and requires work by the team as a whole or by the individual player in the changing situation. Actually this is a team game where the players have wide arena to show their talent through individual performances with the stimulus as well as through team play involving impulsion and knowledge.
Cricket was brought to India in the early 1700's by Britishers, with the first Cricket Match played in 1721 and Women Cricket Association formed in India in 1973.

WCAI was granted International Women's 1973 recognition of the government in Parliament (IWCC) membership cricket. 1978. Till date came in WCAI Men's Association, which combined with the body of England, New Zealand and unlike other not associated with the BCCI also be independent of the body.

In 1958, International Women’s Cricket Council came in existence to coordinate regular matches which were played between Australia, England, New Zealand, South Africa, West Indies, Denmark and Netherlands, in 2005. After that IWCC was merged with International Cricket Council (ICC).

In 2004, T-20 format was introduced. Initially four matches were played by the end of 2006. The period of years 2006-2009, saw rapid growth in matches played, 6 matches in 2007, 10 in 2008 and 30 in 2009. First ICC Women's World Cup T-20 Tournament was held in 2009.

The Chapter contains brief description of the selection of subjects, design of the study, selection of variables, reliability of data, administration of the questionnaires, collection of data and the statistical procedure used for analyzing the data.

The current reading be conduct on top of 300 women cricket dramatis personae of India. observance there the intentions of the study. The records of the dramatis personae be categorize interested in three main group.

Districts N=100, State N=100 and National N=100 women cricket players.

The reason of the revise is to analyses the position of psychological variables at different level of participation in women cricket players. The psychological variables taken into consideration are as under:-

1. Sport Anxiety.

2. Mental toughness.
3. Sports Aggression

The study was conducted on women cricket players of India only, irrespective of their affiliation to a geographical region of India, their socio-economic status, caste, colour or creed.

The research based on questionnaires has its limitations as any bias may creep into the result on account of subject. The tests were administered at different points of time considering the availability of the subjects, their mental status as a result of winning or losing a particular match.

Anxiety is a common term of several disorder that cause fear uneasiness, worrying & nervousness. This type of disorder affects that how players feel and behave. They may manifest real physical symptom. Mild anxiety be indistinct and uncomforting while severe anxiety cause extremely weakening with a serious impact on daily life.

Community has taken time and again experience that it be a state of worry that might be regularly before confront something difficult such as test, examination, recital of interview. These habits of thoughts be easily justified and consider normal.

Anxiety is a problem while symptom interferes with a person’s ability to sleep or otherwise. Generally the anxiety of sleeping occurs when a reaction is out of proportion through that might be normally predictable in a situation.

The disorder anxiety can be classified in various specific types.

A term commonly used by coaches, sports psychologists, sports commentators, and business leader. Generally, it is described as a person (such difficulty match training or as difficult competitive situation) persevere through difficult circumstances and without losing self-confidence that allows to emerge is a set of attributes. Many mental toughness to deal with difficult situations, which helps a person see any set of positive qualities liberal use of the word, which is the term of a series. Successful coach and sports commentator free to persevere through difficult game situations, the athlete's mental state words to describe the use of mental toughness. The scientific research of mental toughness has sought a formal definition that is only within the
last ten years. Like psychological makeup, ie mental toughness no matter another player or referee or coach is nothing, but this game going on or is not affected by the maturity. It is important to be that going to black out.

"Mental toughness is better and more consistent than particularly, as a Performer, which are placed at your opponents with a lot of demand (for example, competition, training, lifestyle), better thano combat that enables natural or developed psychological edge is determined to make sure you rest, attention, flexible, and well controlled opponents under pressure.

Aggression during its broadest reason behaviour or a disposition, with the purpose of forceful, attacking or hostile. It can occur also within retaliation or with no provocation. Narrower definition to be used in social science with behaviour sciences, An Act relative increase of more anger towards social dominance intend to be intended to cause damage. Fraud more defensive behavior between different species in the same sense anger can not be considered. Physical attack or verbal or non-verbal one can survive even be able to take as many. Then comes in the form of attack is different. Usually bay-call. Things have changed but they used a lot, for example angry at someone Sale Conclusion Considering.

The hypotheses of the revise undertake arteriole major difference among Anxieties surrounded by different level of participation in women cricket players.

There will be no major difference between mental toughness among difference level of participation in women cricket players.

There will be no major difference between Aggression among different level of participation in women cricket players.

This study will be accountifying the coaches with the psychological factors which are useful in the modern sports not only during the training period but also higher sports competition.

The coaches will know about the psychological trainings in ensuring the peak performance among the players.
The Coach with the help of sports understands the cause of the Psychological problem in the Cricket Players. Various kinds of Psychological remedial techniques may be applied and help may be rendered to overcome the excessive emotional problem, which affect their performance.

The finding of the study may provide guidelines to the future researcher, investigator in sports psychological and sports science to conduct further research in the field.

The current study be conduct on 300 women cricket players of India. Observation during analysis i.e. the objective of study. The records of the women’s players be categorize into three main groups.

Districts N=100, State N=100 and National N=100 women cricket players. The sample representing the District level Women Cricket Players is taken from the players who participated in the District level Women Cricket tournament, 2012 held at Madan Mohan Malviya Stadium, Allahabad from 25.4.2012 to 27.4.2012 and also held at Kamala nagar Kanpur. The sample representing the State Level women Cricket Players is taken from the players who participated in the State Level Women Cricket Tournament, 2012 held at Major RanjitSingh Sports Complex Allahabad from Date: 25th Dec. to 30th Dec. and the sample representing the national level women cricket players is taken from the players who participated in the national level, (All India P.K.B.) Women Cricket Tournament, 2012 held at M.M.M. Stadium Allahabad from 9th October to 13th October 2012, Kamala Club National Level Women Cricket Championship held at 22 Feb. to 27 Feb. 2013 and National Level Women Cricket Championship held at Mumbai from 8th to 14th march 2013.

During this lessons, all the samples be considered the true delegate of the Women Cricket Players of India, by the moment their assessment of the Psychological Variables be completed.

The exceeding lessons be a status study, which do not require the investigation, it mostly to work any of the Variables which included into Instead of the collected works of records become influential within provide accurate upcoming addicted to the Sports Competition Anxiety, which cannot otherwise be assessed. It was not intended to study the interaction among various variables. In all there were three samples and three Variables to be investigated.
Out of innumerable of Psychological variables associated with outstanding physically fit or strong performance, it was really very hard to perform task to identify the most crucial ones. The cultural milieu in which a Player is born and brought up is a great influencing force, which moulds his Psyche. No doubt numerous Psychological variables have crystallized as very critical to athletic performance through research studies. The choice of variables for such type of effort is not guided by extraneous considerations.

Secondly, availability of reliable and valid instruments is also an important consideration in directing one's ingenuity for the choice of variables. Many psychological instruments i.e. tests and inventories are relevant more often than not to the population on which they have been standardized and for which they have been constructed. Therefore, based on literary evidence, and discussion with the sports Psychologists, it was decided to focus attention on the following variables:-

1- Sports Anxiety  
2- Sports Aggression  
3- Mental Toughness

The reliability of all the records be ensure in establish the appliance consistency, and reliability of subject.

The selection of appropriate tools was of importance for the study since the aim was to assess the psychological variables among different levels of participation in Women Cricket players. For this purpose, it was decided to use questionnaire. The investigator obtained the reflection of Psychological variables towards physical education. The validity and reliability of responses received greatly depends upon the integrity of the respondents and hence absolute could not be expected. However, the anonymous responses ensure the greater validity of the responses.

Psychological variables among different level of Women Cricket Players has been randomly selected for the collection of data, in total 300 Women Cricket Players of different levels to whom the researcher has personally visited for the present study, 300 complete
questionnaires has been considered for collection of data. All above work has been executed
with the consultation of the guide.

The aggression questionnaire prepared by Anand Kumar and P.S. Shukla. This inventory
consisted to 25 items in which thirteen substance be key "Yes" also rest of 12 be "No" The
statement which be key "Yes" were 1, 4, 5, 6, 9, 12, 14, 16, 18, 21, 22, 24 & 25 along with the
statement which be keyed "No" were 2, 3, 7, 8, 10, 11, 13, 15, 17, 19, 20 & 23.

For each item score was "1" The maximum score might be 25 and score might be zero.

Score obtained by each player on each subject on every report be other positive which
represented one's full score in Aggression.

Observance within analysis the nature of the present study, the basic information was
sought in the shape of responses, which further were converted into raw data with the help
frequency distribution technique. The data were tabulated and analyzed using ANOVAs test
method to obtain the results.

As of the study of data a significant difference has been found between National, State
and District level women Cricket players. The result obtained from the Anxiety level test differ
significantly, seeing that the value of F obtained was 24.76 which be greater than the tabulate
value of the F 0.05 (2,297) which is equal to 4.71.

According to the study of records it be found significance variation among National, State
and District level women Cricket players in Sports Aggression level test differ
significantly, since they obtained F – value of 12.05 be lots extra than the tabulate value of F
0.05 (2,297) = 4.71.

According to analysis of records it be found significance variation among National, State
and District level women Cricket players during the Mental Toughness level check differ
significantly, because they obtained Fassessment of 9.68 be greater than the tabulate value of F
0.05 (2,297) = 4.71.
According to the analysis of records it be found significance difference between National, State and District level women Cricket players in the Handling Pressure level test be different significantly, as they obtained F – value of 18.15 is much more than the tabulated F 0.05 (2,297) = 4.71.

According to the analysis of records it be found significance variation between National, State and District level women Cricket players in the Concentration level test be different significantly, because they obtained F value which is 15.68, much greater than the tabulate value of F 0.05 (2,297) = 4.71.

According to the analysis of records it be found significance variation between National, State and District level women Cricket players in level of Mental rebounding test be different insignificantly because they obtained Fvalue of 1.57 is much less than the tabulatevalue of F 0.05 (2,297) = 4.71.

The above analysis indicates the data that it gives the significance difference between the National, State and District level women Cricket players in the Winning Attitude level the test fluctuated insignificantly, because they obtained F value of 0.32 is much less than the tabulate the value F 0.05 (2,297) = 4.71.

**Conclusion**

Considering the limit and limitation of the present study the result going on the basis of following conclusion.

1- District level women cricket players have high sports anxiety while state level women cricket players have medium sports anxiety and national level women cricket players have low sports anxiety.
2- State level women cricket players have high mental toughness while District level women cricket players have medium mental toughness and National level women Cricket players have low mental toughness.

3- State level women cricket players have high Sports Aggression while District level women cricket players have medium Sports Aggression and National level women Cricket players have low Sports Aggression.

4- State level women cricket players have high Handling Pressure while District level women cricket players have medium Handling Pressure and National level women Cricket players have low Handling Pressure.

5- District level women cricket players have high Concentration while State level women cricket players have medium Concentration and National level women Cricket players have low Concentration.

6- State level women cricket players have high Mental Rebounding while District level women cricket players have medium Mental Rebounding and National level women Cricket players have low Mental Rebounding.

7- National level women cricket players have high Winning Attitude while District level women cricket players have medium Winning Attitude and State level women Cricket players have low Winning Attitude.
Recommendations

On the basis of investigators self – experience with the findings of the study, some recommendations are offered here under which hopefully may go a long way in helping all concerned with the game of cricket in particular and sports in general:

1- Similar study may be conducted by taking beginners, advanced and professional players as a subject.

2- Cricket players may never give optimum performance in football unless in depth studies are made into their physical and physiological characteristics coupled with their psychological nature and status. The future researches’ need to investigate into the overall profile of the players.

3- In fact there is necessity to sketch the psychological profile of all the cricket players who attend the substantive camps and at the time of the selection trials the psychological makeup of the players must be given due consideration. A less skillful but highly motivated and mentally resolute players will definitely bring about success than the player who is highly skillful but with under pressure.

4- Same study may be conducted among players of different age group.

5- Not only should a sport psychologist be attached with the training squad of the football players but also the coaches should be made to know and understand the psychological principles of training.

6- Every coach should sketch the psychological profile of his team and find out what psychological factors are most conducive to their performance and what factors impeded.

7- Similar study may be repeated by diving the subjects into different level i.e. District, State and National level.

8- There is need to collect psychometric data on a large scale and develop sports specific tests an inventories in the country. The psychological tests and inventories and tests standardized on foreign samples do not suit the Indian sample unless they are suitably modified.

9- An organized effort may be made to take up this type of studies on female cricket players.