Sports have become a highly specialized competitive area of human activities. Every nation is trying hard to produce sportsmen who would bring laurels home in various competitions at international level; such honors’ in sports have already acquired a certain prestige value for participative Nations. It is natural, therefore, that improving the standard in the field has become focal point of attention, in the efforts on the parts of Physical Educators coaches, trainers and players himself must adopt new techniques’ and training method on psychology physically anthropometry, Physical sciences and general education etc, to make a good achievement level of sportsmen in the international competitions.

In competitive sports, there is interplay of numerous factors, Physique and condition of health, Psychic values, general physical fitness, technical efficiency specific capacity of the organism; Tactical skills and completive experience are some of the principle factors, which influence results attained by sports persons. The present state of completive sport that is the peak performance of numerous sportsmen in the great majority of sports disciplines come close to the prevailing world record is a proof that high performance in sports is no longer a primarily question of available facilities and even less, often the results of purely individual effort.

But the outcome of deliberately planned scientific based advanced training, techniques and designed to improve the standard of performance. Now it has become a necessity to identify a future elite
athlete right in childhood or adolescence. It takes many years of intensive regular training till an international sports performance level is achieved.

Sports are any form of playful competition whose outcome is determined by physical skill, strategy or chance employed. Hockey and Football are no exception and also has considered as major games and sports, as they also involves competition, use of physical skill and strategy. The hockey and Foot Ball games are in the sense are defined here. The hockey and Foot Ball primary rules of a game identity, how these games are too played and how winning can be achieved. The primary rules of these games make them as a games and sports.

It has been observed that an individual becomes progressively different from his follows with his maturational changes and environments experiences. The activity of an individual always influenced his personality and other characteristics. Hence it is logical to expect that varied experiences of athletes will produce some physiological, social and psychological changes in them. It is also possible that these characteristics differentiate athletes or different groups of athletes from each others. This could be due to selectivity or socialization. Both these processes electivity and socialization tend to have a reciprocal relationship (Stone, 1976)

One superior assumption that sometimes voiced is that an elieting superior athletic performer is solely a problem of physical, physiological and psychological relates to preparation and preparing an athlete. These motor attributes are related to the mediocre performance. Despite the fact that individual difference in neuro-moter effect and influenced performance of an athletes. The kind of environment in
which an athlete practice. The dynamics of interaction between him and his team mates and personal attribute of the athlete or performer all these character influence the quality and quantity of effort he will put forth. The athlete personal factors character as well as the influence of relatively transitory factors will significantly affect performance. Besides physical capabilities, the trainer gives importance to cognitive and social dimensions in explaining. The nature of sports the author contends that sport is the act of vying Psycho-cognitive behavior against an obstacle in competitively structured institutionalized situation (Sheehan, 1978).

Presently coaches and physical educator are more conscious and concerned about the psychological aspect of sports along with combination of physical, physiological, body composition and skill of the game and sports. They realized that co-ordination of all these characteristics of the participants contribute more towards success. They further need to know more about the principles of motor learning pattern of growth and development, the rate of emotional phenomena motivation and peak performance, interpersonal relationship and character traits of the athletes keeping in view the numerous factors involved in performance of Foot ball and Hockey, the present study was taken to study in depth and detail the most important area i.e. physiological, psychological and selected Anthropometric variables of Hockey & Foot ball players and their comparison on all these variables.

**Nature of Hockey & Foot Ball Activities:-**

Hockey and Foot ball are the games in which two teams consisting of 11 players each team. These games are plays out door on
grassy, mud playground and somewhere else it is players can synthetic and Astroturf (Specially Hockey) these games has open rectangular field. Every similar to that a Foot ball and Hockey itself. On the both side (end) and in right in the center goal posts are located on each side of the play field. The duration of game Hockey – two periods of 35 minutes.

Foot ball two Periods of 45 Minutes with an interval of 10 minutes. The ball is carried forward eight with contact of Foot in Foot ball and contact of hockey stick in hockey game. With big tapping, dribbling, hitting in hockey and Passing running with ball with foot, and Kicking in Foot Ball. The both games have a characteristic that they are to push forward the ball to store goal on the opponent. The winner is declare; how score more goals on their opponent. In cost of tie the both games used tie breaker to declare the winners.

Hockey in India even since its entry into world Hockey in 1921, India stepped into Olympic hockey in 1928 and become a top most country of Hockey and it’s players have become idols of the devotes of Hockey and their artistry has become a models, journalists have India’s triumphs in superlative, designating its players as ‘wizards’ juggler sole. What is the secret of this success? Millions of words have been written in answer to this question, but still there is no clear cut reply. Indian Hockey Federation was have a distinction of being the second national federation in India (The first being tennis) the series of supremely in Olympics produced a legend of Hockey. Like major Dhyan Chand, K.D singh Babu and Lal shah Bokri etc. Major Dhayan chand has earned the title of ‘wizard’ of Hockey and K.D singh Babu, who become the first Indian to win Helesinki award from United States of America.
Foot Ball:-

Foot ball is the second most popular game in India. The British army in India first played this game in 1880. It can be said that Foot Ball was one of Legacies Left to US by the British with introduction of Foot ball by the British regiments the governing body of the game in India nowadays is All India Foot Ball federation A.I.F.F, which was formed in 1937.

India entered the international field in Foot ball as an independent nation in 1949 and participates in London Olympics. India become Asian champion in 1951 during the first Asian games held at Delhi. The sorry state of affairs India has not takes part in Olympic game since 1964. The standard has gone down so badly that India could not qualify even once after 1960 Olympics.

The most famous Foot ball tournament player is the world championship during this Spain, Europe, South America and Asian countries also look this game. All these countries also look this game as science with adding new ball skills and tactics and have change on the pace of the game to defeat the opponents.

At present 193 countries are the members of F.I.F.A, which is more than the number of countries belonging to the United Nations till date India could not be a member of world cup and Olympic tournaments.

Psychological Variables:-

The factors preventing individual form exerting their maximum strength of working to the absolute limit of their endurance are recognized, but not well understood, discomfort and pain are quite
obvious reasons but there are some situations, where they are not involved. Still the individual cannot extras the reserve energy presents unless some other circumstances intervene. The psychological characteristics of champion sports persons have been described by several Psychologists. They explain neither completes self- control nor uncontrolled enthusiasm or aggression well satisfies the situation of a champion. There is blend of drives, emotions and controls which are different for each individual, even though certain common general characteristics than can be recognized in terms of an individual’s continued dedication towards success in sports one cannot define any limiting factors in the development of a perfect Psychological set for record performance Presently coaches and Physical educators have become more conscious and concerned about the Psychological and sociological aspect of sports rather than depending merely Physiological fitness and skills of various activities. They wanted to know more about principles of motor learning pattern of growth and development. The role of emotional phenomena, motivation for peak performance, interpersonal relationship and personality traits of the athletes.

There was many socio-psychological factors like attitudes characteristics of personality, audience, group cohesiveness, self concept, intelligence, social, Economic background and adjustment etc, which influence the participation and performance of sports persons in competitive sports. The investigator has selected only two main Psychological variables ie Aggressions and Level of aspiration for the present investigation while considering available of tools and relevance and importance in sports and academic situations and inadequate
research on these variables in India. Let the investigation for the selection of these variables.

**Physiological Variables:-**

It has been demonstrated possible by modern method of training for the average individual as well as the selected athletes, the capacities of the lungs and the cardiovascular system which increase the ability to intake the air and to utilize its oxygen more efficiently and to increase strength with a greater understanding of all these Physiological factors which effects performance. It is also possible to utilize selectively these are favorable and minimize those are unfavorable such as heat and stress. The present study was considered with various Physiological variables, so as to complete the Physiological characteristics of Hockey and Foot ball players i.e. through blood pressure (diastolic and systolic and pulse rate). The Physiological aspect of human being is to increase the ability of the body to get oxygen in sufficient quantities to muscle cell.

**Anthropometric Variables:-**

The purpose of this study is to find out the anthropometric potentiality of Hockey and Foot Ball players and their comparison and important factors for designing the norms to select talent for these games. Without proper identification of talent, it is impossible to achieve the desired goal. The size of human body varies in many ways and depends upon age, sex, race and geography. The research is aimed as obtaining knowledge about real qualities of body measurements and through analysis of the effect genetic and environmental factors acting on human body. The measurement of structure and proportion of body is called anthropometry, which is consisted of making external
measurement of the human body; the result can be used to appraise body bust and nutritional status of posture.

The study seeks to discover and examine whether sports influences the development of Hockey & Foot ball players with regards to their Aggression, Level of aspiration along with Physiological variables i.e. Blood Pressure (Diastolic and Systolic) and pulse rate and selected various Anthropometric potentialities such as Age, Body Weight, structure, Body diameters, circumferences and skin fold of the present study.

**Statement of the problem:-**

Comparative study of Psycho-Physiological and selected Anthropometric variables between Hockey and Foot ball Players.

The investigator planned to find out the comparison between Psycho-physiological and selected anthropometric variables amongst the Hockey and Foot Ball players, so the specifically stated problems of this investigation given above.

**Objectives of the study:-**

The major objectives of the study are:

1. To compare the Psychological, Physiological and anthropometric variables of Hockey and Foot Ball players at inter college, state and inter academies level of Haryana & Punjab.

2. To investigate the difference among Hockey & Foot ball players on Psychological variables including Aggression and Level of aspiration.

3. To associate whether there is any significant difference in Physiological variables i.e. Blood Pressure (diastolic and
Systolic) and pulse rate along with anthropometric potential between Hockey & Foot Ball Players.

4. To compare the difference among hockey and Foot ball players in relation to their selected anthropometric measurements i.e. Age, Body Weight, structure, Body diameters, circumferences and skin fold.

Hypothesis:-

The Hockey and Foot Ball players at college, state and inter coaching centers/academies levels would differ significantly in Psychology, Physiology and selected anthropometric variables.

Delimitation of the study:-

The Present study was delimited to Male Hockey & Foot Ball Players belonging to Haryana and Punjab, who have participated at inter college, state and inter coaching/academies level in the age group of 17-24 years. The study was delimited to two Physiological variables i.e. Blood Pressure (both systolic and Diastolic) & Pulse rate, two Psychological variables (Aggression & Level of aspiration) and selected Anthropometric variables. These variables were selected keeping in view their impact on behavior and performance of the players. The study was also confined to 200 male players of Hockey & Foot Ball game. Taking into consideration, the relevant deterature and expert opinion, availability of home, finance and feasibility of tests. Anthropometric variables such as Age, Body weight, structure diameters, circumferences, and skin fold of different body segments were taken for the study.
Limitations:

Many factors like diet, sleep, Physical and social environment, economical conditions and life style of the subjects could not be controlled and hence these factors accepted as a limitation. The influence of the above factors on the Anthropometrical, Psychological and Physiological variables could not be assessed which were also considered as limitation.

The researcher was also unable in controlling the Programmes (Coaching etc)/ activities in which these players were engaged during data collection. This is also considered as limitation of the study.

It was not possible to collect data for all the subjects in all the parameters (Anthropometric, Psychological and Physiological) so the data was collected from two or three days in one center/ College) of the games where inter college, inter Distt., state and inter coaching contest and state competitions were held. The variation in weather conditions though not very much was a limiting factor.

Significance of Study:

A major issue in the present day is how Physical education teachers, coaches or trainers can prepare a good or winning team of players. What are the characteristics of a good winning players and how these characteristics differ between the two game (Major games) especially in case of male Hockey and Foot Ball players at College Level population. The Literature search has revealed that major obstacle to the improvement of sports activities, has been lack of understanding of sports persons’ personal, behavioral and social characteristics. Thus it would be a great theoretical as well as practical
interest and importance the personality and social variables like aggression and level of aspiration. If all these variables related for the present study are found to go together to determine the difference between Hockey & Foot Ball players at University Level and state level players.

The problem of selecting students for sports would have all the above characteristics would be solved and selection would become more objective. If all these variables related to present study are found to go together to determine the difference in Hockey and Foot Ball players, it would be possible to select those male players for participation in these games, who posses these attributes in greater measure to bring more efficiency in performance to prepare winning teams.

Sports scientists are carrying out numerous researches to ascertain the best, the easiest and most profitable and economical method of selecting and training sports personals in order to get the best performance from them. The game of Hockey and Foot Ball are also important and are part of each and every major competition right from Asian games to Olympic. India in somewhere else also has little bit of domination in the game of Hockey not Foot Ball in Both sexes. (Men & Women) there is a need to reaffirm our gripper to dominate in Hockey competition like Asian, SAF or Common Wealth games and world championship. By doing this type of study we will able to set norms to select the talent and hence the study will contribute towards the promotion of these games. The result of the study will help in screening and assessing the qualities of male Hockey & Foot Ball players presently available. Physiological, Psychological and
Anthropometric potential will lay down criteria for selecting the talent. These types of researches may have potential significance in the field of sports and physical education in decision making guidance and placement of male students in sports.

**Method and Procedure**

The present study is a comparison between the hockey and football players of college and state level players of Haryana and Punjab state. As per objectives of the study, the investigator has selected 200 male players of hockey and football (100 each) of college, state and inter coaching center level belonging to Haryana and Punjab on the stratified random sampling basis. The players who have participated in hockey and football game at inter college, state, inter coaching centers in the year of 2010-11, 2011-12 and 2012-13 from the different college, coaching centers and academies established at Haryana and Punjab were selected as sample of the study. The colleges are affiliated to M.D. Univercity, Rohtak, Kurukshtra University, Ch. Devi Lal University, Sirsa, Punjabi University, Patiala, Punjab University, Chandigarh and players attached with state coaching centers as well as sports academies.

Keeping in view the educational importance and performance in sports the psychological variables such as aggression and level of aspiration, Physiological variables as blood pressure (diastolic and systolic) and pulse rate, anthropometric variables i.e. age, weight, height (stature), bicristal, bicondilar and biacromial diameters, linear measurements, circumferences and skin fold measurements were taken for the study.
Tools Used:

Psychological Tools:

Aggression Questionnaire by Dr G.C Pati (1971) in English version (Appendix A) and in Hindi Version (Appendix B) has been used for measuring aggression behavior.

Level of aspiration scale to measure the player’s status by Dr MA Shah and Mahesh Bhargava (1987) has been used.

Physiological tools:

1. Blood Pressure Measurement (Both) with sphygmomanometer and Stethoscope.
2. Digital Pulse Rate Monitor / Stop watch.

Anthropometric variables:

1. To measure anthropometric variables, anthropometer set; manufactured by Anand Agencies, Pune, India was used. This is standard equipment used by research scholar in the various bodies of India.
2. Diameters were taken with the help of Venire Caliper and Anthropometric Compass.
3. The “Lange’s skin fold caliper” was used to measure the skin fold thickness.
4. Standard stopwatch manufactured by Anglo-Swiss watch company, Standard weighing machine as approved by Govt. of India, Standard Steel tape (Freeman Company) etc. for measuring the time, body weight and distance.

All the anthropometric measurements were taken to the left side
of the individual on the standard techniques described for each measurement by Weiner and Laurie (1969). All the measurements were recorded to the nearest of centimeter, millimeter and 1/10 of the second. The procedure adapted by investigator as explained by Dr. Sondhi (1991).

**Statistical Procedure:**

A descriptive measure was given for the variables related to Hockey & Foot Ball players of intercollegiate and state Levels of Participants. Significances of the mean Psychological, Physiological and Anthropometry measurements were obtained by employing t-test of significance and were made according to the requirement of the present study as per the statistical techniques. Simple techniques like mean and S.D were used to find out the nature of difference in variables as manifested in the response of Hockey and Foot Ball players.

Analysis of data and interpretation of results:

After collecting the relevant data, the investigator proceeded to fulfill the different objectives of the study by analysis data with the help of simple techniques like mean, S.D. and significance of difference in the mean scores of all the variables such as psychological, physiological and anthropometric measurements were determined between the two groups of the total sample employing t-test of significance.

The study was divided in three sections 4.1, 4.2 and 4.3, pertaining to results of psychological and physiological variables and few anthropometric measurement and results and their interpretation were given accordingly.
Findings and conclusion:

The findings of the present investigation are presented in the followings, followed by a discussion of the results.

The result of t-test:

The significance differences in the different psychological variables were calculated with the help of t-test among the hockey and football male players in psychological, physiological and anthropometric variables.

The variables with significant difference:

Psychological variables

Aggression:

Football male players have shown better aggression behavior than the hockey players when compared their mean scores. This indicates that the group of football was having aggressive behavior than the group of hockey players. This can be donated to the fact that football players thinks more to win and prove the way to success, while adopting innovative method to involve their team players to be move fast, aggressive and kick harden blocking and passing the ball in the opponent playing area in game situation.

Thus the game of football players might also be more aggressive, fluent in their attitudes and behavior during the game situation. The results indicated in table 4.2 shows the mean different significant and t-value 2.94, which is more than the tabulated value.

The general view point that aggression is natural to football players as it already lies in his fundamentals (kicking, blocking and tackling) instinctive nature and it is necessary based on a drive to self
destruction. This aggression has several implications for football players in general and in their athletic behavior in particular. It would seem to reinforce the view that players in competition is necessary to indulge his aggressive tendencies in a society acceptable manner. Sports may be hockey and football centrally provides such means. It is quite evidence that they have that served to reduce violence in sports ground; displacement of aggression in sports in this way is obviously not too successful, though every player can be said to innately possess aggressive impulses, it is obvious, on a subjective basis thus, some are more aggressive than others. Such a differential outcome is most certainly the result of various environmental modifications. The positive can notation places upon being aggressive in sports can be justified in that natural instinct of man is being developed and reinforced. Even fight up in football or hockey are generally condoned as thing important for success in that, if contributes in team spirit also, it is thought that to be successful football player or hockey player must avoid bony intimated. This is especially true in all the physical content sports.

**Level of Aspiration:**

The Shah and Bhargav test of aspiration was administrated find out a measure level of aspiration of the subjects, who are hockey and football players. The test was given to measure three acts namely:

a. G.D.S. (Goal Discrepency Score)

b. A.D.S. (Attainment Discrepency Score)

c. N.T.R. (Number of Time Goal Reach Score)

**Goal Discrepency Score (G.D.S)**

The extent and direction of the difference between actual score on the previous trial and goal set up on the next trial is known as goal
discrepancy score. It is obtained by subtracting the actual score on a trial from the aspiration score for the next trial. It is also known as gap between aspiration for the next trial and the immediate performance on the previous trial this goal discrepancy permanent character trait of personality.

**Attainment Dicrepency Score (A.D.S)**

Related to concept of goal discrepancy is the attainment. It is the difference between aspiration and the achievement on the same trail. Therefore attainment discrepancy score is positive when actual performance is more than expected performance and negative are expected performance is higher than the actual performance. The sizes of the discrepancy shows the extent in which one surpasses or fail to reach his goal.

**Number of Time Goal Reach Score (N.T.R)**

This may be obtained by the number of times where subject’s actual score is equal or more than the expected score. Subjective probability of success is measured indirectly from goal discrepancy and attainment discrepancy scores; but it can also be measured directly by N.T.R. score, which provides an index of subjects actual probability of of reaching his stated goal. These may be a minimum and maximum number of trials and it is expected of a subject with relatively higher motivation to avoid failure, to approach these two limits minimum and maximum and high discrepancy score is the strategy that the goal should never be reached with minimum. The subjects with minimum N.T.R. scores showed every high fear of failure whiles these having maximum N.T.R.score and who are ready to take risk of failure. N.T.R. indicates the amount of risk which a person can take. This depicts the level of aspiration.
Table 4.1.1 to 4.1.5 contains statistics regarding level of aspiration of hockey and football players in all three counts. In goal discrepancy score the mean score of football and hockey players 1.43 and 2.19 respectively. The difference is statistically significant at 0.5 level of confidence.

This shows that hockey players have higher level of aspiration than the football players. The finding of this is strange indeed, it’s authenticity has to be as curtained by reapplication of the study on a large sample.

In attainment discrepancy score (ADS) the mean score of football and hockey players are .693 and 1.64 with S.Ds 2.86 and 2.66. Here the attainment discrepancy scores of hockey players to group II football is lower. It shows the hockey players have more negative level of aspiration.

Table 4.1.5 has t-value on N.T.R. of hockey and football players, which is not significant at 0.05 level of confidence. The value does not differ significant. This indicates that football and hockey players are equal in matters of risk taking inference in example selection of players in this random and based on any rational consideration, whom the results are compared with Simgh and Mehra(1982). We find the value of goal discrepancy score of football players that 1.43 is low than normal goal discrepancy score, which is 1.60 the hypothesis that football have higher aspiration than hockey players is rejected; because the study shows G.D.S of football players and G.D.S of hockey is 2.19.

Physiological Variables:

As per results given in the table 4.2.1 to 4.2.6 of the physiological variables, the players of group II i.e. players of football
game were found better in blood pressure systolic and pulse rate from the players of group I i.e. hockey players. The significance difference was found at 0.01 level of confidence and degree of freedom was 198. The statistically insignificant difference was found in blood pressure systolic between the two groups of hockey and football players. The football players have better mean value in selected physiological variables such as blood pressure (diastolic) and pulse rate. The results indicate insignificant mean value of blood pressure systolic between the groups of male football and hockey players.

These differences may be attributed to the fact that players of group two have better conditioned body as compared to the group I i.e. hockey. It may be that are doing more physical conditioning and game practice and physical training against the hockey players. They are introducing their more in physical activities as compared to other group. This more timing and longer duration have made their body and it’s systems to adapt more hard work and physical stress, resulting their body has improved the capacity of blood flow, lungs and cardiovascular system and ability to take (innate air) and utilizing more oxygen efficiently as compared to other group hockey.

This participation has also improved the muscle strength of cardiovascular system and respiratory system of the body. The increase ability have made them more efficient in all the physiological factors taken for the study and shown improvement in both the way and also exhibit relationship between the store of energy available and rate at which it utilized. It is physiological response of the cardiovascular and respiratory system to locomotors the physical activity and also to increase intensity. The adaptive trend of the body to stress of muscular
efforts is expressed numerically in the amount of oxygen supplied to the tissues and constant surveillance of heart rate and arterial blood pressure to promote a safe and reliable evaluation of the subjects aerobic capacity with the knowledge of physiological upper limits of players, the coach and trainer can monitor and insight the intensity of the work load and limits of energy expenditure.

**Anthropometric Variables:**

The findings of age indicate when player reaches in maturity age their capacity of physical and physiological level improves and similarly they improved their optimum capacity of performing skill. The results shows that both the group have same age group as age of the study is 17 to 25 years, which is known to be age of learning skills and accordingly both group have no significant difference in their age.

The height and weight have a significant difference among the football and hockey group. The results of the study indicate that the football players have been found to better and little heavy than the comparing group hockey.

Arm length and leg length helps to improve the speed, strength in upper and lower extremities and body can be known as weight bearing body. They will execute the techniques and to cover more distance in a shorter period the results show that the arm length, leg length and thigh length of football players as they are having a statistical significant difference.

The findings of the study reveals that the upper arm, fore arm circumference t-ratio in favor of football players than their counter part of hockey players. The football players have greater circumference of
fore arm than other groups of hockey players. The circumference of calf muscles lean body mass and thigh musculature is indicated that the football players significantly better in these variables as a better group than their counter parts performances such as hockey players.

In diameters elbow, wrist, ankle were found having significant relations with the football group in the comparison with a hockey group including the better knee diameter indicates positive relationship among both the groups of hockey and football players.

In skin fold measurements football group when compared with the hockey group. It has been found to possess significant amount of difference in biceps, triceps, sub scapular, supra iliac, thigh and calf skin folds. The results depicts that significant difference in mean score were found statistically in favor of football players.

**Discussion on Anthropometric variables:**

Discussion related to anthropometric variables taken for study, which shows significant difference mean score amongst the hockey and football players. The football players found significant in all the anthropometric variables except in age as both group are having same status. The football players found more healthy, tall and little heavy than hockey players. As per the stature and their participation in the game of football for longer duration and also their participation in more competition and having more practice daily basis in their coaching/academic center during off season, preparatory period and non preparatory period help them to take more load of physical work than the hockey group. These resulting their muscle fibers were more activated than hockey players. These will developments atrophy of the muscles and also have better growth and developed than hockey
players. In the game of football tall players are making successful as height of body always became a body weight bearing and influence the body stature.

**Conclusions:**

On the basis of the main findings and within the limiting scope of the study following conclusions were drawn and appeared to be justifying as per the results obtained.

The results of the study indicate that football group was found significantly better statistically in all the variables i.e. psychological (aggression and level of aspiration), physiological and anthropometric such as taller in height, heavy in weight, having better arm and leg length, diameters and skin folds ect. than the hockey group.

**Recommendations and suggestions:**

On the basis of conclusions drawn in this study the following suggestions and recommendations are made:-

1. Similar type of studies can be conducted with the women players as subjects of the other games like Volley ball, basket ball, cricket ect. and also it is recommended that future investigation for further research.

2. It is suggested that relationship among other psychological, physiological and anthropometric variables Alay with physical fitness, mater of fitness and training programme can be conducted on both sex.

3. Studies of similar nature can also be planned on other games and sports.

4. The investigator in his humble efforts could undertaken to find out the comparison of these variables in two games only i.e.
hockey and football. The other researcher can try to find out relationship with playing abilities of different games players only. The investigator could not contrast factors; which might have affected the results of the study. In his modesty the investigators in this field can use those results have a better problem related to these games.

The study may also be conducted with subjects belonging to different states of India and it can also do in comparative basis among the different states comparison with other sports activities can also be taken into account.

The study can help the coaches, physical education teachers and advisory bodies, administers, parents, sports personal and football and hockey players themselves which prepare and selects different terms of the state and national teams participations in the higher tournaments and provide training accordingly.

The investigator himself in his humble submission and also convinced that he is far from offering the optimal solution but does hope that his analysis combined with some of the suggestion listed above may help in establishing an acceptable platform for future work related to hockey and football games. The personal experience and his observation about the performance of various football and hockey players at different levels have inspired the investigator to design this research work for both games players. Which could be useful for coaches, trainees, physical educationists and both games players for both sex and this could open a new vista in the field of these games.

A talent hunt programme can be launched all over India and players can be selected on the basis of these variables and their work load, training schedule and programme can be prepared accordingly.