CHAPTER - V

SUMMARY, CONCLUSION AND RECOMMENDATIONS
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Summary

Sports and games are gaining importance in human life day by day. All other factors—biological and sociological being equal, psychological conditioning of an athlete decidedly determines his/her success or failure in competition. No training in the sport field is complete without reference to the psychological study and the psychological training of athletes. An overview of the studies conducted in the area of sport psychology makes the sense that majority of the studies on the primary goal of the discipline—performance enhancement. Very few studies are concerned with the athlete as a whole person. An in-depth psychological profile analysis of a sport person considering cognitive, affective and behavioral perspective seems to be more logical and determining.

The study of personality profile and its relationship to sport can assist the coach and the teacher in the selection of player, in the guidance of those who seek help in choosing a sport, in teaching effectively, and in understanding the behavior of those who come under their leadership.

Sport has always been a passionate phenomenon requiring tremendous emotional investment and focused to excel. The highly charged realm of sport is identified as an excellent place to study the phenomenon of emotion and perspective. Commenting on “emotion and perspective in sport” Branhill and Hrows (2002) suggest the Dr. Daniel Goleman’s Book “Emotional intelligence” sensitise us how dramatically the topic of emotions, emotional development, emotional management, and emotional health has been neglected in a variety of fields. Clearly as field in which emotion and perspective play such a large part we have major responsibility in studying the phenomena and identifying important practical implications.
In fact, psychological profile intelligence and sport activities are the basic ingredients of the harmonious development leading to the wholeness of man. The result of most of the studies conducted motor and intellectual aspects of athletes, are more suggestive than substantial. The studies are often based upon clinical observations rather than ‘hard data’ while the data that have been collected, have not always been accorded acceptable statically treatment (Kamlesh, 1983).

Participation in sporting events are related to bodily balance and psychological stability. The impact of sport and exercise on mental health is longstanding issue. All the above a study inquiring how these personality profile variables, emotional intelligence, and intelligence are interrelated with a sport person’s mental health would help to balance the outweighed performance oriented research tradition, to a certain extent. So the present investigation was an attempt to find out the psychological profiles of university sport persons in Kerala state.

The population for the present investigation is 304 university level sport person in Kerala state. Different clusters were identified based on four major universities in Kerala state. From these clusters major sports hostels was randomly selected by lottery method and the data were collected from all these centers.

The Statistical Analyses adopted for the presented investigation are as followers

1. Correlation Analysis
2. Multiple Regression Analysis
3. Multivariate Analysis of Variance (MANOVA)

Major Findings

The Following are the major findings of the present investigation
Relationship of the selected psychological profile variables on total sample

1. There is no significant relationship between health and intelligence of sport persons.

2. There is significant negative relationship between Type-A personality pattern and emotional intelligence of sport persons.

3. There is significant negative relationship between Type-A personality pattern and intelligence of sport persons.

4. There is no significant relationship between emotional intelligence and intelligence of Sport persons.

Relationship of the selected psychological profile variables on type-A sport persons

5. There is significant positive relationship between mental health and emotional intelligence of Type-A sport persons.

6. There is significant positive relationship between mental health and intelligence of Type –A sport persons

7. There is no significant relationship between emotional intelligence and intelligence of Type-A sport persons

Relationships of the variables on type -B sport persons

8. There is significant positive relationship between mental health and emotional intelligence of Type-B sport persons

11. There is no significant relationship between mental health and intelligence of Type B sport persons

12. There is no significant relationship between emotional intelligence and
intelligence of Type-B persons

**Predictors of mental health of sport persons**

13. The variable that could predict mental health of sport persons are social skills, self-awareness, and motivation and goal directedness without proper planning.

**Influence of sport related variable on mental health Type-A Personality pattern. Emotional intelligence and intelligence of sport persons.**

14. Significant differences exist among the group based on different levels of sport participation on the variables, autonomy, motivation, and overall emotional intelligence.

15. Significant differences exist among the group the based on different levels of experience on the variables, appropriate aggression and hostility, Type –A personality pattern, self- regulation, social skills and overall emotional intelligence.

16. Significant differences exist among the groups based on different levels of family port status on the variables, autonomy, and overall mental health.

17. Significant differences exist among the groups bead on different levels punctuality on the variables, self-actualization, autonomy, environmental mastery, overall mental health, self-awareness, social skills, and overall emotional intelligence.

18. There is no significant difference exist among the groups based on different levels of self practice on the variable, mental health, type –A personality pattern, emotional intelligence, and intelligence.
19. Significant differences exist among the group based on different levels of perceived self-competence on the variable, polyphasis behavior, type-A personality pattern, self-regulation and emotional intelligence.

5.7 Conclusion

Relationships of the variables

The correlations between the total mental health score and the aspects of Type-A personality profile give a clear idea about the interrelations between the variables. Negative correlation is found between mental health and time urgency, inappropriate aggression, goal directedness without proper planning and the total score of Type-A personality. This negative correlation is an indicator that higher the score on Type-A personality profile lower the mental health of sport persons.

Out of 42 inter correlations possible among the variable mental health and emotional intelligence along with its subcomponents, 41 of them found to be have significant positive correlations. From the results, it can be asserted with much confidence that higher the emotional intelligence, higher the mental health of sport persons. As far as the emotional management and growth is inherent in the concept of positive mental health, it is not surprising to note that mental health is highly correlated with emotional intelligence.

There is a positive trend between IQ score and components of mental health, and it indicates that mental health and intelligence are not opposing forces integration in cognitive aspects which is reflected in one aspect of mental health integrations shows the role of intelligence in mental health.

A number of studies have showed robust relationships between specific patterns of emotions and particular traits or broad firepersons of personality profiles on the one hand and personality disorders on the other. In the present study, the possibility that higher the scores on Type-A personality pattern lower the
psychological profile emotional intelligence of sport person is suggestive by the negative correction between Type-A personality pattern and emotional intelligence.

It can be asserted that psychological profile emotional intelligence is slightly correlated with intelligence, which is too small to make clear predictions for these are largely independent entities. Exactly the same idea has been put forward by the proponent of emotional intelligence, Goleman. The status of relationship between emotional intelligence and intelligence in the realm of sport not much different from that of general population.

**Predicting mental health of sport persons**

The variables that could predict mental health of sport present are social skills, self awareness, motivation and goal directedness without proper planning. The variables social skills, self awareness and motivation are component of emotional intelligence that are positively related to mental health while goal directedness without proper planning. One aspect of Type-A personality pattern is negatively related to mental health.

**Influence of sport related variables on mental health Type-A personality pattern emotional intelligence and intelligence of sport persons**

Among the group based on six sport related variable, significant differences exist among the group based on different levels of participations experience, family sport status, punctuality, perceived sell competence on either of the variables, mental health, type-A personality pattern, emotional intelligence and intelligence or its sub components But the group based on levels of self-practice are found have differences on neither of the variables, mental health, type-A personality pattern, emotional intelligence and intelligence nor its sub components.

**5.8 Suggestions and recommendations**
The most important objectives of the discipline, sport psychology, is to enhance sport performance and to promote psychological profiles of sport persons. The present investigation aimed at the understanding of psychological profiles of sport persons and its nuances. As the results of the study suggest it seems to give some relevant suggestion to some specific groups of individuals whose primary aim is related to the promotion of sport. Suggestion to sport administrators.

As the sports persons shows some characteristics of Types A behavior pattern, he/she tends to be less mentally healthy. One of such characteristic goal directness without proper planning is related to the management and administration of sport persons as a group for e.g. improper time material and human resource management during training and competition incongruent reward system over expectations and unrealistic demands all these factors along with the over emphasis on completion may give rise to undue pressure on sport persons. And all these conditions might reduce sport persons mental health. It may be suggested that all the above said situation should be considered during policy making and implements.

**Suggestion to coaches and Physical Education teachers**

- As the mental health of sport persons is highly related to psychological profile emotional Intelligence, there is a window of opportunity i.e., emotional intelligence can be enhanced so as to promote mental health. All the dimensions of emotional intelligence can be measured by proper measures.

- Proper goal setting is inevitable in sport to motivate the sport persons, emphasis may be given to separate process, performance and out come goals for maintaining and boosting intrinsic motivation
- Empathy should be developed for the essential smoothening of relations with coaches, teammates and other relevant individuals concerned.

- Social skills should be trained along with other sport skills.

- Awareness of one’s own emotional world can bring about self-regulation through handling negative emotions.

- Psychological skills training should be started along with the sport skills training.

- And the proper age for marshalling psychological skills seems to be formative years.

- Whenever necessary professional psychological help should be sought out.

**Suggestions for further research**

The present study was an attempt to explore the psychological profiles of sportspersons with a special emphasis on mental health. So that one was taken to include as many psychological profile variables as possible those which the investigator found relevant and practical to conduct an in-depth analysis. This intension has forced the investigator to limit the scope of the study into sport persons of universities in Kerala state only.

- Further research on these variables may be conducted to large samples including sport persons from various training centers, colleges, schools, and other concerned institutions.

- Comparative studies participating non-sport persons may be performed.