CHAPTER – V
SUMMARY, CONCLUSION
AND
RECOMMENDATIONS
Physical activity and sports have long been recognised as basic and universal elements within virtually all cultures across the world. History of sports and physical activity reveal that there has been a strong tendency to perceive these activities as an ability or skill which can be acquired merely through practice, efforts and observation. Even now-a-days, common man associates participation in sports and physical activities only with physiological concerns enabling physical fitness and development of strength. The psychological aspect of mind and body unity has simply not-yet been fully accepted to the same level as the physiological aspect.

Fortunately, over the past few years psychological aspect has aroused the interest worldwide and research in psychological areas is one of the keys to progress in sports and physical activity and the same is being utilized to great extent than ever before in all the aspects of selecting, training, preparing and coaching the athletes. Cognitive behavioural interventions are being extensively employed in modern sports training programmes to enhance performance. Cognitive strategies when employed properly do facilitate the acquisition and successful performance of motor skills. The fact that cognitive variables interpose themselves between sports situation and what athletes do and feel, have now been firmly established. The more the athletes can understand about the psychological implications, the more successful their efforts will be. Research studies have demonstrated that - psyching
up can improve sports performance and even vigorous work can be improved by better efficiency of physiological mechanisms if athletes are helped to achieve the proper mental-emotional state.

The psychological variables such as motivation, anxiety, aggression and cohesion inter-act and produce a specific behaviour which ultimately influences the outcome of sports performance. Motivation is the force which energies an athlete to act and to make constant efforts to achieve the goals set by him. An athlete has not-only to live with anxiety but he has also to embrace it. However, both high and low levels of anxiety tend to disrupt the learning process, whereas moderate levels of anxiety create an ideal atmosphere for acquisition of the skill and its successful performance. Aggressive players have much energy and thus appear to be eager, active and impulsive. It has been seen that aggressive behaviour seems to take different forms and may be influenced by situations and/or environmental factors. Hence, aggression has reflections not only on sports performance of an athlete but also on his behavioural and social-adjustment. Performance and Cohesion are mutually influenced as cohesiveness has been found to be an important determinant of team’s success.

Many studies have been carried out to examine the effects of these psychological variables on various team sports as well as on athletes taking part in the individual event separately, yet, there seems to be a scarcity of research with regard to both team sports and individual sports athletes jointly. Therefore, the present study has been undertaken to examine this aspect and the same is titled as “Comparative Study of Psychological Variables of athletes of individual and Team Sports.”
DELIMITATIONS

The Study had delimitated as follows:

1. It is confined to the following individual and Team Sports.

<table>
<thead>
<tr>
<th>Individual Sports</th>
<th>Team Sports</th>
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<tbody>
<tr>
<td>i) Swimming</td>
<td>i) VolleyBall</td>
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<tr>
<td>ii) Badminton</td>
<td>ii) Kho-Kho</td>
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<tr>
<td>iii) Table-Tennis</td>
<td>iii) Cricket</td>
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<tr>
<td>iv) Gymnastic</td>
<td>iv) Softball</td>
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<tr>
<td>v) Boxing</td>
<td>v) Hockey</td>
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<tr>
<td>vi) Judo</td>
<td>vi) Football</td>
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2. The Study had delimited to the male athletes of Individual and Team Sports.

3. The Study had restricted to the following variables:

   a) Motivation (Participation)
   b) Motivation (Performance)
   c) Anxiety (State)
   d) Anxiety (Trait)
   e) Aggression
   f) Cohesion

4. The study had delimited to the male group of 22(twenty two) ± 3 (three) years in age.

5. The study had delimited to the Inter-Varsity level of performance.
OBJECTIVES OF THE STUDY

The study had the following objectives:

1. To compare the Motivation (Participation) and Motivation (Performance) between athletes of Individual and Team Sports.
2. To investigate the difference in Anxiety (State - Trait) between athletes of Individual and Team Sports.
3. To compare the positive as well as negative aggressive behaviour of athletes of Individual and Team Sports.
4. To know the differences on co-hesion between athletes of Individual and Team Sports.
5. To find out the differences among various groups of Individual Sports on selected psychological variables.
6. To find out the differences among various groups of Team Sports on selected psychological variables.

HYPOTHESIS

The study had the following hypotheses:

1. There would be no significant difference between athletes of Individual and Team Sports in their motivation (Participation) and Motivation (Performance).
2. There would be no significant difference between athletes of Individual and Team Sports in their Anxiety (State – Trait) variables.
3. There would be no significant difference between the aggressive behaviour of athletes of individual and Team Sports.

4. There would be no difference in the cohesion between athletes of Individual and Team Sports.

5. There would be no significant difference among various groups of Individual sports on their selected psychological variables.

6. There would be no significant difference among various groups of Team Sports on their selected psychological variables.

**SAMPLE**

Subjects for collection of data were drawn from colleges affiliated to the Panjab University Chandigarh and from Panjab University Campus. Sample consisted of 165 subjects. (45 from individual sports and 120 from team sports). Subjects were in the age group of twenty two+ three years, who were attending respective coaching camps prior to the All India Inter University Competitions during the session 2000-2001 and were drawn from the following individual sports:- Swimming, Badminton, Table Tennis, Gymnastics, Boxing, Judo along-with from the following team sports : - Volleyball, Kho-Kho, Cricket, Softball, Hockey and Football.
TOOLS FOR COLLECTION OF DATA

Selection of Tests

With a view to measure the selected variables the following tests had administered to the subjects:

1. Sports Participation Motivation Scale (Dr. Jagdish Kaur, 1994).
4. Trait Anxiety Scale (TAS) (Dr. Roma Pal and Dr. Govind Tiwari, 1970).
5. Aggression Scale (A Scale) (Dr. Roma Pal and Dr. Tasneem Naqvi, 1971).

STATISTICAL DESIGN

The analysis of variance (ANOVA) was applied to find out-the significance of differences among athletes from Individual and Team Sports. Mean, SD and t-ratio were also computed to find out the level and direction of significance of differences, among athletes of Individual and Team sports on each variable.
CONCLUSIONS

On the basis of the results, the following conclusions were drawn:-

1. Significant differences were observed among the athletes of various Individual and Team Sports on all the sub-constructs as well as on Overall Motivation Participation except ‘Independence’ and ‘Envy’ dimensions.

2. Significant differences were observed among the athletes of various Individual and Team Sports on all the sub-constructs as well as Overall Motivation Performance except ‘Material Award’ dimensions.

3. No significant differences were observed among the athletes of various Individual and Team Sports on any of the sub-constructs and Overall Anxiety variables.

4. No significant differences were observed among the athletes of various Individual and Team Sports on Aggression variable.

5. No significant differences were observed among the athletes of various Individual and Team Sports on any of the sub-construct and Overall Cohesion variables.
6. Significant differences were observed among the athletes of various Individual Sports on ‘Physical Fitness’ sub-construct of Motivation Participation variable.

7. Significant differences were observed among the athletes of various Individual Sports on ‘Material Award’ sub-construct of Motivation Performance variable.

8. Significant differences were observed among the athletes of various Individual Sports on ‘Trait’ sub-construct of Anxiety variable.

9. No significant differences were observed among the athletes of various Individual Sports on Aggression variable.

10. Significant differences were observed among the athletes of various Individual Sports on ‘ATG-T’ sub-construct of Co-hesion variable.

11. Significant differences were observed among the athletes of various Team Sports on all the sub-constructs including Overall Motivation Participation except ‘Independence’ dimensions.

12. Significant differences were observed among the athletes of various Team Sports on all the sub-constructs including Overall Motivation Performance except ‘Material Award’ dimensions.
13. Significant differences were observed among the athletes of various Team Sports on ‘Trait’ sub-construct and Overall Anxiety variables.

14. Significant differences were observed among the athletes of various Team Sports on Aggression variable.

15. Significant differences were observed among the athletes of various Team Sports on ‘ATG-T’, ‘ATG-S’ and ‘GI-S’ sub-constructs of Anxiety variables.

RECOMMENDATIONS

1. At the time of selection of athletes belonging to various Individual and Team Sports for their participation at Inter-varsity level; Motivation, Anxiety, Aggression and Cohesion aspects of psychological variables may be considered in accordance with the results of this study.

2. The similar study may be conducted on female athletes of Individual and Team Sports.

3. Comparative study may be conducted on the athletes of Individual and Team Sports in relation to their various levels of participation.
4. Co-relations of psychological variables included in this study may be conducted with the performance of athletes belonging to Individual and Team Sports.

5. A predictive study of these variables may be conducted among the various Individual and Team Sports.

6. Similar study may be conducted on various psychological variables other than the variables included in this study.