SUMMARY, FINDINGS, CONCLUSIONS AND RECOMMENDATIONS
SUMMARY

Sports have touched the heart of every individual and emerged as a domain of global interest. These serve as a fertile ground for the growth and successful development of relations among peoples of different nations. Sports have become highly competitive and every individual aspires to win at any cost. It is now a concrete fact that to excel in sports, not only physical fitness, technical skills and tactical efficiency are responsible but also the socio-psychological dimensions which can do wonders. The term socio-psychological has been conceived as a group of social and psychological factors, which influence the performance of an athlete in competitive sports. To analyze and explain an athlete’s competitive behavior, we must explain his socio-psychological dimensions in movement contexts. Competitive achievement behaviour is one of the most prominent features of sport and exercise activities in which wide individual differences are well recognized. Sport itself is an activity which ultimately requires an athlete to be socially intelligent. An athlete in play situations has to deal with or to get along with other teams companions i.e. co players, coaches, managers, sport scientists, sport journalists and also the spectators. A fine tuning in between all of them can lead an athlete to perform well and social intelligence facilitates this fine tuning. Adjustment refers to the reaction of an individual to the demands and pressures of social environment imposed upon him. The surrounding environment in fact can play an important role regarding the behaviouristic outcome of an athlete. Therefore, the socio-psychological dimensions: achievement orientation, social intelligence and adjustment can play a pivotal role in achieving excellence in sports.

Hence the purpose of this study was to compare achievement orientation, social intelligence and adjustment among university level individual and team athletes. It was hypothesized that there would be no significant differences with regard to achievement orientation, social intelligence and adjustment among university level individual and team athletes. To find out the significant differences
among university level individual and team athletes on the selected socio-psychological factors i.e. achievement orientation, social intelligence and adjustment, Sport Orientation Questionnaire (Gill & Deeter, 1988), Social Intelligence Scale (SIS) (Chadha and Ganesan, 1986) and Adjustment Inventory for College Students (Sinha and Singh, 1980) were considered to be the appropriate tools for the present study. For this purpose, a sample of six hundred (N= 600) male athletes, which includes three hundred (N₁=300) individual sports (i.e. athletics, weightlifting, judo, boxing and swimming) and three hundred (N₂=300) team sports (i.e. volleyball, basketball, football, handball and kabaddi) athletes, ranging between 18 to 25 years of age, was selected. The purposive sampling technique was used to attain the objectives of the study. To determine the significant differences between university level individual and team athletes with regard to selected socio-psychological variables i.e., achievement orientation, social intelligence and adjustment, the Student’s t-test for independent data was used. The data was further subjected to one way Analysis of Variance (ANOVA) to find out the inter-group differences and where the ‘F’ ratio found significant; Post-hoc Test (Scheffe’s) was applied to find out the direction and degree of differences. To test the hypothesis, the level of significance was set at 0.05.

FINDINGS

Findings with regard to the variable achievement orientation between individual and team athletes

The significant differences have been found (table-3) between university level individual and team athletes on the variable achievement orientation and its sub-variables i.e. competitiveness, win orientation and goal orientation. The athletes of individual sports have exhibited significantly better achievement orientation than the athletes of team sports.

Findings with regard to the variable social intelligence between individual and team athletes

The significant differences have been found (table-4) between university level individual and team athletes on the sub-variables of social intelligence i.e. patience, confidence, sensitivity, recognition of social environment, tactfulness, sense of humour, memory and overall social intelligence. However, no significant differences
Findings with regard to the variable adjustment between individual and team athletes

Significant differences have been found (table-5) between university level individual and team athletes on the sub-variables of adjustment i.e. health adjustment, emotional adjustment and total adjustment. However, no significant differences have been observed on sub-variables home adjustment, social adjustment and educational adjustment. The athletes of individual sports have shown better total adjustment than the athletes of team sports.

Findings with regard to the variable achievement orientation among individual sport groups

Significant differences have been found (table 6-13) with regard to achievement orientation among athletes of individual sport groups (athletics, weightlifting, judo, boxing and swimming) on the sub-variables; competitiveness, win orientation, goal orientation and overall achievement orientation.

Findings with regard to the variable achievement orientation among team sport groups

Significant differences have been found (table 14-20) with regard to achievement orientation among athletes of team sport groups (volleyball, basketball, football, handball and kabaddi) on the sub-variables; win orientation, goal orientation and overall achievement orientation. However, no significant differences have been observed on sub-variable competitiveness.

Findings with regard to the variable social intelligence among individual sport groups

Significant differences have been found (table 21-38) with regard to social intelligence among athletes of individual sport groups (athletics, weightlifting, judo, boxing and swimming) on the sub-variables; patience, cooperativeness, confidence, sensitivity, recognition of social environment, tactfulness, sense of humour, memory and overall social intelligence.
Findings with regard to the variable social intelligence among team sport groups

Significant differences have been found (table 39-56) with regard to social intelligence among athletes of team sport groups (volleyball, basketball, football, handball and kabaddi) on the sub-variables; patience, cooperativeness, confidence, sensitivity, recognition of social environment, tactfulness, sense of humour, memory and overall social intelligence.

Findings with regard to the variable adjustment among individual sport groups

Significant differences have been found (table 57-68) with regard to adjustment among athletes of individual sport groups (athletics, weightlifting, judo, boxing and swimming) on the sub-variables; home adjustment, health adjustment, social adjustment, emotional adjustment, educational adjustment and total adjustment.

Findings with regard to the variable adjustment among team sport groups

No significant differences have been found (table 69-75) with regard to adjustment among athletes of team sport groups (volleyball, basketball, football, handball and kabaddi) on the sub-variables; home adjustment, social adjustment, emotional adjustment, educational adjustment and total adjustment. However, significant differences have been observed on sub-variable health adjustment.

CONCLUSIONS

Based on the findings of this study, the following conclusions have been drawn:

1. It is concluded from the above findings that significant differences were observed between university level individual and team athletes on the variable achievement orientation and its sub-variables i.e. competitiveness, win orientation and goal orientation.

2. It is concluded from the above findings that significant differences were seen between university level individual and team athletes on the sub-variables of social intelligence i.e. patience, confidence, sensitivity, recognition of social environment, tactfulness, sense of humour, memory and overall social
intelligence. However, no significant differences were observed on sub-variable cooperativeness.

3. It is concluded from the above findings that significant differences were witnessed between university level individual and team athletes on the sub-variables of adjustment i.e. health adjustment, emotional adjustment and total adjustment. However, no significant differences were observed on sub-variables home adjustment, social adjustment and educational adjustment.

4. Significant differences were found with regard to achievement orientation among athletes of individual sport groups (athletics, weightlifting, judo, boxing and swimming) on the sub-variables; competitiveness, win orientation, goal orientation and overall achievement orientation.

5. Significant differences were observed with regard to achievement orientation among athletes of team sport groups (volleyball, basketball, football, handball and kabaddi) on the sub-variables; win orientation, goal orientation and overall achievement orientation. However, no significant differences were noticed on sub-variable competitiveness.

6. Significant differences were witnessed with regard to social intelligence among athletes of individual sport groups (athletics, weightlifting, judo, boxing and swimming) on the sub-variables; patience, cooperativeness, confidence, sensitivity, recognition of social environment, tactfulness, sense of humour, memory and overall social intelligence.

7. Significant differences were seen with regard to social intelligence among athletes of team sport groups (volleyball, basketball, football, handball and kabaddi) on the sub-variables; patience, cooperativeness, confidence, sensitivity, recognition of social environment, tactfulness, sense of humour, memory and overall social intelligence.

8. Significant differences were noticed with regard to adjustment among athletes of individual sport groups (athletics, weightlifting, judo, boxing and swimming) on the sub-variables; home adjustment, health adjustment, social adjustment, emotional adjustment, educational adjustment and total adjustment.

9. No significant differences were observed with regard to adjustment among athletes of team sport groups (volleyball, basketball, football, handball and kabaddi) on the sub-variables; home adjustment, social adjustment, educational adjustment and total adjustment.
RECOMMENDATIONS

Although the investigator has put in his best efforts on the present study, still the topic has a wide scope for further research. Thus, for future research and in the light of the results and conclusions of the study, the following recommendations have been made:

1. A similar study may be undertaken with female individual sports and team sports as subjects.

2. Another similar study may be undertaken with other variables namely, physical, physiological, anthropometrical and biomechanical in addition to the variables chosen in the present study.

3. Physical education teachers, trainers and coaches may utilize the findings of the present study by preparing or modifying the existing training schedules for individual sports and team sports.

4. The present study may be replicated with other psychological variables not employed in this study.

5. Factors like daily routine, home environment, family background, and socio-economic status which could not be included in the present study may be included.

6. The study can be broadened by involving players of other games and other performance levels i.e. State, National and International.