CHAPTER V

SUMMARY, CONCLUSIONS AND SUGGESTIONS

5.1 SUMMARY

Traditionally sport has been conceived as a physical endeavour. However, as the sport Scientists began to explore this field, they started perceiving it as more of psycho-physical entity and not merely physical one. In other words, it is not only the physical qualities like speed, strength, endurance, agility, flexibility etc., which are required to succeed in sports, but the psychological aspects like personality, motivation, intelligence and a number of social characteristics like co-operation, self sacrifice, values etc. are equally important for excellence in competitive sports.

Personality functions are reasonably assumed as a basis of all types of behaviour. The person may or may not be co-operative, may have more or less competitiveness, possess positive or negative leadership qualities or may be emotionally stable or anxious. It all depends upon his personal make up. Similarly, the level of achievement orientation will have the corresponding effect on other aspects of his functioning. The same applies to the values which form various pre-dispositions in the individuals to find expressions in their sports behaviour.

All most, all sports activities involve group situations. Even the so called individual sport involve others for competition which, by definition, is a
social situation. Indeed the socio-psychological dynamics of sport groups are important components of sport psychology. It is a known fact that coaches are not always dealing with just the individual athlete, rather group performance is a practical issue, as the coaches, have to usually deal with a group of athletes who make a team. No doubt, all the variables that influence individual performance operate on individual within groups also but when the team performance is an issue, a host of complex interacting socio-psychological variables come into play. This does not mean that individual's needs, abilities, personalities, values and interests are not considered, instead it points out how difficult it can be to have diverse individuals working together in group frame work.

Sport by its nature is a social activity. The athletic event, which is performed in isolation is a rare exception. Even, when spectators, coaches and other performers are not physically present, frequently some aspects of the individual's performance will be subjected to the scrutiny of others. Whether a sport is individual, dual or team activity, according to its nature, a large number of people are involved and interact with each other for the attainment of a common goal.

To summarize, it can be said that socio-psychological area is an upcoming dimension of athletic endeavour which needs due scientific attention.

So, the purpose of the present study was to explore the various socio-psychological characteristics among university level athletes. Based on this
purpose, the study was confined to the students of Panjab University, Chandigarh; Punjabi University, Patiala; Guru Nanak Dev University, Amritsar and Punjab Agricultural University Ludhiana. Four main objectives were identified and consequently the study was planned and conducted in relation to these objectives, which were:

1. To study personality, achievement orientation and values of university athletes.

2. To find out the differences between individual and team athletes on socio-psychological characteristics.

3. To compare rural and urban athletes on socio-psychological characteristics.

4. To find out the inter-sport differences on personality, achievement orientation and values.

On the basis of these objectives the following hypotheses were framed and tested:

1. There would be differences in individual and team game athletes in terms of their personality, achievement orientation and values.

2. Rural and urban athletes would differ in terms of their personality, achievement orientation and values.

3. The inter-sport discipline differences would occur on socio-psychological variables.
To accomplish the study, 476 subjects were taken from the students of Panjab University, Chandigarh; Punjabi University, Patiala; Guru Nanak Dev University, Amritsar and Punjab Agricultural University, Ludhiana; who participated in different sport disciplines at inter-college level. The split up of the subjects was 166, 310, 211 and 265 from urban area, rural area, individual and team game athletes respectively. The subjects in the sport disciplines of basketball, football, kabaddi, hockey and handball were considered team game athletes and subjects belonging to judo, cycling, swimming, track and field and weight lifting were taken as individual event athletes.

To collect the data from the subjects Eysenck Personality Inventory (Eysenck and Eysenck, 1964), Sport Orientation Questionnaire (Gill & Deeter, 1988) and Modernization Scale (Singh et al, 1987), were administered as per the standard procedure given in their respective manuals.

The data collected on different socio-psychological variables were tabulated for meaningful statistical treatment. Significance of differences between rural and urban athletes and also between individual and team game athletes were examined by applying unpaired ‘t’ test. In all the categories of independent variables, one way analysis of variance (ANOVA) was computed to find out significant differences, if any among inter game athletes. In case of significant ‘F’ ratios, the unpaired ‘t’ test was applied to establish the differences among inter-game groups.
Analysis of data revealed that rural and urban athletes significantly differ on extroversion traits as the calculated ‘t’ values of 2.05 is significant at .05 level. There were no significant differences between rural and urban athletes on neuroticism and social desirability traits of personality as their calculated ‘t’ values of 0.59 and 1.41 were not found to be statistically significant.

The analysis of data pertaining to individual and team game athletes showed that team game athletes significantly differed with individual athletes on extroversion as the calculated ‘t’ value of 4.48 is statistically significant. Similarly, both individual and team game athletes showed significant differences on neuroticism and social desirability as their ‘t’ values of 2.44 and 2.03 were significant at .05 level.

It is further observed that athletes belonging to different games differ significantly on extroversion variable of personality as the ‘F’ ratio of 4.2615 was found to be significant at .05 level. However, there were no significant differences among athletes belonging to different game on neuroticism and social desirability variables as their obtained ‘F’ values of 1.6477 and 1.8014 were not found to be significant.

Analysis with regard to achievement orientation, rural and urban athletes has shown statistical significant differences on competitiveness and goal orientation with values of 2.74 and 2.16. But they did not show any significant differences on win orientation with insignificant ‘t’ value of 0.54. Whereas,
team and individual athletes did not yield any statistical significant differences on all the three variables of achievement orientation as their resulted ‘t’ values of 1.01, 0.95 and 0.46 for competitiveness, win-orientation and goal orientation respectively were not found to be significant at .05 level.

On the basis of analysis of variance (F-Ratios), it was observed that there were no significant differences among the athletes belonging to different games on competitiveness, win orientation and goal orientation as their obtained ‘F’ values of 0.4494, 1.7195 and 1.2455 respectively were not found to be significant.

The analysis of significance of mean differences between rural and urban athletes revealed that rural and urban athletes differ significantly on educational values as the calculated ‘t’ value of 2.69 is significant at .05 level. But no significant differences existed between rural and urban athletes on socio-religious, marriage, position of women and global values as the obtained ‘t’ values of 1.60, 1.06, 0.39 and 1.08 respectively were not found to be significant. It was further observed that team and individual athletes did not show any statistically significant differences on all the variables namely socio-religious, marriage, position of women, educational and global values as their computed ‘t’ values of 1.57, 1.03, 0.18, 0.37 and 0.84 respectively were not found to be significant at .05 level.

From the results of analysis of variance (F ratios), it was clear that athletes belonging to different games considered in this study differ
significantly on all the variables of values as their ‘F’ ratios of 3.56, 2.67, 3.32 and 2.58 for marriage, position of women, educational and global values respectively were found significant. However, there were no significant differences among athletes belonging to different games on socio-religious values.

It was concluded from the test of post hoc differences, that on extroversion hockey players differed from cyclist and judokas. Football group showed different trend that from basketball, cycling, track and field and judo groups on extroversion variable. Whereas, basketball group differed with Kabaddi group only. Kabaddi group showed higher level of extroversion than cycling, weight lifting, track and field and judo group and lower than swimming group. The cycling group did not show any significant differences with swimming, weight lifting, track and field and judo groups. But swimming group differed with all other groups except judo group. Weight lifters did not show any significant differences on extroversion with track and field athletes and judokas.

With regard to achievement orientation, non of the F-ratios were found to be statistically significant and therefore, post hoc test was not carried out.

The ‘t’ matrix, with regard to values further revealed that hockey players differed with track and field group on marriage values; football on position of women and global values and basketball on educational values respectively. Football group differed with handball, basketball, cycling and weight lifting.
group on marriage values; handball, basketball, cycling and weight lifting
group on position of women; handball on education values and with basketball,
handball, kabaddi, cycling, weight lifting and judo group on global values.
Handball group showed different trend with swimming, track and field and
judo group on marriage values; basket ball, swimming, track and field and judo
group on educational values and with track and field on global values.
Whereas, basketball group differed with track and field and judo groups on
marriage and position of women values. On educational values basketballers
differ with kabaddi players, cyclists, weight lifters and track and field athletes.
Cycling group showed differences with swimming, track and field and judo
group on marriage values; track and field and judo group on position of women
and with kabaddi, cycling, weight lifting and track and field groups on
educational values. Kabaddi and swimming group differ on marriage values
with track and field and weight lifting group respectively. Whereas, weight
lifting group showed differences with both track and field and judo groups on
marriage values.

5.2 CONCLUSIONS

On the basis of the findings of the present study the following
conclusions were drawn:

5.2.1 PERSONALITY

1. Rural and urban athletes differ significantly on extroversion trait of
   personality.
2. No significant differences existed between rural and urban athletes on neuroticism and social desirability traits.

3. Individual and team game athletes differ significantly on all the three traits of personality i.e. extroversion, neuroticism and social-desirability.

4. There were significant differences among athletes belonging to different games on extroversion trait of personality.

5. No significant differences were observed among athletes of different games on neuroticism and social desirability.

6. Judo players were possessing the highest level of extroversion but the kabaddi players were at the lowest level on this variable when compared to other groups.

5.2.2 ACHIEVEMENT ORIENTATION

1. Rural and urban athletes differed significantly in competitiveness and goal orientation. Rural athletes were more competitive and goal oriented than urban athletes.

2. There were no significant differences between rural and urban athletes on win orientation variable of achievement orientation.

3. Individual and team game athletes showed sameness on all three variables of achievement orientation.
4. There were no significant differences among athletes belonging to different sport groups in competitiveness, win orientation and goal orientation.

5.2.3 VALUES

1. Rural and urban athletes differ significantly on educational values.

2. No significant differences were observed in socio-religious, marriage, position of women and global values among rural and urban athletes.

3. Team game and individual athletes did not show any significant differences on all the variables of values.

4. Significant differences were observed among athletes belonging to different games on marriage, position of women, educational and global values except socio-religious values.

5. Cycling group maintained traditional values towards marriage, whereas, track and field group had more modern outlook on this particular variable.

6. Football group showed more modern outlook towards position of women but the cyclist were at the lowest level on this variable of values.

7. Basketballers were more modern towards educational values, whereas, cycling group showed traditional outlook towards education.
8. Track and field athletes were found globally more modern among all sport groups, on the contrary the cyclists were the most traditional group.

5.3 SUGGESTIONS

1. It is suggested that similar study may be conducted on women athletes.

2. The study may be conducted on a much larger sample, to reach at more authentic generalization.

3. Similar study may be conducted on athletes of different regions, keeping in mind the diversity existing in Indian social milieu.

4. Though in the present study only ten sport groups were included, there is need to cover more sport disciplines.

5. Keeping in mind the sport specificity game wise psychological profiles may also be developed. Even at the micro-level one may go for position wise and event wise assessment.

6. To find out the interaction between the socio-psychological development and sport performance, longitudinal studies may be conducted.