Chapter - V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

Summary:

Physical education and sport, which are an integral part of education, have also influence by scientific advancement. Now the sportsmen are able in giving good performance because of involvement of new scientifically substantiated training method and method of execution of sport exercises like sports technique and tactics, improved sports gear and equipments, as well as other components and conditions of the system of sports training.

Shooting is a target sport that covers a number of different types of events for men and women including: Rifle, Pistol, Trap, Skeet and Running Target. They all use different weapons and ammunitions. At the Olympics there are 15 events: 7 for women and 8 for men. The shooting events are divided into four different groups:

A shooting sport is a competitive sport involving tests of proficiency (accuracy and speed) using various types of guns such
as firearms and air guns. Hunting is also a shooting sport, and indeed shooting live pheasants was an Olympic event. The shooting sports are categorized by the type of firearm, targets, and distances at which the targets are shot from.

**Competitions of Shooting Game at World Level:**

**1.6.1 ISSF World Shooting Championships:**

The international Shooting Sports Federation governs the ISSF World Shooting Championships, World Shooting championships began 1897, after the successful 1896 Summer Olympics and although the ISSF was not founded until 1907, these early competitions are still seen by the organization as the beginning of a continuous row of championships. By this logic, the ISSF 2006 competition in Zagreb was called the 49\textsuperscript{th} ISSF World Shooting championships. These championships, including all ISSF shooting events, are held every four years since 1954. For the shotgun events only, this is an additional World Championship competition in odd-numbered years. These extra competitions are not numbered. In running target, these will be World Championships in Olympic years.
The World Championships were held each year from 1897 to 1931, with the exception of the year 1915-1920 (interruption by World War I) and 1926 from 1933 to 1949, they were held biennially, although the year 1941-1945 competitions were cancelled (again, because of world war). The current schedule, with large World Championships only every four years, was adapted in 1954.

Originally, 300-meter rifle (in various positions) was the only discipline on the programmed, despite many other events having been included in the Olympics. In 1900, 50-meter pistol was added. This programmed was in use until 1929, the only change being the addition of 300-meter army rifle, with mandatory use of the host nation’s army weapon, in 1911. The 1929 championships in Stockholm saw the addition of most of the remaining events from the Olympic programmed 100 meter Running deer, 50-meter rifle and trap; 25-meter rapid-fire pistol had to wait until 1933.

Immediately after World War II, 300-meter standard rifle (with more strict rules than 300-meter rifle but less than 300-
meter army rifle) was added along with 25-meter centre-fire pistol and skeet. There was also briefly a companied 50 and 100 m rifle competition. Specific women’s events began to be slowly added from 1958, although women had previously, and at times successfully, been allowed to compete alongside the men. The last remaining army rifle event and 100 meter running deer were dropped in 1966, the latter in favor of 50 meter running target, 50-meter standard rifle was also added for both men and women, but was soon dropped for the men due to the similarly to 50-meter rifle. The 1970 World Championships in Phoenix added air gun events, 25-meter standard pistol and the mixed running target competition, 10-meter running target was added in 1982.

For the 1994 competitions in Milan, a number of profound changes were made. First, junior competitions were added (like the senior championships, these are only held every four years), they had previously been tested in the special shotgun and air gun championships. Second, there were no longer medals awarded in single positions in the 300-meter and 50-meter rifle matches (except for the prone position, which has its own
match). Third, double trap had been introduced five years earlier in Montecatini and now made its way into the large championships. With only minor additions, the 1994 programmed is still in use.

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**Indian shooting players:**

Shooting used to be a pastime for the maharajahs of India. Lately India has produced several champions in shooting. Indian shooter, Abhinav Bindra, is the current Olympic champion, having won gold for India in the 10 m Air rifle event at the Beijing games 2008. In the 2003 world championships,
Rajyavardhan Singh Rathore won the bronze metals in the double-trap event in Nicosia. At the 2004 Olympic, he won the silver medals, the first shooting medal for the country in the Olympics. In 2006 ISSF World Shooting Championships at Zagreb, Croatia, Abhinav Bindra won the 10m Air Rifle, Manavjit Singh Sandhu won the Trap event, and the Indian team won the Silver in the Trap event. At the 2006, ISSF World Cup Gagan Narang won the Gold in the 10m Air Rifle event in Guanghou, China, Rajyavardhan Singh Rathore won the gold in the double trap event at Cairo, Egypt. Manavjit Singh Sandhu also ranked second in the World Cup at Kerrville, TX, USA in 2008. Ronjan Singh Sodhi won the World Cup in double trap at Belgrade with a world-record equaling performance. Gagan Narang won the bronze medal in the 10m Air Rifle at the 2008 ISSF World Cup. At the 2008 Olympics, Abhinav Bindra won the gold medal for India in the 10m Air Rifle event. This is the first individual gold medal for in any Olympic Discipline; Jaspal Rana was one of the great shooters of India who bagged the gold medal at the 46th world shooting championship (junior section)
and had a world record score of 590 points in the centre fire pistol at Milan in 1994.

**India in Olympic Games:**

Participation in the Olympic Games was open until 1984. From the Seoul Olympic Games in 1988, as per the agreement with the International Olympic Committee, the UIT (now ISSF) put a restriction on the number of shooters per event and all the shooters were required to earn “Quota Place” through designated competitions such as World Cup, Continental Championships and World Championships.

The discipline of social psychology began in the United States at the dawn of the 20th century. The first published study in this area was an experiment in 1898 by Norman Triplett on the phenomenon of social facilitation. During the 1930s, many Gestalt psychologists, most notably Kurt Lewin, fled to the United States from Nazi Germany. They were instrumental in developing the field as something separate from the behavioral and psychoanalytic schools that were dominant during that time, and social psychology has always maintained the legacy of their interests perception and cognition. Attitudes and small
group phenomena were the most commonly studied topics in this era. During World War II, social.

Psychologists studied persuasion and propaganda for the U.S. military. After the war, researchers became interested in a variety of social problems, including gender issues and racial prejudice. Most notable, revealing, and contentious of them all were the Stanley Milgram shock experiments on obedience to authority. In the sixties, there was growing interest in new topics, such as cognitive dissonance, bystander intervention, and aggression. By the 1970s, however, social psychology in America had reached a crisis. There was heated debate over the ethics of laboratory experimentation, whether or not attitudes really predicted behavior, and how much science could be done in a cultural context. This was also the time when a radical situation is approach challenged the relevance of self and personality in psychology.

Social psychology reached a more mature level in both theories and methods during the 1980s and 1990s. Careful ethical standards now regulate research. Pluralistic and multicultural perspectives have emerged. Modern researchers are interested in many phenomena, but attribution, social cognition, and the self-concept are perhaps the
greatest areas of growth in recent years. Social psychologists have also maintained their applied interests with contributions in health, environmental, and legal psychology.

The purpose of the present study was to find the “socio-psychological differentials among District, State and National school rifle shooting players”.

It was assumed that there would be no significant difference between the district, state and national school rifle shooting players in different socio-psychological variable.

The present study was conducted on 300 rifle shooting players of India. Keeping in view the objectives, the players were categorized into three main groups: district (100), state (100), and national (100) rifle shooting players. The sample representing the district school players who participated in the district rifle shooting championship, held at Aurangabad. The sample representing the state school players who participated in the state school rifle shooting championship, held at Pune, Maharashtra. And national school rifle shooting championship, held at Pune, Maharashtra.
Keeping the feasibility aspect in mind and importance of socio-psychological aspects, the following variables were selected for the purpose of this study: self concept, personality and locus of control. The criterion measures adopted for the study were as follows:

Self concept was assessed by the total scores in Self Concept Scale developed by Dr. Mukta Rani Rastogi. Personality (Extraversion / Neuroticism) was assessed by the total scores in Maudsley Personality Inventory (MPI) written by H. J. Eysenck. Locus of control was assessed by the total scores in Rotter’s Locus of Control Scale prepared by Dr. Anand Kumar and Dr. S. N. Srivastava. With the help of the questionnaires related to Socio-psychological variables necessary data were collected. Data regarding various socio-psychological variables from 300 rifle shooting player was collected by the scholar herself with the help of manager and coaches.

The data was analyzed by applying Descriptive Statistic i.e. Mean score and standard deviation of district (N=100), state (N=100), and national (N=100) and the sample (N=300) were calculated in all the three variables i.e. Self-concept Personality (Extroversion, Neuroticism), and Locus of control.
One-way analysis of variance was applied to find out the significance of mean difference among National (N=100), State (N=100) and Districts (N=100) players in each of the variable. This was followed by Least Significance Difference Test (L.S.D.) of Post-hoc comparison to determine the significance of difference between ordered paired means at 0.05 level.

From the analysis of data it is found significance difference between national, state and district school rifle shooting players in the self concept level. It is evident that national, state and district school rifle shooting players in self concept test differed significantly, as they obtained F-value of 49.23 is much more than the tabulated value F0.05 (2,297) = 4.71. It is obvious that there is significant difference between national and state; national and district and state and district players on self concept level at 0.05 level as the mean difference of 16.9, 25.28 and 8.38 is higher than the critical difference of 5.08. Hence the null hypothesis is rejected and it was proved that national players have higher self concept as compared to state and district rifles shooting player.

From the analysis of data it is found significance difference between national, state and district school rifle shooting players in the
extroversion level. It is evident that national, state and district school rifle shooting players in extroversion test differed significantly, as they obtained F-value of 120 is much more than the tabulated value $F_{0.05}(2,297) = 4.71$. It is obvious that there is significant difference between national and state; national and district and state and district players on aggression level at 0.05 level as the mean difference of 3.74, 6 and 2.26 is higher than the critical difference of 0.76. Hence the null hypothesis is rejected and it was proved that national players have higher extroversion as compared to state and district rifles shooting player.

From the analysis of data it is found significance difference between national, state and district school rifle shooting players in the neuroticism level. It is evident that national, state and district school rifle shooting players in neuroticism test differed significantly, as they obtained F-value of 61.28 is much more than the tabulated value $F_{0.05}(2,297) = 4.71$. It is obvious that there is significant difference between national and state; national and district and state and district players on neuroticism level at 0.05 level as the mean difference of 2.44, 4.2 and 1.76 is higher than the critical difference of 0.74. Hence the null hypothesis is rejected and it was proved that district players have higher neuroticism as compared to national and state rifles shooting player.
From the analysis of data it is found significance difference between national, state and district school rifle shooting players in the locus of control level. It is evident that national, state and district school rifle shooting players in locus of control test differed significantly, as they obtained F-value of 74.90 is much more than the tabulated value F0.05 (2,297) = 4.71. It is obvious that there is significant difference between national and state; national and district and state and district players on locus of control level at 0.05 level as the mean difference of 2.75, 4.5 and 1.75 is higher than the critical difference of 0.72. Hence the null hypothesis is rejected and it was proved that district players have higher locus of control as compared to national and state rifles shooting player.
Conclusions:

On the basis of the findings of the study, the following conclusions are drawn:

1. National players are highly self concept in comparison to state and district rifle shooting players. State players are average on self concept and district rifle shooting players are low on self concept.

2. National players are more extroverts as compared to state and districts rifle shooter player. State players are more extrovert than District rifle shooting players.

3. District player are more emotionally stable as far as neuroticism is considered in comparison to state and national rifle shooting players. State and national players are found average on neuroticism.

4. District players are higher in locus of control in comparison to state and national rifle shooting players. State and national rifle shooting players are low on external locus of control.
**Recommendations:**

In the light of the conclusions drawn; the following recommendations are made:

1. Similar studies may be conducted selecting other socio-psychological variables contributing to performance efficiency of players.

2. The similar study can be conducted on other regions of India with university levels and different age groups.

3. Physical education teachers and coaches should take into consideration the psychological pre requisites of game in talent search.

4. A comparative study can be conducted between male and female.

5. A more comprehensive study can be conducted between on large samples of individuals and team sports separately.

6. The study may be repeated on subjects of higher/lower level and on professional players to measure their socio-psychological characteristics.