5.1 SUMMARY

Relaxed minds, favorable actions, adequate behavior, team work are the outcomes of the right temperament. Thus to create a right environment among sports-persons, it is necessary to study the impact of various factors which may influence temperament.

Decades ago, the scientists defined the main human needs: the air, the water and the food followed by decent living conditions. Now, it seems that the list must be updated by adding physical activity of any kind. Sports is life, and its goal is to awake and refresh the temperaments, characters, to ennoble feelings, to bring out and polish the features without which our lives would not be designed. Sports covers the basic needs of people for well being.

The temperament is an innate, relatively stable personality component, which structures the character. It is a set of features mainly emotional and reactive. The temperament is the basis of our nature. Scientists have proved the influence of the nervous system on the dynamic characteristics of a person: the strength, the balance, the mobility of the excitatory and inhibitory processes. The combination of these properties formed four types of temperament:

1. The sanguine person is strong, balanced, and lively.
2. The phlegmatic person is strong, well-balanced, and inert.
3. The choleric person is strong, unbalanced.
4. The melancholic person weak.

As success does not come all the time, a sports man has to face success as well as failures. Besides this, a sports person has to make the balance between personal and professional life because ups and downs at personal level may possibly persuade his performance. Various research scholars analyzed the different variables of temperament which might sway a sports person; designed various scales to
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distinguish between them. Present study emphasized on the study of temperamental traits (EASI i.e. emotionality, activity, sociability, impulsivity).

Emotionality refers to negative effect, specifically, being distresses or upset. In everyday usage, these terms include not only the high (physiological) arousal state of frustration, pair or generalized discomfort, but also the low arousal state of bereavement and depression. Emotionality having three components- Anger, fear and distress.

Activity is defined as the amount of energy expended in body movements. It refers to total energy output. Tempo and vigor are the main components of activity. Sociability is defined as a preference for being with others as opposed to remaining alone.

Impulsivity is the tendency to response quickly and without reflection. The subject is usually somewhat restless, quick to move, quickly to make up his mind, quick to voice his opinion. The subject often says the first thing that comes into head, does not consider the future consequences of his or her conduct.

Temperament is a compelling framework with in which to study the contribution of individual differences to the developmental process. The documented association of temperament traits with diverse outcomes linked with normal development and Psychopathology have left no doubt the value of this construct. Future refinements in definitions and measurement as well as a better understanding of how temperament exerts its influence will promote greater application of these concepts to designing programme for prevention and intervention in mental health and educational settings.

The present study focused on the above mentioned variables of the temperament and their relation with sports achievement. Thus the topic of the present research work is “A STUDY OF TEMPERAMENTAL TRAITS IN RELATION TO SPORTS ACHIEVEMENT AMONG SPORTS PARSONS.”
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5.2 OBJECTIVES OF THE STUDY

The objectives of the present study was as under:

- To examine the direct effect of temperamental traits on the performance of sports persons.
- To study temperamental traits (EASI) of athletes with varying level of performance participating in inter college and inter-university tournaments.
- To find out how male and female athlete’s performance differ from each other on the emotionality, sociability, activity and impulsivity.
- To find out the implications of this research on training, learning and teaching process.

5.3 HYPOTHESES OF THE STUDY

The hypotheses of the study were formed as under:

- There will be no significant difference on emotionality level in inter university participating sports persons and inter-college position holder sports persons.
- There will be no significant difference on activity level in inter university participating sports persons and inter-college position holder sports persons.
- There will be no significant difference on sociability level in inter university participating sports persons and inter-college position holder sports persons.
- These will be no significant difference on impulsivity level in inter university participating sports persons and inter-college position holder sports persons.
- There will be no significant difference on emotionality level of male and female sports persons at inter university tournaments.
- There will be no significant difference on activity level of male and female sports persons at inter university tournaments.
- There will be no significant difference on sociability level of male and female sports persons at inter university tournaments.
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- There will be no significant difference on impulsivity level of male and female sports persons at inter university tournaments.
- There will be no significant difference on emotionality level of male and female sports persons at inter college tournaments.
- There will be no significant difference on activity level of male and female sports persons at inter college tournaments.
- There will be no significant difference on sociability level of male and female sports persons at inter college tournaments.
- There will be no significant difference on impulsivity level of male and female sports persons at inter college tournaments.

5.4 SELECTION OF THE SAMPLE FOR STUDY

The sample for the present study was 400 sports persons (male & female) from different colleges and universities of Haryana state. In case of inter college position holder sports persons, the sample for the present study were those who were selected by the college selection committee and is case of inter University participating sports persons, the sample were those who represent university in inter University competition after organizing camp at Uni. Level.

5.5 TOOL USED FOR DATA COLLECTION:

Buss measure of temperament (EASI) was used. It was given by buss & Plomin 1984). It is a self report questionnaire. A specimen copy of the test used in the present study has been give in Appendix – A at the end of this thesis.

Test Description:-

The self report questionnaire was given to the subjects for administration and was asked to answer freely and honestly. Instructions were provided on the questionnaire itself (edited). Filled questionnaire was taken back from the subjects. Scoring was done by using 5 – points scale, rate each of this item using the following scale:-
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Score                      Description
------------------------------
1----------------------------- Not at all Characteristics of me.
2----------------------------- Some what Uncharacteristic of me.
3----------------------------- Neither characteristics nor uncharacteristic of me.
4----------------------------- Some what characteristics of me.
5----------------------------- Very characteristics of me

This self reports questionnaire consist of 45 questions in all. Number of questions for each variable in as under:

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Measures</th>
<th>Variables</th>
<th>Q. No. in Questionnaire</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Emotionally</td>
<td>Anger</td>
<td>41, 40, 33, 25</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fear</td>
<td>45, 35, 31, 27, 23</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Distress</td>
<td>32, 29, 26, 24</td>
</tr>
<tr>
<td>2.</td>
<td>Activity</td>
<td>Tempo</td>
<td>21, 5, 4, 1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Vigor</td>
<td>30, 19, 6, 3, 2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tempo + Energy</td>
<td>44, 43, 42, 20</td>
</tr>
<tr>
<td>3.</td>
<td>Sociability</td>
<td></td>
<td>28, 22, 18, 12, 11, 10</td>
</tr>
<tr>
<td>4.</td>
<td>Impulsivity</td>
<td>Control</td>
<td>16, 9, 7</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Discipline</td>
<td>39, 38, 15, 13, 8</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Reflection</td>
<td>37, 36, 34, 17, 14</td>
</tr>
</tbody>
</table>

Note: - Reverse Scoring on Q. No. – 11, 35, 41

5.6  STATISTICAL ANALYSIS OF DATA

The obtained data was complied and tabulated variable wise. This data exploration has been performed through data sampling, data editing, data coding, and classification.
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The present study applied the ‘t’ test for the analysis, using SPSS software. The result of this ‘t’ test included mean value, standard deviation, number, ‘t’ value and df. Final conclusions were drawn and are also compared with the significant value at .05 level of confidence at 95 degree of freedom. Corresponding to each table, various figures have been drawn in Excel for the graphical representation of results.

5.7 FINDINGS

The statistical results of the whole data revealed that inter university participating sports persons are not significantly differ with each other on the dimension-emotionality, activity & sociability but on impulsivity the mean score of inter college position holder sports persons is significantly higher in comparison to inter university participating sports persons. Thus the hypothesis that there would be no significant difference on impulsivity level in between inter university participating and inter college position holder sports persons is rejected whereas the hypotheses on emotionality, activity and sociability level are retained.

In comparison between male and female sports persons at inter university participation level it is discovered that on emotionality dimension, the mean score of female inter university participating sports persons is significantly than their counterpart male inter university participating sports persons. Thus the hypothesis that there would be no significant difference on emotionality level in male and female inter university participating sports persons is rejected whereas the hypotheses on activity, sociability, and impulsivity dimensions are retained.

In comparison of male and female inter college position holder sports persons, the statistical results revealed that they are not significantly differ with each other on emotionality, activity, sociability, and impulsivity. Thus all hypotheses of this group are retained.

5.8 CONCLUSIONS

5.8.1 Emotionality level between inter university participating and inter college position holder sports persons.

On the dimension emotionality, the ‘t’ value is 0.83 as shown in Table 4.1. This value is less than the table value 1.97 with df 398. It indicates that the mean
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score of inter university participating and inter college position holder sports persons on emotionality level do not differ significantly. Therefore, the hypothesis 1 that there would be no significant difference on emotionality level in inter university participating and inter college position holder sports persons is retained.

5.8.2 Activity level between inter university participating and inter college position holder sports persons.

On the dimension activity, the ‘t’ value is 1.49 as shown in Table 4.2. This value is less than the table value 1.97 with df 398. It indicates that the mean score of inter university participating and inter college position holder sports persons on activity level do not differ significantly. Therefore, the hypothesis 2 that there would be no significant difference on activity level in inter university participating and inter college position holder sports persons is retained.

5.8.3 Sociability level between inter university participating and inter college position holder sports persons

On the dimension sociability, the ‘t’ value is 1.38 as shown in Table 4.3. This value is less than the table value 1.97 with df 398. It indicates that the mean score of inter university participating and inter college position holder sports persons on sociability level do not differ significantly. Therefore, the hypothesis 3 that there would be no significant difference on sociability level in inter university participating and inter college position holder sports persons is retained.

5.8.4 Impulsivity level between inter university participating and inter college position holder sports persons

On the dimension impulsivity, the ‘t’ value is 2.15 as shown in Table 4.4. This value is greater than the table value 1.97 with df 398. It indicates that the mean score of inter university participating and inter college position holder sports persons on impulsivity level differ significantly. Impulsivity level of inter college position holder sports persons is significantly higher in comparison to inter university participating sports persons. Therefore, the hypothesis 4 that there would be no significant
difference on impulsivity level in inter university participating and inter college
position holder sports persons is rejected.

5.8.5 Emotionality level between male and female inter university participating
sports persons

On the dimension emotionality, the ‘t’ value is 2.99 as shown in Table 4.5. This value is greater than the table value 1.97 with df 198. It indicates that the mean score of male and female of inter university participating sports persons on emotionality level differ significantly. Emotionality level of female sports persons is significantly higher in comparison to the male sports persons. Therefore, the hypothesis 5 that there would be no significant difference on emotionality level in male and female inter university participating sports persons is rejected.

5.8.6 Activity level between male and female inter university participating
sports persons.

On the dimension activity, the ‘t’ value is 1.63 as shown in Table 4.6. This value is less than the table value 1.97 with df 198. It indicates that the mean score of male and female inter university participating sports persons on activity level do not differ significantly. Therefore, the hypothesis 6 that there would be no significant difference on activity level in male and female inter university participating sports persons is retained.

5.8.7 Sociability level between male and female inter university participating
sports persons

On the dimension sociability, the ‘t’ value is 1.34 as shown in Table 4.7. This value is less than the table value 1.97 with df 198. It indicates that the mean score of male and female inter university participating sports persons on sociability level do not differ significantly. Therefore, the hypothesis 7 that there would be no significant difference on sociability level in male and female inter university participating sports persons is retained.

5.8.8 Impulsivity level between male and female inter university participating
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On the dimension impulsivity, the ‘t’ value is 1.13 as shown in Table 4.8. This value is less than the table value 1.97 with df 198. It indicates that the mean score of male and female inter university participating sports persons on impulsivity level do not differ significantly. Therefore, the hypothesis 8 that there would be no significant difference on impulsivity level in male and female inter university participating sports persons is retained.

5.8.9 Emotionality level between male and female inter college position holder sports persons

On the dimension, emotionality the ‘t’ value is 1.11 as shown in Table 4.9. This value is less than the table value 1.97 with df 198. It indicates that the mean score of male and female inter college position holder sports persons on emotionality level do not differ significantly. Therefore, the hypothesis 9 that there would be no significant difference on emotionality level in male and female inter college position holder sports persons is retained.

5.8.10 Activity level between male and female inter college position holder sports persons.

On the dimension, activity the ‘t’ value is 1.01 as shown in Table 4.10. This value is less than the table value 1.97 with df 198. It indicates that the mean score of male and female inter college position holder sports persons on activity level do not differ significantly. Therefore, the hypothesis 10 that there would be no significant difference on activity level in male and female inter college position holder sports persons is retained.

5.8.11 Sociability level between male and female inter college position holder sports persons.

On the dimension, sociability the ‘t’ value is 0.32 as shown in Table 4.11. This value is less than the table value 1.97 with df 198. It indicates that the mean score of male and female inter college position holder sports persons on sociability level do not differ significantly. Therefore, the hypothesis 11 that there would be no significant
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difference on sociability level in male and female inter college position holder sports persons is retained.

5.8.12 Impulsivity level between male and female inter college position holder sports persons.

On the dimension, impulsivity the ‘t’ value is 0.87 as shown in Table 4.12. This value is less than the table value 1.97 with df 198. It indicates that the mean score of male and female inter college position holder sports persons on impulsivity level do not differ significantly. Therefore, the hypothesis 12 that there would be no significant difference on impulsivity level in male and female inter college position holder sports persons is retained.

5.9 IMPLICATIONS OF THE STUDY

- The study will help the physical educators, coaches, and trainers to understand and modify the social, physical and psychological make up of sports persons engaged in various sports activities which bring about desired changes in performance abilities of the inter college and inter university athletes.
- The study will help in finding out how the athletes with varying level of performances would differ from each other on the variable relating to emotion, activity, sociability and impulsivity.
- The findings of the study may be utilized in the selection of right candidates for participating at inter college and inter university level of sports by taking the temperamental traits into consideration.
- The study will also contribute towards professional literature on sports coaching in Indian context.
- The complied data for 400 sports persons can be further utilized as secondary data by other application also.
- The finding of the study might help the sports persons to evaluate themselves so as to motivate themselves for better performance.
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- The study is significant for the sports persons as well as institutes to develop right environment, right development programmes and right talent search programme.
- The study might motivate other investigators to take similar study at different level of sports competitions and in a particular sports discipline.

5.10 SUGGESTIONS FOR FURTHER RESEARCH

- Similar nature of the study can be conducted on the players of a particular game or event.
- The study can be carried out at various level of performance i.e. at state, national, international level athletes.
- The study can be performed separately for males and females to identify various genetic, social & environmental factors influencing their performance level.
- The present study is limited to the Haryana State Universities and college’s athletes which could be extended to worldwide sports persons.
- The present analysis or the stored data can be utilised as secondary data by the research scholars from the other fields like management, psychology, sociology, etc. for their research work.