CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS
5.1 SUMMARY

The need of psychological skill training for the sports person is an inevitable one as it enables the sports participants to cope up the stressful situations and to display their potentials during the competitive situations. In sports, the competitive pressure increases gradually from the moment the athlete receives the message about the time of competition and maintain till zero hour of competition. Thus the competitive anxiety takes place among the athletes affects the mood states of athletes resulting learning in advanced skills in game delayed in process. Hence strengthen the psychological constructs and maintain the optimal level of arousal that are needed for showing better performance in sports is an essential one for the sports persons as it plays significantly in challenging the competitions positively and concentrating on practices before completion.

In sports, psychological skill training is not only to reduce the competitive stress also enhances the mental toughness and needed personality traits for sports achievements. Such a functional relationship exists among the psychological, physiological and physical capacities of an athlete were the core objective of the study. So as to achieve this among the widely used psychological skill training programmes in sports, Visual Motor Behaviour Rehearsal training programme was chosen as psychological skill training for the present study as this training program is functionally most appropriate for the sports persons who are aimed at developing the coping skill and skill performance in game.
To achieve this purpose of the present study of finding the effect of Visual Motor Behavioural Rehearsal on selected psychophysiological variables of athlete's participated track events, as subjects, the athletes participated in track events totally 30 were selected. The selected subjects were in the age group of 15 to 17. The selected subjects, (N=30), were divided equally and randomly assigned into two groups namely experimental group and control group. The subjects of both groups were tested on psychophysiological variables. Using the standardized psychological tools (Competitive State Anxiety Inventory Form-2, Bruners Mood States Scale) the psychological variables of cognitive anxiety, somatic anxiety, self-confidence, anger, confusion, depression, tension, fatigue, vigor were measured. Following this, using stethoscope and sphygmomanometer, the heart rate, systolic blood pressure and diastolic blood pressure of subjects of both were measured. It was considered as pre-test score. After completion of pre-test, the subjects of experimental group (N=15) were treated with psychological skill training of Visual Motor Behavioral Rehearsal for about 12 weeks during the in-season period. Further, the subjects of control group were kept away from any specific psychological skill training during the treatment period. After completion of psychological skill training of VMBR, the subjects of both groups were measured on variables used in the study as such in the case of pre test. It was considered as post test score. The collected data from prior to treatment and after completion of treatment period were tested by analysis of covariance to study the efficacy of treatment used in the study. From the results derived

5.2 FINDINGS

In testing the individualized effect of visual motor behavioural rehearsal technique and control group, the findings observed are as follows.
1. In studying the changes observed from baseline to post treatment, the Visual Motor Behavioural Rehearsal has reduced significantly on psychophysiological variables of cognitive anxiety, somatic anxiety, self-confidence, anger, confusion, depression, tension, fatigue, vigor (psychological), heart rate, systolic blood pressure and diastolic blood pressure (physiological), where as in the case of self-confidence and vigor (psychological), the significant improvement was observed. Further, in studying the changes observed from the baseline to the post treatment on subjects of control group, no significant changes was observed on selected psychological variables used in the study.

2. In testing the comparative effects of visual motor behaviour rehearsal and control group, the obtained results are positively favoured to the VMBR on selected psycho-physiological variables as the VMBR group significantly reduced the level on variables of cognitive anxiety, somatic anxiety, anger, confusion, depression, tension, fatigue, heart rate, systolic blood pressure and diastolic blood pressure, and increased significantly on self-confidence and vigor.

5.3 CONCLUSIONS

From the results of the present study the following conclusions have been made.

1. In analyzing the results on psychological variables used in the present study, it was observed that Visual Motor Behaviour Rehearsal, has produced positive response significantly on psychophysiological variables such as cognitive anxiety, somatic anxiety, anger, confusion, depression, tension, fatigue (psychological), heart rate, systolic blood pressure and diastolic blood pressure (physiological) by lowering the level significantly from baseline to post treatment period. Besides
significant improvement was made on self-confidence and vigor. Based on the results it was concluded that the salient features of visualizing the competition scenes and relaxation scenes presented to the experiment group with tense and relax and feedback the response are the major sources for the subjects of VMBR group dominating the VMBR group on psychological variables as compared to control group as it helps better in accommodating the competitive pressures and stabilize mood states.

2. In studying the results derived on physiological variables, the subject practiced with VMBR significantly lowered on the heart rate, systolic blood pressure and diastolic blood pressure. As for as significant impact of VMBR on resulting physiological variables is concerned, it was concluded that its significant influence on regulating the psychological system might have been the corner stone for the dominance of VMBR on regulating the physiological variables.

5.4 RECOMENDATIONS OF THE STUDY

The findings of this study reiterate that all sport authorities must create awareness on need of psychological strength during the competition and take steps to develop a well designed format for solving the existing issue.

1. As the competitive pressures induce the state of anxiety and affect the mood states of athletes during the competitive conditions, psychological skill training like VMBR may be used as effective treatment for developing the coping skills so as to regulate the psychophysiological aspects as needed for both sport and normal life.

2. Effort should initiate to evaluate the psychological strength of athletes in order to know the psychological position and disposition of an individual.
3. Psychological skill training like VMBR may be included as one of the training schedule (physical work) in coaching aspects. It may be in twice a week schedule.

4. Using sports psychologist’s physical educationists and coaches should identify the root cause of psychological characteristics.

5. As the competitive anxiety of individual consists of characteristics of state and trait. Hence coaches may scan initially to find the dominant one whereby the program may be formulated accordingly. Further it is suggested that close rapport is highly needed component for successful completion of psychological skill training. Since the rapport is essential in between trainee and the trainer. For this trainer may organize a contact program minimum twice a month during the course of the training.

5.5 FUTURE WORK

Based on the nature of the present study the can be conducted in the following aspects.

1. Now a day’s yoga also has been used as one of the psycho-regulatory procedures and an accepted one, a comparative study may be conducted between the yogic exercises and VMBR on selected psychophysiological variables of athletes.

2. The present study can be extended to analyse the gender influence on the effect of psychological skill training of VMBR on psychophysiological changes at competitive conditions.

3. To study the progress over the period of psychological skill training of VMBR on psychophysiological changes at competitive conditions, the same study may be conducted to observe the changes at the interval of specific period.

4. As the competitive pressures are functionally associated with the hormonal functions a study may be conducted to study the effect of
psychological skill training of VMBR are influencing the physiological changes due to anxiety.

5. Since the ingredients of human blood are the major determinants in human performance as ingredients of water are to yield, a study may be conducted on blood, its impacts on psycho-physiological system of players during competitive conditions.