CHAPTER V

SUMMARY, CONCLUSION AND RECOMMENDATIONS
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SUMMARY

The progress and prosperity of a country are the sum total of the achievements of the people in all spheres of life. Man’s insatiable desire for achievement leads him towards the path of progress. This desire for achievements, in turn leads to even higher levels of aspirations so that people work harder and as a result progress further. Having rightly identified the personality structure of players at various levels of participation and positions, the player’s performance can be enhanced which results in achieving the goal in time. With this perspective, the present study has been carried out titled” Analysis of Personality Traits of Men Hockey Players.

To play hockey well needs careful study, especially of positional play and tactics. The actual stroke play and ball control can only be practiced on the ground, but positional play and tactics can be studied at leisure in an armchair and put into practice later on the field of play. If a player before going on to the field can get a good idea of where he should position himself as the game develops, and when and to whom he should pass the ball, then his hockey should improve quickly.

The human body is the complex composition of psychological entity. The behaviour of the individual organism is the result of the outcome of the psychological interaction. The psychological interaction takes place as a consequence to a stimulus that leads to organization of the response process elicited by the body in a specific
manner. The above intricate psychological phenomenon takes place in one unit as the body exhibits the stimulus response process as a single expression. Such process encompasses the behavioral pattern emphasizing the concept of psycho-physical unity of the organism. Psycho-physical unity of the organism is an inseparable phenomenon from each other. In other words, every action of the organism is the resultant outcome of a stimulus and organization of the mental processes specific to a given situation. The behavioral pattern set the trend for the formation and development of the personality of the individuals.

Theoretically, it could mean that the differences in personality traits encourage the sportsmen to participate only sports as it is suggested that only certain personality traits can undergo the social and psychological stress of participation in highly competitive sports situations.

The physical characteristics and the training imparted to the performance in sports and games are believed to be more or less the same. The success of a player or a team mainly depends upon how he or the team is psychologically prepared for the competition. Of course physical and psychological factors are equally important but the success or defeat of the competition is mainly on psychological factors. The analysis of the various psychological variables and their role in the success or failure is of great important in sports competitions. A close observation of these area will surely help us to examine how a particular sportsman could reach the absolute limits of performance. Therefore the researcher has chosen as his thrust area the study of psychological variables pertaining to personality traits (MAP series), which have a direct bearing on the optimum performance of state and national performers at
Tamilnadu and Chennai inter district league tournament held at Chennai during the year 2007.

The present investigator analysis the personality traits of men hockey players. The purpose of the study was four folded. To examine the difference this exists between state and national level men hockey players on selected personality traits. To compare the difference which exists among different age group of men hockey players on selected personality traits. To compare the difference which exits among different position of hockey players on selected personality traits. To compare and to determine the predictive factors of men hockey players from selected personality traits at different positions.

To achieve the purpose of the study, the investigator has selected 216 male hockey players of different districts of Tamil Nadu and professional teams at Chennai Tamil Nadu, India who took part in state level inter district and Chennai district league tournaments held at Chennai during the year 2007. MAP series (adaptability, academic achievement, boldness, competition, creativity, enthusiasm, excitability, general ability, guilt proneness, individualism, leadership, innovation, maturity, natural health, morality, self control, sensitivity, self sufficiency, social warmth and tension) was administrated for all the 216 samples, out of which 144 players were scored 1–6 in validity index (VI). These 144 players were selected as subjects for this study. The selected subjects were in the following categories.

The age of the subjects ranged between 17 to 35 years. The subjects were selected from the following districts and professional teams of Tamil nadu.
In this study, static group comparison design has been used. It involves four categorical variables as forward, half back, full back and goal keeper hockey. Twenty dependent variables (personality traits) as stated earlier were taken into consideration for statistical analysis. One way analysis of variance of independent group was applied to determine significant variation, if any, for different level of players (state and national), different age groups (below 20 years, 21 – 25 years, 26 – 30 years and above 30 years) and different position forward, halfback, full back and goal keeper of hockey players, on selected personality traits. The level of confidence was fixed at 0.05 for significance. Scheffe’s test was applied as a post hoc test, if the obtained F - ratio was found to be significant. Discriminate analysis was applied to find the variable which has contributed for the classification of players into four categorical field positions mentioned above.
CONCLUSION

Out of selected twenty personality traits, state and national level players significantly differ on adaptability, academic achievement, maturity and morality in favour of state players. Further the results of different age group on personality traits shows, significant difference on adaptability, academic achievement, competition, creativity, excitability, general ability, leadership, innovation, maturity, morality, self control, sensitivity, social warmth and tension in favour of more than 30 years of age followed by 21 to 25 and 26 to 30 years of age group. The results of different positions of hockey players on personality traits shows, significant difference on adaptability, academic achievement, boldness, competition, excitability, general ability, innovation, mental health, self sufficiency and tension in favour of forward players followed by half back, fullback and goal keeper.

In discriminant analysis, at each step one independent variables which had correlation with criterion was selected. The following eight variables such as excitability, academic achievement, mental health, tension, guilt proneness, adaptability, boldness and self control have been selected as discriminant variables for forward, halfback, fullback goal keeper. The percentage of association was 61.1% for forwards, 71.4% halfback, 56.2% for full back and 100% for goal keepers.

For each of the position (forward, halfback, fullback and goal keeper) personality characteristics, the cut of point of the discriminant score was determined by substituting corresponding combined values in the above set equation for discriminant function.
It could be concluded that the various position in hockey with desirable personality characteristics could be selected for the coaching camps by making use of the information on the personality characteristics studied in the present investigation.

Depending on the findings of the study mentioned below it would be possible to identify the inputs for designing the suitable personality training programmes during the coaching camps for achieving excellence in team performance on the basis of various positions in hockey on the following lines.

For forwards the input of personality training programme should concentrate on improving mental health, boldness, academic achievement self control, excitability, guilt proneness, adaptability and tension.

For halfback the input of personality training programme should concentrate on improving mental health, boldness, adaptability, self control, excitability, academic achievement, guilt proneness and tension.

For fullback the input of personality training programme should concentrate on improving mental health, boldness, self control, adaptability, excitability, academic achievement, guilt proneness and tension.

For goal keeper the input of personality training programme should concentrate on improving boldness, mental health, self control, adaptability, tension, academic achievement, excitability and guilt proneness.
RECOMMENDATION

1) Though every citizen is to be encouraged to take part in sports, special emphasis should be given to those who possess good personality traits.

2) To select a hockey player the personality characteristics such as excitability, academic achievement, mental health, tension, guilt proneness, adaptability, boldness and self control should be considered.

3) To select a forward player in hockey, the personality traits such as mental health, boldness, academic achievement, self control, excitability, guilt proneness, adaptability and tension should be considered.

4) While selecting a halfback in hockey the personality traits such as mental health, boldness, adaptability, self control, excitability, academic achievement, guilt proneness and tension should be considered.

5) While selecting a fullback in hockey the personality traits such as mental health, boldness, self control, adaptability, excitability, academic achievement, guilt proneness and tension should be considered.

6) It is recommended that, to select a goal keeper in hockey the personality traits such as boldness, mental health, self control, adaptability, tension, academic achievement, excitability, and guilt proneness.
7) Suggestions for future studies similar and more extensive studies may be attempted.

a. To arrive at desirable personality characteristics associated with each of the individual sports events as well as each of team events.

b. To study the efficacy of the personality training and psychological still training programmes on the performance of the individual and team sports during competition.