Chapter - VI

Summary, Conclusions & Suggestions
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Sport is a psycho-Social activity. It has both psychological and social dimensions, besides physical, psychological and technical aspects. Man's interest in sports is found in all societies of the world. Most of the nations share a common interest in sports competition, specially at certain times, where people from all nation focus their attention on that drama of competition. But the quality of the participation of the athletes and sportsman is determined by their psychological preparation of a team is as much important as teaching the different skills of a game on the scientific lines. The team are prepared not only to play the games, but to win the games and for winning the games, it is not only the proficiency in skills, which bring victory but more important is the spirit of the players with which they play and perform their best in the competition.

The application of Psychological principles to the improvement of performance in sports has received greater attention in these days, there are certain accepted psychological principles which have to be applied, so that their best in their performances coaches, physical educations and sports scientist have always expressed a great need to know more about those
psychological principles, which are helpful in improving the motor skills of the players.

There are many occasions in sports where speed of reaction and speed of movement are very vital factors. In general, fast reactions are characteristics of great athletes in the sport performance at the higher competitive level. In a contest, where races and events are won by a fraction of seconds, the role of reaction time becomes very significant. It may be stated that quick or fast reactions distinguish the average from the superior performance in many motor skill. Individual who reach quicker and more faster have an obvious advantage over those who are slower.

Anxiety players a paramount role in sports. It is the challenge in sports participation which produces anxiety. How an athlete handles the anxiety determines how successful he would be. Anxiety may be a positive motivation force with successful performances in sports events. The degree of anxiety also varies with a number of different conditions. Anxieties is likely to be greater in higher competitive sports because in the competitive sports, participants are expected to win and great demands are made upon them to succeed.

**Need of the study**

In the modern Hockey is one of the most popular game in all over the world. But the services of literature shows that very few
studies related to Hockey carried out in India. To fill up the gap this study will help at some extent. Present study will help to know about physical fitness & some psychological factors which affect the performance of Hockey players.

Aim of Study

The Present study aims at to search the anxiety, stress and intelligence among Boys and Girls (18-21 and 22-25) Interuniversity Hockey players.

Objective of the study:


Hypothesis:

- Male Inter University Hockey players have significantly Low Anxiety than the Female Inter University Hockey players.
- 18-21years Male Inter University Hockey players have significantly high Anxiety than the 22-25years Male Inter University Hockey players.
• 18-21years Female Inter University Hockey players have significantly high Anxiety than the 22-25years Female Inter University Hockey players.

• 18-21years Male Inter University Hockey players have significantly high Stress than the 22-25years Male Inter University Hockey players.

• Male Inter University Hockey players have significantly Low Stress than the Female Inter University Hockey players

• 18-21years Male Inter University Hockey players have significantly high Stress than the 22-25years Male Inter University Hockey players.

• There no significant Difference in term of intelligence among male and female Inter University Hockey players

• There no significant Difference in term of intelligence among 18-21years and 22-25years male and female Inter University Hockey players

• Bellow 21 year male Inter University Hockey players tend to have more stress and anxiety comparative about 21years.

• Inter University Hockey players have high intelligence there stress and anxiety would be low.

Sample

Effective sample consisted of 320 of Male and Female (18-21years and 22-25years) Inter University Hockey players from Maharashtra State.
Tools used for Data Collection.

Following psychological tests were used for data collection

**SINHA’S COMPREHENSIVE ANXIETY TEST (SCAT):**

This test is developed and standardized by A.K.P. Sinha and L.N.K. Sinha. The test consisted of 90 Items. The subjects were required to respond to each item in terms of ‘YES’ OR ‘NO’. The reliability coefficient of the test was found 0.92 with Spearman Brown formula. The validity coefficient was found 0.62.
Singh Personal Stress Source Inventory (1971)

This test is developed and standardized by Arun Kumar Singh the test consisted of 90 Items. The subjects were required to respond to each item in terms of 'seldom', 'sometimes' OR 'frequently'. The reliability coefficient of the test was found 0.79 with Spearman Brown formula. The validity coefficient was found 0.78.

Syam Swarup Jalota Intelligence Inventory:

This test is developed and standardized by Syam Swarup Jalota the test consisted of 100 Items. The subjects were required to respond to each item in terms of 'seldom', 'sometimes' OR 'frequently'. The reliability coefficient of the test was found 0.79 with Spearman Brown formula. The validity coefficient was found 0.78

Procedure of Data Collection:

The tests were administered on small groups of Ss about 25 to 30 Ss in each group. Comfortable seating arrangements were made for Ss. Distance between the two Ss was kept long so that one subject could not see the responses of the other subject.

The data were collected in two sessions. In the first session test forms were distributed. After giving proper instructions they were asked to start marking and after completion, the forms were collected.
Variables under study:

**Independent Variable:** GENDER
- 1. Male
- 2. Female

**AGE**
- 1. 18-21years
- 2. 22-25years

**Dependent Variable:**
- 1. Stress
- 2. Anxiety
- 3. Intelligence

Conclusions:

- Male Inter University Hockey players have significantly Low Anxiety than the Female Inter University Hockey players.
- 18-21years Male Inter University Hockey players have significantly high Anxiety than the 22-25years Male Inter University Hockey players.
- 18-21years Female Inter University Hockey players have significantly high Anxiety than the 22-25years Female Inter University Hockey players.
- 18-21years Male Inter University Hockey players have significantly high Stress than the 22-25years Male Inter University Hockey players.
- Male Inter University Hockey players have significantly Low Stress than the Female Inter University Hockey players
- 18-21years Male Inter University Hockey players have significantly high Stress than the 22-25years Male Inter University Hockey players.
• There no significant Difference in term of intelligence among male and female Inter University Hockey players
• There no significant Difference in term of intelligence among 18-21years and 22-25years male and female Inter University Hockey players
• Bellow 21 year male Inter University Hockey players tend to have more stress and anxiety comparative about 21years.
• Inter University Hockey players have high intelligence there stress and anxiety would be low.

Suggestions:

1. Present research would be quite beneficial for the selection of the Hockey players.
2. I.Q, anxiety and stress test should be conducted by the coaches this will be fruitful for the development performance.
3. For the selection of the players this test’s should be apply on the players.
4. If psychological test applies on the players that will be nice for the coaching, guidance and sports counseling.
5. This research proves that psychological fitness is essential with physical fitness. So coaches must pay the attention towards that.
6. Indian Hockey federation, state Hockey association and University sports department must appoint the sports psychologist for the team.