CHAPTER V
SUMMARY, CONCLUSION AND RECOMMENDATIONS

Summary

Body building and Weight lifting are the interesting sports and both have been part of Physical Education. These are the sports in which individual’s psychological and anthropometrical makeup play a significant factor to compete successfully especially at elite level.

When the researcher went through the literature he observed different studies are conducted on body builders and weight lifters but none of researchers tried to study the relationship among psychological variables and somatotypes. For this the researcher had chosen the study with the following hypotheses:

$H_1$: Body builders would report higher level of self-concept as compared to the weight lifters.

$H_2$: Body builders would report higher level of the five domains of physical self-concept as compare to the weight lifters.

$H_3$: Body builders would report higher level of sensation-seeking as compare to the weight lifters.

$H_4$: Body builders would report higher level of anxiety state as compare to the weight lifters.

$H_5$: Body builders would show greater somatotype than weight-lifters.

$H_6$: The five domains of physical self-concept would be negatively correlated with somatotypes among body builders.
H₇:- The five domains of physical self-concept would be negatively correlated with sensation-seeking among body builders.

H₈:- The five domains of physical self-concept would be negatively correlated with anxiety state level among body builders.

H₉:- There would be positive correlation between somatotypes and sensation seeking among body builders.

H₁₀:- There would be positive correlation between somatotypes and anxiety state level among body builders.

To work on the preceding hypotheses, 125 male All-India intervarsity level body builders and 125 male All India intervarsity level weight lifters were selected between the age group of 18 to 25 years. Physical Self Perception Profile (PSPP), developed by Fox (1990) was used to gauge the self-concept of the subjects. Carter and Heath (1990) method was applied to determine somatotypes of subjects. The researcher used the Sensation Seeking and Anxiety State test developed by Neary and Zuckerman (1976) to collect the data on Sensation Seeking and Anxiety State. t test was used to established differences between means of the body builders and weight lifters scores. Pearson product moment of coefficient correlation was used to establish the relationship between the scores of body builders and weight lifters. All statistical processes were done through the Statistical Package of Social Sciences (SPSS), version 16.

The results of the study indicated that significant difference was found between body builders and weight lifters in their self-concept, sensation seeking and anxiety state. Significant difference was found between Body builders and Weight lifters in endomorph, mesomorph and
ectomorph between body builders and weight lifters. It is clearly indicated from the results that a significant relationship existed between mesomorph and self-concept, mesomorph and anxiety state and ectomorph and self-concept, whereas insignificant relationship was found between endomorph and self-concept, endomorph and sensation seeking, endomorph and anxiety state, mesomorph and sensation seeking, ectomorph and sensation seeking, ectomorph and anxiety state. It is also evidenced that there was a significant relationship between Ectomorph and Sports Competence whereas an insignificant relationship existed between Endomorph and Sports Competence, Endomorph and Body Attractiveness, Endomorph and Physical Conditioning, Endomorph and Physical Strength, Endomorph and Physical Self-worth, Mesomorph and Sports Competence, Mesomorph and Body Attractiveness, Mesomorph and Physical Conditioning, Mesomorph and Physical Strength, Mesomorph and Physical Self-worth, Ectomorph and Body Attractiveness, Ectomorph and Physical Conditioning, Ectomorph and Physical Strength, Ectomorph and Physical Self-worth. It is also evidenced that there was a significant relationship existed between Endomorph and Anxiety State, Mesomorph and Anxiety State and Ectomorph and Anxiety State, whereas an insignificant relationship existed between Endomorph and Self concept, Endomorph and Sensation Seeking, Mesomorph and Self Concept, Mesomorph and Sensation Seeking, Ectomorph and Self Concept, Ectomorph and Sensation Seeking of Weight lifters. It is evidenced from the results that there was a significant relationship between Endomorph and Physical Strength, Endomorph and Physical Self-worth, Mesomorph and Physical Strength, Ectomorph and Physical Strength, and Ectomorph and Physical Self-worth whereas an insignificant relationship existed between Endomorph
and Sports Competence, Endomorph and Body Attractiveness, Endomorph and Physical Conditioning, Mesomorph and Sports Competence, Mesomorph and Body Attractiveness, Mesomorph and Physical Conditioning, Mesomorph and Physical Self-worth, Ectomorph and Sports Competence, Ectomorph and Body Attractiveness, Ectomorph and Physical Conditioning. Results also revealed that there was an insignificant relationship existed between the five domains of Self-concept and Sensation Seeking among Body builders and Weight lifters. The results also revealed that there was an insignificant relationship existed between the five domains of Self-Concept and Anxiety State among Body builders and Weight lifters.

**Conclusion**

In conclusion, the findings of the study indicated that significant links between physical self-concept, sensation seeking, anxiety state and somatotypes among bodybuilders and weightlifters existed. However, the research techniques used in this study are only an initial step for research in this field. Alterations should be considered in order to find more specific and expounding results.

**Recommendations**

Researches and explorations are not the end in itself, but merely open the way for future investigations. Similarly, the present work is not the end in this area. In fact, all the variables can never be studied in a single research. So the present study was confined to study the psychological and somatotypical variables only. The results of the present investigation led to certain possibilities for further researches.
Further researches may be conducted on somatotype towards life of sports persons in relation to other personality dimensions which were not included in the present study. Moreover, demographic variables could give some interesting findings. This type of study may also be conducted in cross cultural context.

It is suggested that further studies in this area may compare sports persons from different games and sports.

Larger samples provide better results, but the present research work is confined to only 250 sports persons. Thus it cannot claim for its comprehensiveness. Future researches may be conducted on even much larger samples. The results may provide greater insight for sports persons and their coaches and scientist.

Future research in this area should include a greater variety of aesthetic (e.g. figure skating, diving etc.) and non-aesthetic sports (e.g. softball, basketball etc.).

For future research, different instrumentations may be necessary. There are several alternative methods of measuring the current study’s variables. The Physical Self-Perception Profile is one way of many ways that physical self-concept can be measured. Although the scale’s reliability and validity are well established, there was one issue of concern throughout the study. The questionnaire is a four-choice structured alternative item format. This was a cause of confusion to a majority of the subjects and required the researcher to administer additional verbal instruction. While this scale was chosen for its length (only 30 items), a questionnaire with a Likert-scale format might produce less confusion for the participants.
More specific kinanthropometrical instruments may be used to determine the contents of fat and muscles like Hydrostatic Weighing, Air Displacement Plethysmography, Bioelectric Impedance Analysis etc.

Future models should examine the determining factors of physical self-concept, sensation seeking, and anxiety state in all the other aesthetic sports like gymnastics, etc. as well as coping strategies and performance perception of these athletes.