Chapter - 5

MAIN FINDINGS, EDUCATIONAL IMPLICATIONS AND SUGGESTIONS FOR FURTHER STUDY

The Ink of the Sholar is more sacred than the blood of the martyr — Mohammed
Chapter-V

**MAIN FINDINGS, EDUCATIONAL IMPLICATIONS AND SUGGESTIONS FOR FURTHER STUDIES**

This chapter is devoted to main findings, educational implications and suggestions for further study. After the interpretation of data, the investigator was in a position to draw certain findings on the basis of analysis and interpretation.

**MAIN FINDINGS**

After the interpretation of data, the investigator was in a position to draw certain finding on the basis of analysis and interpretation. According to the objectives and the hypothesis stated earlier in the present study, the results have been presented as follows:

1. There is no significant difference between the level of Anxiety of sportsmen and non-sportsmen.
2. There is no significant difference between the Basketball and Hockey players on level of Anxiety.
3. There is significant difference between the Basketball and Volleyball players. Basketball players have more anxiety than Volleyball players.
4. There is significant difference between the Hockey and Volleyball players. Hockey players have more anxiety than Volleyball players.

5. There is no significant difference between the sportsmen and non-sportsmen on Neuroticism.

6. There is no significant difference between Basketball and Hockey players on neuroticism.

7. There is significant difference between Basketball and Volleyball players on neuroticism. Basketball players are more neurotic than the Volleyball players.

8. There is no significant difference between Hockey and Volleyball players on neuroticism.

9. There is significant difference between Sportsmen and non-sportsmen on extraversion. Sportsmen have more extraversion than non-sportsmen.

10. There is no significant difference between Basketball and Hockey players on extraversion.

11. There is significant difference between Basketball players and Volleyball players on Extraversion. Basketball players are more extraverts than Volleyball players.
12. There is significant difference between Hockey and Volleyball players on extraversion. Hockey players are more extraverts than Volleyball players.

13. There is a significant difference between Sportsmen and non-sportsmen on Adjustment. Sportsmen are better adjusted than non-sportsmen.

14. There is no significant difference between Basketball and Hockey players on adjustment.

15. There is significant difference between Volleyball and Basketball players on Adjustment. Volleyball players are better adjusted than Basketball players.

16. There is no significant difference between Hockey and Volleyball players on Adjustment.

CONCLUSION

On the basis of results of the present study, we can conclude that sportsmen are better adjusted and more extrovert than non-sportsmen. Basketball players have more anxiety and neurotic than the players of Hockey and Volley Ball. Basketball players are more extroverts than Volley Ball and Hockey players. Volleyball players are better adjusted in comparison to Hockey and Basketball players. However, there is no
significant difference in the level of anxiety and neuroticism of sportsmen and non-sportsmen.

EDUCATIONAL IMPLICATIONS:

The psychological variables such as Anxiety, Neuroticism, Extraversion and adjustment play an important role to educate the students and to modified these behaviour even in the field of psychological behaviour of important role in the better adjustment. In the present investigation these psychological variable are being compared between the sportsmen and non-sportsmen and the between the players of game Basket ball, Hockey and Volleyball. This finding is the study reveal that Anxiety, Neuroticism, Extraversion and adjustment play an important role in the field of game and sports. The Anxiety and neuroticism can better the control by the sportsmen and they showed better results extraversion and Adjustment better behaviours. The games and sports help in the better development of all over the personality of a man.

The finding of the present study have significant implication for teachers, physical educators, coaches, administrators and organizers of sports in our country. They have to frame more scientific curriculum including the latest developments in sports techniques, sports medicine etc. more over, more effective and more scientific training activities were
to be imported to those engaged in teaching physical education and sports at various levels.

**SUGGESTION FOR FURTHER STUDY:**

The present study is a step towards understanding the problem of anxiety, Neuroticism, Extraversion and adjustment among sportsmen. On the basis of the conclusion arrived and the scope of study, I feel that more studies of this type should be undertaken till a better understanding of the effect of Anxiety, Neuroticism, Extraversion and Adjustment is developed. Some of the problems in this area which can be undertaken for further investigation may be stated as follows:

1. More Psychological variables may be studied in the future investigation.

2. This study may be also conducted females students and players.

3. The games which are not cover in the present study should also be covered by the further investigator.

4. These psychological variables should also be studies at different level of growth, at different level of achievement and at different time of competition and non-competition.
5. For the more significant findings the no. of subjects should be increase where as age limit, level of achievements should be squeezed.

6. A study of anxiety, neurosis, extraversion and introversion among the sportsman of high socio-economic status and low socio-economic status can be taken.

7. Sportsmen’s academic achievement in relation to their anxiety, introversion – extraversion, neuroticism and adjustment may be investigated.

8. For the purpose of comparison studies of various districts should also be conducted.