CHAPTER V
SUMMARY, CONCLUSIONS AND RECOMMENDATIONS
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5.1 SUMMARY

Volleyball as a team-sport is widely accepted as a highly competitive game. In executing the movements it requires the whole body and mind. Competitively, this game requires a deep concentration, a quick thinking and a great deal of movements that are physically and psychologically refreshing and it must be suitable even to aged people. In the game of volleyball, most performance problems are not a result of poor conditioning, inadequate coaching or a lack of physical skills or technical abilities. However, these physical or mechanical factors can sometimes cause at par play. When the heat of competition is turned up high, the individual performer or team that falls apart most often does so, because of mental factors like run away, nervousness, intimidation, poor concentration, negativity, lack of confidence or an inability to let go of mistakes or bad breaks. Such a negative thought of a player is psyches down him when he reaches the zero hour of competition. It affects the individual perception and perception of their fellow players. Finally, the team has to fail in displaying their best optimal performance at competition.

Now a days, the playing ability of a player is believed to be a sum of psychobiological traits. Hence, concentration on psychobiological traits of a player is an essential step for both players and coaches to attain their goal positively in time. Psychobiological traits underly the physical, physiological and psychological structures. As far as these traits are concerned, they are not identical to all sports and games, instead, in its influence, differed in nature. Hence, in this competitive world, the success in any game can be spotted only
through spotting the right factors that are mostly associated with the game. With this thirst, the investigator has taken up the present study to spotting the psychobiological-based success traits on overall playing ability of volleyball players at the state level in Tamilnadu.

The purpose of the study is to spotting psychobiological based success traits with overall playing ability of volleyball players at state level.

The hypotheses formulated in the present study are as follows.

3. It was hypothesized that there is a systematic functional association between the psychobiological traits based success traits and the overall playing ability of volleyball players.

4. It was hypothesized that there is a significant association within the psychobiological traits based success traits namely cognitive anxiety, somatic anxiety, self confidence, general fear, systolic blood pressure, diastolic blood pressure, heart rate and body temperature.

The methodology used in the present study was as follows.

To achieve the purpose of the present study, as subjects, the players totally 60, who participated in the 15th Shri N. Muthiah Ambalam Memorial State Level Intercollegiate Volleyball Tournament conducted by the American College, Madurai, TamilNadu, India in the year 2004. This state level intercollegiate volleyball tournament is considered as the second biggest tournament in the state of Tamilnadu, India. The selected subjects were in the age group of 18-24, whose socio-economic background was heterogeneous.
To spot out the psychobiological traits related to overall playing ability of volleyball players, the investigator selected the variables, namely, fear of experiencing shame and embarrassment (FSE), fear of devaluing one’s self’s estimate (FDSE), fear of having an uncertain feature (FUF), fear of important others losing interest (FIOLI), fear of upsetting important others (FUIO), general fear, cognitive anxiety, somatic anxiety, self confidence, systolic blood pressure, diastolic blood pressure, heart rate and body temperature. The selected subjects (N=60) were tested on these variables using the standardized tools of Competitive State Anxiety Inventory – Form 2 (Rainer Martens, 1986) and Performance Appraisal Inventory (Conroy, 2003). Of them, based on the incomplete response towards psychological traits 11 respondents were not taken into account. Finally 49 respondents were selected and considered for testing the objective of the present study.

5.2 FINDINGS

For spotting the psychobiological based success traits, overall playing ability of volleyball players was kept as dependent variable and cognitive anxiety, somatic anxiety, self confidence, fear of experiencing shame and embarrassment (FSE), fear of devaluing one’s self’s estimate (FDSE), fear of having an uncertain feature (FUF), fear of important others losing interest (FIOLI), fear of upsetting important others (FUIO), general fear, cognitive anxiety, somatic anxiety, self confidence, systolic blood pressure, diastolic blood pressure, heart rate and body temperature and age were used as predictors. Step wise regression analysis was used. From the results of step wise regression analysis the variables spotting as success traits with overall
playing ability are fear of upsetting important others (FUIO), general fear, self confidence, cognitive anxiety, systolic blood pressure, heart rate and body temperature. $R^2$ (Multiple correlation) value was found to be 0.81. It explains that 81 percent of total variance is explained and the remaining 19 percent was unexplained. Further to validate, the $R^2$ value of 0.81, the f-test was used. The observed f-value ($30.83 > 0.05$) was found to be highly significant. It confirms the systematic functional relationship of the loaded variables with overall playing ability.

5.3 CONCLUSIONS

From the results of the present study, the following conclusion has been made.

1. Based on the results of the stepwise regression analysis it was concluded that the variables loaded as success traits of psychobiological traits with overall playing ability are general fear, cognitive anxiety, fear of upsetting important others, self confidence, systolic blood pressure, heart rate and body temperature. The spotted success traits are centered on the perceptions of players towards the competitive situations.

5.4 IMPLICATIONS OF THE STUDY

The implications of the present study are as follows.

In prediction of overall playing ability of volleyball players the predictors are mostly underlie with the concern about competition. Though these variables are needed factors for high level performance in sports, when it
exceeds beyond the optimal level, which disturbs the cognitive, somatic and physiological functions of individual. Therefore implicating the psychological skill training program to the players to realize the nature of competition whereby they can strengthen their psychological structures that are needed for high level competitive situations

5.5 RECOMMENDATIONS

From the results of the present study, the following recommendations have been made.

1. In the present study the variables to study the most influencing factors of overall playing ability of volleyball players are competitive related. So, it is recommended that the present study can be extended to variables related to anthropometric, personality traits and psychomotor since these are also associated with the overall playing ability of volleyball players.

2. As found that variables that were most influencing in the overall playing ability of volleyball players, a study can be conducted positional wise using the same variables to spot out the success traits of offensive and defensive players.

3. Based on the gender related differences that exist in the psychological structures, the same study can be conducted using the volleyball players of women.