CHAPTER V

Findings, Conclusions, Educational Implications And Suggestions For Further Studies
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AND SUGGESTIONS FOR FURTHER STUDIES.

5.0.0 Introduction

In the previous chapter is given discussion of the results of the study. Based on the results, findings were thrashed out. Keeping in view the major findings, implications of the study have been looked into. But these findings and implications do not fit in all corner of the study, so the suggestions have been given for further research. Present chapter is devoted to the findings based on analysis and interpretation of the data, conclusions, educational implications and some suggestions for further studies.

5.1.0 Findings

In the light of the interpretation of the results of the present investigation, as already discussed in the previous chapter, the following main findings are stated:-

5.1.1 Findings Related to Stress and Socio Economic Status

1. No significant difference between the means of stress scores has been found in male and female University Sports person.
2. Significant difference between the means of stress scores has been found in male and female University Sports person having high Socio Economic Status. The stress level amongst high SES group was significantly lower in male sports person.

3. Significant difference between the means of stress scores has been found in male and female University Sports person having low Socio Economic status. The stress level amongst low SES group was significantly lower in male sports person.

4. Significant difference between the means of stress scores has been found in male University Sports person having high and low Socio Economic Status. The stress level amongst high and low SES group was significantly lower in male sports person.

5. Significant difference between the means of stress scores has been found in female University Sports person having high and low Socio Economic Status. The stress level amongst high and low SES group was significantly lower in female sports person.

5.1.2 Findings related to general depression and Socio Economic Status

1. Significant difference between the means of general depression scores has been found in male and female University Sports person. The
general stress level amongst high SES group was significantly lower in male University Sports person.

2. No significant difference between the means of general depression scores has been found in male and female University Sports person having high Socio.Economic Status.

3. Significant difference between the means of general depression scores has been found in male and female University Sports person having low Socio Economic Status. The general depression level amongst low SES group was significantly lower in male University Sports person.

4. Significant difference between the means of general depression scores has been found in male University Sports person having high and low Socio Economic Status. The general depression level amongst high and low SES was significantly lower in male University Sports person.

5. Significant difference between the means of general depression scores has been found in female University Sports person having high and low Socio Economic status. The general depression level amongst high and low Socio Economic Status was significantly lower in female University Sports person.
In the light of the above findings, it may be concluded that sociological factors like sex and socio economic status have significantly influenced the stress and general depression of the sports person. In case of male and female sports person of high socio economic status, there is quite a low likelihood of becoming his/her stressed and depressed. On the other hand the male and female University sports person belonging to low socio economic status are having more stress and more general depression.

5.2.0 Conclusions

Within the limitations of the present study, the following conclusions were drawn:

1. Socio-Economic Status has got significant effect on the stress of University Sports person. Higher Socio-Economic Status has played a significant role in initiating or reducing the stress of the sports person.

2. Socio-Economic Status has also significant effect on the general depression of the University Sports person. High Socio Economic Status has led to lower levels of depression.

3. There is negative relationship of stress and Socio-Economic Status.

   In other words high the SES lower the stress.
4. No depression was found in the University Sports person belonging to high Socio Economic Status whereas depression was found in the sports person belonging to low SES. In other words the relationship of depression and SES was also negative just like in case of stress.

5.3.0 Implications of the Study

Any research must have some bearing on the theory and practice of the disciplines to which they belong. The results of the present study may be viewed from this angle. Due to the limited scope of the study far reacting recommendations cannot be made in the field but at the same time an effort be made in this direction. The implications of the present study are not difficult to implement. In view of the importance of sports steps must be taken to bring at par the sports person belonging to low economic status in order to enhance their sports performance.

The findings of the present study have significant implications for teachers, physical educationists, coaches, administrators and organizers of sports activities to frame more policies and plans for the upliftment of the social level of the sports person belonging to low socio economic status.

The Socio Economic Status has significant effect on the development of personality and that these ultimately influence the performance of sports person. The govt. should provide more scholarships and incentives to the...
emerging talented sports person belonging to the low socio economic status. Before selecting the sports person, their family background should be kept in mind. More incentives may be given to the sports person in addition to what they have already been given so that they may be able to compete with full confidence.

The stress and general depression has direct effect on the performance of the sports person having different level of socio economic status. Therefore, the coaches, physical educators and trainers must take steps to remove the stress and depression of the sports person before and after the competitions. Does it mean that the players belonging to low SES should not be selected as they would certainly be exhibiting the poor performance due to higher levels of stress and depression? No, a more positive approach should be adopted and a variety of stress management programmes can be run to deal simply with this problem. Yoga classes should be made a part and parcel for the sports person so that stress and depression may be removed from the minds of the participants. Latest psychological tests relating to stress and depression must be used. The results of these tests should be told to the students and steps should be taken to remove the same. There are variety of positive ways of coaching, which should be used for such players who belong to low SES.
The findings of the study may help in selecting the right candidates for participation in sports by taking psychological and socio economic factors into consideration.

State and Central governments must take steps for making use of psychological tests in the school/college level so that right type of sports person may be selected for participation at national/international levels.

5.4.0 Suggestions for further Studies

1. The study can be done by comparing athletes and sports person with these variables.
2. The study can be done by taking the college sports person and University Sports person.
3. The study can be done by taking the academic achievement of sports person as one of the variable.
4. The study can be done by taking different sports i.e. Hockey Vs Cricket, Football Vs Volleyball etc.
5. The study can be done by taking a large sample with these variables.
6. The study can be done between the Haryana Sports person and sports person of the other states with these variables.
7. The study can be done at district level also with these variables.
8. An effort should be made to check the efficacy of interventions as suggested in the implication.