CHAPTER-V
FINDINGS, CONCLUSION AND SUGGESTIONS

5.1 INTRODUCTION

The present study was conducted with the aim of examining wellbeing, aggression and emotional intelligence of medalist Judo players of M.D.U., Rohtak, K.U. Kurukshetra, C.D.L.U., Sirsa and Senior State Judo Championship (Haryana). The data of 200 (100 male + 100 female) judo players. This chapter deals with the findings, conclusion and suggestions.

5.2 FINDINGS OF THE STUDY

1. There exists a significant and negative correlation between aggression and self-awareness (dimension of SEIT). So it could be concluded that judo players have less aggression if they have more self awareness.

2. There exists a significant and negative correlation between aggression and empathy (dimension of SEIT). So it could be concluded that judo players have less aggression if they are more empathetic.

3. There exists a significant and negative correlation between aggression and social skill (dimension of SEIT). So it could be concluded that judo players have less aggression if they have more social skill.

4. There exists a significant and negative correlation between aggression and self regulation (dimension of SEIT). So it could be concluded that judo players have less aggression if they have more self regulation.

5. There exists a significant and negative correlation between aggression and motivation (dimension of SEIT). So it could be concluded that judo players have less aggression if they are more motivated.

6. There exists a significant and negative correlation between aggression and total Emotional Intelligence. So it could be concluded that judo players have less aggression if they are more emotionally intelligent.
7. There exists a significant and negative correlation between aggression and Well-being. So it could be concluded that judo players have less aggression if they have good well-being.

8. There exists a significant and positive correlation between well-being and self-awareness (dimension of SEIT). So it could be concluded that judo players have good self awareness if they have good well being.

9. There exists a significant and positive correlation between well being and empathy (dimension of SEIT). So it could be concluded that judo players have good empathy, if they have good well being.

10. There exists a significant and positive correlation between well being and social skill (dimension of SEIT). So it could be concluded that judo players have good social skill, if they have good well being.

11. There exists a significant and positive correlation between well being and self regulation (dimension of SEIT). So it could be concluded that judo players have good self regulation, if they have good well being.

12. There exists a significant and positive correlation between well being and motivation (dimension of SEIT). So it could be concluded that judo players have good motivation, if they have good well being.

13. There exists a significant and positive correlation between well being and total Emotional Intelligence. So it could be concluded that judo players have more emotional intelligence if they have good well being.

14. There exists a significant difference in aggression among male and female Judo Players. Male judo players are found more aggressive than their counterpart female judo players.

15. There exists no significant difference in Sports Emotional Intelligence among male and female Judo Players.

16. There exists no significant difference in well being among male and female Judo Players.

17. There exists no significant difference in self-awareness (dimension of SEIT) among male and female Judo Players.
18. There exists no significant difference in empathy (dimension of SEIT) among male and female Judo Players.
19. There exists no significant difference in social skill (dimension of SEIT) among male and female Judo Players.
20. There exists no significant difference in self regulation (dimension of Sports Emotional Intelligence Test) among male and female Judo Players.
21. There exists no significant difference in motivation (dimension of SEIT) among male and female Judo Players.
22. There exist no significant difference in aggression among medalist judo players of M.D.U., Rohtak, C.D.L.U., Sirsa, K.U.Kurukshetra and Senior State Championship. It means that various categories are belonged to the same population with regard to their means. So it can be concluded that judo players of different institutions taken for the study do not differ significantly.
23. It was found that that as regard to self-awareness (dimension of Sports SEIT), of judo players of M.D.University, Rohtak were found to be significantly different from the judo players of C.D.L.U. Sirsa and players of senior state level judo championship. However, judo players of K.U. Kurukshetra were not differed significantly with M.D.U. Rohtak. So it can be stated that judo players of M.D.University, Rohtak were found better in well being as compared to players of C.D.L.U. Sirsa and players of senior state judo championship.
24. It was found that as regard to empathy (dimension of SEIT) of judo players of M.D.University, Rohtak were found to be significantly different from the judo players of senior state judo championship. However, judo players of K.U. Kurukshetra and C.D.L.U. Sirsa were not differed significantly with M.D.U. Rohtak and Senior State Judo players. So it can be stated that judo players of M.D.University, Rohtak were found better in empathy as compared to players of senior state judo championship.
It was found that as regard to social skills (dimension of SEIT) no significant difference was found among judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U.Kurukshetra and Senior State Judo Championship.

It was found that as regard to self regulation empathy (dimension of SEIT), judo players of M.D.University, were found to be significantly different from the judo players of K.U. Kurukshetra and Senior State Judo Championship but not differed with C.D.L.U., Sirsa. However, judo players of C.D.L.U., Sirsa were significantly differed with Senior State Judo players. But players of senior state and K.U.Kurukshetra do not differed significantly with each other. So it can be stated that judo players of M.D.University, Rohtak and C.D.L.U., Sirsa were found better in self regulation as compared to players of senior state judo championship.

It was found that as regard to motivation (dimension of SEIT) no significant difference was found among judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U.Kurukshetra and Senior State Judo Championship.

It was found that as regard to total emotional intelligence, judo players of M.D.University, Rohtak were found to be significantly different from the judo players of senior state judo championship. However, judo players of K.U. Kurukshetra and C.D.L.U. Sirsa were not differed significantly with M.D.U. Rohtak, and Senior State Judo players. So it can be stated that judo players of M.D.University, Rohtak were found better in total emotional intelligence as compared to players of senior state judo championship.

It was found that as regard to well being, judo players of M.D.University, Rohtak were found to be significantly different from the medalist of state level judo championship. However, judo players of K.U. Kurukshetra, C.D.L.U. Sirsa were not differed significantly with M.D.U. Rohtak and medalist of senior state judo championship.

5.3 CONCLUSION

The present research is conducted in order to, “study the relationship between aggression, emotional intelligence and well-being among judo players”. Sports and aggression’s relationship has been studied broadly from last few decades, yet the
researchers have not reached to an imperfect perceptive of the association between the sports and aggression. Thus, a lot of researchers still try to see the link between these concepts and researchers not only in the discipline of physical education but also in various other disciplines continuously trying to make a general agreement about the relationship in order to illuminate and improve the performance of players in the sports. In the first half of the 20th century many researchers especially in the field of psychology and sports psychology assumed that sports participation may allow them to vent their aggressive nature. Generally, on the basis of these assumptions it is viewed that aggression is an internal force based on the frustration or the instinct. However, the current researches show that the selecting a game without having adequate abilities, aptitude or interest may leads to an increase in the level of individual’s aggression. Sport psychologists can distinguish between the instrumental and hostile aggression. The main aim of the hostile aggressive behavior is to inflict the physical and psychological injuries or problems to the others; whereas, the main target of the instrumental aggressive behavior is to simply attain an approved target or goal, such as to win a game. So it is important to distinguish clearly the level of aggression in most of the sports and specific sports situations, although not necessarily in the extreme contact or combat sports such as wrestling, boxing and judo etc. Individual who involves or participate in the sports exhibited the higher level of aggression as compare to those who do not involved in sports. However, it may be due to the sports attracts the peoples who are naturally more aggressive as compare to the others. In the current investigation, Gender factor was taken as an important factor in the development of the aggression. Researches indicated that males exhibit significantly high level of aggression than the females.

It has been determined that emotional intelligence is necessary in both individual and team game sports and can be the key factor in an athlete’s functioning within a team setting. In other words, emotional intelligence is a critical factor in determining whether or not an athlete wins and emotional intelligence often ‘makes or breaks’ a team. Research conducted on emotional intelligence and athletic performance illustrates, for instance, that emotional intelligence capacities have a direct effect on self regulation and mindset. For example, an emotionally intelligent
person can better adjust themselves according to the requirement of the demands of he situation. If the particular situation demands high level of arousal, as similar to our subject’s case of our study, emotionally intelligent individuals are better in getting themselves psyched up and motivating themselves. Equally, if the situation demands the participant to remains in the state of calmness, emotionally intelligent individuals can better relax themselves. The present found a negative and significant correlation between aggression and emotional intelligence of judo players. It is because aggressive behaviour of athletes may be harmful for an individual or for a team, while emotional intelligence play a vast role in sports achievement.

Well-being is important for talented young athletes. The present found negative relationship between aggression and well-being. Research has shown that certain psychological characteristics are essential for the development of expertise. These comprise high self-confidence, concentration that avoids distraction, and being able to handle anxiety and aggression and bounce back from mistakes. On the other side of the coin, a lack of well-being has been found to heighten the risk of aggression, risk of burnout, de-motivation and dropout from sport.

5.4 SUGGESTIONS FOR FURTHER RESEARCH

In the light of delimitations of study and results obtain, it is necessary to conduct more researches in this area. The following suggestions for undertaking further investigations may be laid in the continuity of the present study.

1. The present study was delimited to Haryana only, the same study may be conducted in other states/Universities of India.

2. A comparative study may be conducted on aggression, emotional intelligence, and well being among athletes of other sports.

3. Further studies may be conducted to find out the effect of different social and psychological factors on aggression, emotional intelligence and well being of Judo players.

4. Research may be undertaken to study the aggression as a function of behaviour pattern and personality profile of the athletes.
5. The research may be undertaken to study the aggression in relation to some other psychological variables viz. self-confidence, mental health, level of aspiration, anxiety etc.

6. The study can be applied to find out the effect of emotional intelligence on sports performance.

7. The study can also be done to find out the impact of well-being in sports performance.

8. Further study can be done to compare Aggression, Emotional Intelligence and well-being of participating and position winning judoka’s.

9. This study can be applied on a large sample of judo players of Haryana.