CHAPTER V
SUMMARY, CONCLUSIONS AND RECOMMENDATIONS
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The field of physical education has gone through many cycles over its long history. These cycles range from a strict authoritarianism to the liberal democracy of today. This transformation to the democracy has opened the field of physical education up to many new sciences, which are creating many new professional opportunities. If the cycles of physical education continue, this new professions will hopefully pave the way to future discoveries and studies of physical education.

In this new and modern scenario everyone desires to do one's personal best, to excel, to attain the highest standard of performance, and to be supreme in one's chosen field. This is a worthy human ambition which has led, and can continue to lead to increased standard and personal growth. Yet high level of achievement and excellence in any area do not come easily. There are numerous obstacles to be overcome and barriers to be pushed aside. The greatest barriers we confront in our pursuit of excellence and psychological and sociological barriers.

Psychological barrier like anxiety, fear, self-concept, adjustment and aggression other such parameters impose ourselves sometimes knowingly or unknowingly. These problems become a big obstacle in the path of progress. Although the person is in full form competition, high level anxiety affects the biological system of the body and imbalance the body movement and sociological barriers in the shape of facilities which are provided to us in over field are not enough to show good results.
It is important to say that competitive sports place very high psychological and physical demands on the participating individual. At any given point besides the need of adequate physical strength, they also require adequate level of mental, emotional and self esteem strength.

In the present scenario of competitive world of sports, it is not only physical differentials which matter but the psychological make up of an individual is also of paramount considerations as it plays decisive role in the performance of the competitors. Sports psychology is concerned with psychological factors that influence participation and performance in sports. Sports psychology is a division of psychology aimed at better preparing the mind of an athlete for competition. Sports psychologists study motivation, personality, anxiety, group dynamics, leadership, mental imagery, self-concept, aggression, adjustment and many other dimensions of participation in sports and games. It is well established fact that there are numerous psychological factors which effect and improve the sports performance. Sports psychologists coaches and physical educators teach sports psychology and work with athletes to improve performance and enhance the quality of sports and games.

The area of applied sports psychology has grown tremendously in recent years. As evident by the number of physical educators, coaches and athletes who are looking to sports psychology for a competitive edge. These individuals have turned to various psychological training programmes. The ways to manage competitive stress, control concentration, develop confidence, increase communication skills and team harmony. The aim of psychological interventions is to learn consistently to create the ideal mental climate that unleashes those physical skills that allow athletes to perform at their best.
The variables like aggression, anxiety, self-concept and adjustment have implications in the field of sports. Psychologist's behaviour that cognitive processes determine the behaviour of an individual in specific situations. This also manifests individual's perception of the situations that manifests behaviour and the variables of state, trait and sports competition anxiety. These variables are therefore important from the practical and theoretical point of view.

Aggression means violent attacking or efforts relate to the goal directed behaviour setters interference. Our first reaction is offered one if attacking and attempting to remove the obstacle. Aggression has long been a part of the sports domain. In fact the term aggression is extensively used in sports. If people in game are surveyed and asked to identify the characteristics of successful players aggression would be high in the list. Competition without aggression is a body without soul. Competition and Aggression are like twins. There is clear evidence in general aggression is more boisterous game like kabaddi helps in performance because it arouses players overtly to put in harder effort and keep them motivated to do and die for the success of the team. Contrarily aggression committed by players in contexts, situations or position in Kabaddi may impede performance of individual skill as well as success of the team. It has been emphasized since few decades that aggression or aggressive behaviour plays a vital role in different sports and games according to nature of activity some time it gives good results and sometimes it may cause very dangerous. Aggression directly effects on the sportsman's performance. Aggression is as old as human race it is so commonly manifested by supposedly higher from of intelligence such as man in this work. I am trying to address some of important issue such as aggressive behaviour, assertive behaviour and violent behaviour. In sports
contexts violent behaviour continue in competition because sports involvement and socialization presents a unique opportunity for young players to acquire behaviours that in most other social setting would be considered inappropriate. In addition to learning aggressive behaviour in field, young athletes may be exposed to role models television and other media which imply that violence in sport is legitimate or lawful. Why do players aggress in sports. A number of reasons have been proposed to explain players engage in retaliatory aggressive in sports, aggression that transcends hard play and the spirit and meaning of rules. These reasons include operational and as well as situational variables.

As kabaddi is a body contact game in which lots of physical strength is needed and has been traditionally played by the martial tribes of India, aggression is found to be an integral part of the game. All three types of sports aggression viz. assertive play, instrumental aggression and hostile aggression are witnessed in any game of kabaddi. During a raid, both the raider and the anti's display assertive play to dominate the other team physically as well as psychologically. When an anti displays overly aggressive play the raider may take an effort and try to show instrumental aggression when the anti comes on a raid in his half. Hostile aggression is also not an uncommon play witnessed in kabaddi.

An optimal level of arousal is necessary to complete a task such as performance or competition event. However, when anxiety or level of arousal exceeds that optimum, the result is a decline in performance. The same is the case in kabaddi. The coach of any kabaddi team tries to arouse his team optimally by way of pep talk or motivational talk but the effect of that talk on individual players is different. Some are motivated and some feel anxiety of different degrees. The effect is also different with the motivated ones giving a
performance equal to or above their capabilities and the others performing below par or turning in rough or bruising game.

It has been observed that the anxiety being felt by kabaddi players before or during a game can be due to the extrinsic reasons also. These extrinsic reasons could be their coach, village men, club members or officials, or the media reporting that match. In India kabaddi is the game of the rural and poor folks who normally play for their village or teams pride. Therefore the anxiety level during a match is of a feverish pitch and some times can turn a game in to a free for all situations also.

All these types of anxieties have a positive as well as negative effect upon the individual. The effects of a anxiety are positive only when it is experienced within a limit. When the anxiety ridden subjects are motivated and reinforced to do some work. They show better result.

The variables of self concept are significant and need to be studied both from the theoretical and practical point of view. The knowledge about these variables enables the teachers and coaches to take decisions in their jobs with young athletes from different disciplines of sports and develop them in proper way.

Since the self-concept regulates the behaviour of person, therefore, one must have higher self-concept. It is the higher self-concept, which generates the feelings of confidence and courage. So one must keep in mind the importance of self-concept as significant determinant of performance.

Like wise in kabaddi the self-concept is not to preserve one self but to put the team in front of everything else. The concept or the basic premise of kabaddi is not an individual or independent game but rather interdependent on every member of the team. It is like the musketeer's slogan: "one for all and all for one". During a raid all the anti's display this attitude and try to catch the
raider getting out or of they fail to act in unison the raider is back in his own help safely and the anti's have to play heavily by getting out in numbers.

Adjustment and success, particularly in team sport, go hand by hand. Social and emotional adjustments are considered to be the constant sources of inspiration to a player to adjust him/herself to the changing conditions that competitions present and to regulate his/her emotions to contribute to team’s success. A well adjusted individual can meet his needs with the resources available in his/her emotions to contribute to team’s success. A well adjusted individual can meet his needs with the resources available in his/her environment. Successful players are better adjusted ones when compared to unsuccessful and non-sports persons. Adjustment can be defined as a person’s interaction with environment. Each person constantly strives to meet his need so as to reaches his goals. At the same time he is under pressure from the environment of behaviour in a certain way. Adjustment involves the interaction of personal and environmental demands.

5.1 STATEMENT OF THE PROBLEM:

The purpose of study is to find out the impact of psychological variables in the field of physical education and sports.


5.2 SIGNIFICANCE OF STUDY:

The present research will be useful to understand the psychological differences between two groups: medalist and non-medalist kabaddi players. The findings of the study will be helpful in promoting mental health, positive self-esteem and to control sports competitive anxiety.
Anxiety has long been recognized as a vital sports psychological issue. Competition creates some anxiety in almost all the participants and for some individuals. The anxiety is also intense that the successful performance becomes impossible. The study is significant because it explored the phenomenon of state anxiety, trait anxiety, and sports competitive anxiety with varying levels of performance across gender in selected sports groups.

The present study proves to be a helpful tool in understanding the phenomenon of success and failure among the participants of kabaddi players with special reference to these selected variables. Further, this study may facilitate the process of developing techniques and ways to develop those characteristics which can be helpful in achieving success in sports.

"Sports is not a pristine activity in utopia but rather one that occurs in a society where on the fittest survive" (Stanley Eitzen, 1988) the history of sports activities is as long as the history of human evolution. Fitness played an important role in human evolution. Since sports descended from hunting and from the fitness that was and still is important for being successful in the fight for survival. Some hold that sports manifest a hegemonic masculinity. Encounters in sports reflect the aggressive and violent tendencies of both the players and spectators, and tend to produce satisfaction. Sports weather it is contact and non-contact involves Aggression, Anxiety and Violence, which in term the players required to get adjusted to these psychological variables to achieve the require goal. These psychological variables play a crucial role in the performance of the players. Sincere effort has been made by the researcher to investigate different types of behaviour of the players in contact game like Kabaddi.

The study will also be helpful in creating awareness among the sports persons and facilitates the physical educators, coaches, physical trainers,
sports psychologists and sports administrators in the process of selection, identification, physical and psychological preparation training for sports competitions.

Conversely the findings of psychological research must also reflect in the work of coaches with athletes in different sports disciplines. Therefore variables of self-concept are significant. The study will also facilitate in the selection and training of the athletes and in the development of psychological profiles of athletes in the light of their performance level.

Aggression is an inevitable element in the make up of human personality and has long been an indispensable part of the sports domain especially in the games relating to close physical contact with the opponents. Aggression may help in realising the performance because it arouses players to put in hard effort and the spirit of do and die for the success of the team. Aggression thus is an important psychological variable which was examined in various different sports settings to enable the players, coaches, and other concerned, to channelize and utilize the efforts appropriately. Competitive behaviour to a great extent depends on the strength of bonding among the members of the team. Since it is the team which wins or loses, not the individuals in kabaddi aggression appeared to be very important variable both from the performance and developmental point of view.

5.3 OBJECTIVES OF THE STUDY:

   For the present study researcher had formulated following objectives:

1. To assess the relationship of Aggression of Medalist and Non-Medalist men Kabaddi players at the level of All India Inter-University Tournament.
2. To assess the relationship of Anxiety of Medalist and Non-Medalist men Kabaddi players at the level of All India Inter-University Tournament.

3. To assess the relationship of Self-Concept of Medalist and Non-Medalist men Kabaddi players at the level of All India Inter-University Tournament.

4. To assess the relationship of Adjustment of Medalist and Non-Medalist men Kabaddi players at the level of All India Inter-University Tournament.

5. To determine the relationship between Aggression and Anxiety of medalist men Kabaddi players at the level of All India Inter-University Tournament.

6. To determine the relationship between Aggression and Anxiety on Non-medalist men Kabaddi players at the level of All India Inter-University Tournament.

7. To determine the relationship between Aggression and Self-concept of medalist men Kabaddi players at the level of All India Inter-University Tournament.

8. To determine the relationship between Aggression and Self-concept of Non-medalist men Kabaddi players at the level of All India Inter-University Tournament.

9. To determine the relationship between Aggression and Adjustment of medalist men Kabaddi players at the level of All India Inter-University Tournament.

10. To determine the relationship between Aggression and Adjustment of Non medalist men Kabaddi players at the level of All India Inter-University Tournament.
11. To determine the relationship between Anxiety and Self-Concept of medallist men Kabaddi players at the level of All India Inter-University Tournament.

12. To determine the relationship between Anxiety and Self-Concept of Non-medallist men Kabaddi players at the level of All India Inter-University Tournament.

13. To determine the relationship between Anxiety and Adjustment of medallist men Kabaddi players at the level of All India Inter-University Tournament.

14. To determine the relationship between Anxiety and Adjustment of Non-medallist men Kabaddi players at the level of All India Inter-University Tournament.

15. To determine the relationship between Self-concept and Adjustment medallist men Kabaddi players at the level of All India Inter-University Tournament.

16. To determine the relationship between Self-concept and Adjustment Non-medallist men Kabaddi players at the level of All India Inter-University Tournament.

5.4 HYPOTHESIS OF THE PROBLEM:

The following hypothesis has been formulated for the present study.

1. There will be no significant difference between Aggression of Medalist and Non-Medalist men Kabaddi players at the level of All India Inter-University Tournament.

2. There will be no significant difference between Anxiety of Medalist and Non-Medalist men Kabaddi players at the level of All India Inter-University Tournament.
3. There will be no significant difference in between Self-concept of Medalist and Non-Medalist men Kabaddi players at the level of All India Inter-University Tournament.

4. There will be no significant difference between Adjustment of Medalist and Non-Medalist men Kabaddi players at the level of All India Inter-University Tournament.

5. There will be no significant relationship between Aggression and Anxiety of Medalist men Kabaddi players at the level of All India Inter-University Tournament.

6. There will be no significant relationship between Aggression and Anxiety of Non-Medalist men Kabaddi players at the level of All India Inter-University Tournament.

7. There will be no significant relationship between Aggression and Self-concept of Medalist men Kabaddi players at the level of All India Inter-University Tournament.

8. There will be no significant relationship between Aggression and Self-concept of Non-Medalist men Kabaddi players at the level of All India Inter-University Tournament.

9. There will be no significant relationship between Aggression and Adjustment of Medalist Men Kabaddi players at the level of All India Inter-University Tournament.

10. There will be no significant relationship between Aggression and Adjustment of Non-Medalist Men Kabaddi players at the level of All India Inter-University Tournament.

11. There will be no significant relationship between Anxiety and Self-concept of Medalist Men Kabaddi players at the level of All India Inter-University Tournament.
12. There will be no significant relationship between Anxiety and Self-concept of Non-Medalist Men Kabaddi players at the level of All India Inter-University Tournament.

13. There will be no significant relationship between Anxiety and Adjustment of Medalist Men Kabaddi players at the level of All India Inter-University Tournament.

14. There will be no significant relationship between Anxiety and Adjustment of Non-Medalist Men Kabaddi players at the level of All India Inter-University Tournament.

15. There will be no significant relationship in between Self-concept and Adjustment of Medalist Men Kabaddi players at the level of All India Inter-University Tournament.

16. There will be no significant relationship between Self-concept and Adjustment of Non-Medalist Men Kabaddi players at the level of All India Inter-University Tournament.

5.5 DELIMITATION OF THE STUDY:

The present study delimited to the best eight teams of Men kabaddi players at the level of All India Inter University Tournament only.

5.6 SAMPLING:

Sample for the present study consist of best eight teams of All India Inter University Men Kabaddi Tournament. Out of these eight teams first four teams are awarded position in All India Inter University Tournament and considered the medalist teams, next four teams who defeated from medalist teams are considered non-medalist teams in the tournament.

Total sample for a study consist of eight teams of twelve players in each team i.e. 8x12 = 96.
5.7 TOOLS USED:

The investigator used aggression scale by km Roma Pal and Mrs. Tasneem Naqvi (1986) (Appendix-I), Sports competition anxiety test (SCAT) by Martens (1977) (Appendix-II), self-concept scale by Dr. (Miss) Mukta Rani Rastogi (1979) (Appendix-III) and Adjustment scale by Prof. D.N. Shrivastava and Dr. Govind Tiwari (1986) (Appendix IV) to collect the data for the present study.

5.8 STATISTICAL PROCEDURE:

Collected data was tabulated and t-test was used to find out the significant difference between medalist and non-medalist men kabaddi players at Inter University level. Pearson-product co-efficient of co-relation was used to find out the relationship among four variables i.e. Aggression, Anxiety, Self-concept, and Adjustment. The degree of precision was significant at 0.05 level.

5.9 CONCLUSIONS:

The present study proves to be helpful tool in understanding the phenomenon of success and failure among the participants of kabaddi players with special reference to these selected variables. Further, this study may facilitate the process of developing techniques and ways to develop those characteristics which can be helpful in achieving success in sports

The study will also be helpful in creating awareness among the sports persons and facilitates the physical educators, coaches, physical trainers, sports psychologists and sports administrators in the process of selection, identification, physical and psychological preparation for sports competitions. The study will also facilitate in the selection and training of the athletes and in the development of psychological profiles of athletes in the light of their performance level.
On the basis of interpretation of the results obtained, following conclusions may be drawn:

1. It is concluded that the variables under study are independent in nature and it is justified to undertake their study related to difference of these values between medalist and non-medalist inter university Kabaddi players.

2. It is also concluded that only Self-Concept and Adjustment of medalist kabaddi players show inter-relationship among each other.

3. It is concluded that the medalist players are having the higher level of aggression as compare to the non-medalist players.

4. It is concluded that there will be no significant difference in between the level of anxiety of medalist and non-medalist men kabaddi players at the level of inter university.

5. It is concluded that there will be no significant difference in between the level of self-concept of medalist and non-medalist men kabaddi players at the level of inter university.

6. It is concluded there will be no significant difference in between the level of adjustment of medalist and non-medalist men kabaddi players at the level of inter university.

7. It is concluded that the Medalist players are having the higher level of Health and sex appropriates constructs of self-concept as compare to the non-medalist players at the level of inter university.

8. It is also evident that the two groups of players show more or less equal level of self-concept in all other nine constructs.

9. It is concluded that the two groups of players exhibits more or less equal level of Adjustment in all four areas.
5.10 EDUCATIONAL IMPLICATION:

- On the basis of psychological variables, a coach or a Physical Education teacher can design the specific sports event for a particular category of kabaddi players.
- The research may help the physical education teachers and coaches to understand the importance of the psychological variable in sports-games.
- The similar study helps the all sports organisation to select the players for different level of competition by observing these psychological variable.

5.11 SUGGESTION:

- This type of Psychological research may be conducted on National-International level of different games like wrestling, football, Volleyball, kho-kho Judo, Boxing etc.
- The similar study may be conducted on female kabaddi players on different level of competition.
- The research may helpful for the similar study on subjunior, junior, senior national and international level kabaddi players.
- Same study may be conducted on other psychological variables like Behaviour, Emotion, Motivation and Stress on different games players at any level of competition.
- Same study can be conducted in Inter College level competition also.