CONCLUSIONS

The findings of our study had led us to draw the following conclusions:

**Anthropometrical**

The high performance female handball players had greater weight, height, sitting height, femur bi-epicondyle diameter, humerus bi-epicondyle diameter, shoulder width, upper arm length lower arm length, total arm length, lower leg length, upper leg length, total leg length, calf muscle girth and hand length, biceps muscle girth, wrist breadth, mesomorphic rating than low performance female handball players.

The low performance female handball players had greater skin folds, endomorphic ratings and ectomorphic ratings than High performance female handball players.

**Psychological**

1. High performance female handball players had higher Achievement Motivation than low performance female handball players.

2. Low performance female handball players had greater state trait anxiety and competition anxiety than High performance female handball players.

There is no significant difference in hip breadths of high and low performance female handball players.

These differences in anthropometrical and psychological characteristics gives high performance female handball players extra advantage in relation to
physical and mechanical aspects of handball, hence leading them to achieve higher performance in the game.