CHAPTER - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

The purpose of the study was to find out whether there is any difference in psychological and socio-economic factors between athletes and non-athletes of female students in central Kerala higher secondary schools. For this purpose, 240 samples, 120 each from athletes and non-athletes, from four districts of central Kerala were selected.

The psychological factors, Aggression was measured by using sports Aggression Questionnaire by Anand Kumar and P.S Shukla, Anxiety was measured by using sports competition Anxiety Test Questionnaire (SCAT) by Rainer Martens, Mental Health was measured by using mental health scale from Trier Personality Inventory by Peter Becker, Self- concept was measured using self concept list rating scale by PratibhaDeo and socio-economic status assessed by modified Socio Economic status scale by Kuppuswamy.

Reliability was established by the test and re-test method. Fifty subjects were tested on selected variables. The reliability co-efficient obtained for test and re-test data are given in the third chapter. All the tests used were standard tests and their reliability score also accepted.

One way ANOVA was used to find out significant difference if any among districts of athletics and non-athletes. In this design, the first categorical variable was Athletics and it was classified into two i.e. athletes and non athletes. The second categorical variable was districts and it consisted of four districts in central Kerala.
The psychological factors of aggression, anxiety, mental health, self concept and sociological factors of socio-economic status were used as the variables.

Two way analysis of variance for independent groups were applied to find out
1. Whether there is a significant variation in athletes and non athletes on aggression, anxiety, mental health, self-concept and socio-economic status 2. Whether there is a significant variation in different districts of central Kerala on aggression, anxiety, mental health, self concept and socio economic status. 3. wheather there was an interaction which meant whether the difference between athletes and non-athletes was the same for all districts.

CONCLUSIONS

The data on psychological and socio-economic factors among the female students in central Kerala higher secondary schools of athletes and non athletes were statistically analysed on the basis of the results obtained and the following conclusions were drawn.

1. It was found that the female students of athletes have higher scores on aggression, mental health, self concept than the non athletes of central Kerala higher secondary schools.
2. The student of non athletes is having more anxiety than the students of athletes irrespective of districts.
3. The socio-economic status of the non athletes of central Kerala higher secondary schools is better than that of student athletes.
4. The result of the study proved that there is significant difference between athletes and non athletes.
5. The findings of the study showed that there was no significant differences among Idukki, Ernakulam, Thrissur and palakkad districts athletes on aggression, anxiety and mental health.

6. The findings of the study explored that there was a significant differences among Idukki, Ernakulam, Thrissur and palakkad districts athletes on self-concept.

7. The findings of the study implied that there was no significant differences among Idukki, Ernakulam, Thrissur and palakkad districts non-athletes on aggression and anxiety.

8. The results of the study incurred that there was a significant differences among Idukki, Ernakulam, Thrissur and palakkad districts non-athletes on mental health and self-concept.

9. The results of the study examined that there was a significant differences among Idukki, Ernakulam, Thrissur and palakkad districts athletes on socio-economic status.

10. The results of the study examined that there was a significant differences among Idukki, Ernakulam, Thrissur and palakkad districts non-athletes on socio-economic status.
RECOMMENDATIONS

Based on the results of the study and the limitations encountered during the study the following recommendations are being made.

1. A similar study may be conducted among student of boys in central Kerala to find out their psychological and sociological variations.

2. A similar study may be conducted on the various age level of the male and female students.

3. A study may be conducted with other psychological variables among female students in central Kerala higher secondary schools.

4. A comparative study may be conducted between athletes and non athletes in central Kerala higher secondary schools to find out the physiological difference.

5. A study may be conducted to find out the relationship between psychological variables and performance level among athletes and non athletes.

6. The same study may be conducted to find out the psychological and sociological variations on different areas of Kerala like south and north Kerala

7. The same study may be conducted on other states to find out the psychological and sociological variations.