The aim of this study is to promote sports culture among the people especially among the Non Sports Persons. Adolescence is a sensitive state for adapting and growing emotions and giving shape of personality. Sports is a key for opening door to discover both physical and psychological strengths and weaknesses and it promotes responsible behaviour, forms character and identity and enhance overall wellbeing of adolescents. From a purely behavioral perspective, sport is a highly functional activity that can teach us how to adapt and survive in the real world. This includes the development of leadership skills and Qualities, respect for authority, competitiveness, cooperativeness, sportsmanship, self-confidence and reducing anxiety. For this study we took two groups, Sports personnel group and Non-sports personnel as comparison group for understanding the true effect of Sports participation on Social, Emotional, Health Home and Financial aspects as well as to learn more about the effect of sports participation on Body Mass Index, Fat % and on Physical Fitness components of the subjects viz Speed, Strength, Agility & Flexibility and to encourage all sedentary students for participation in sports activities.

This chapter is devoted to main findings, educational implications and inferential suggestions for further study. After the interpretation of data, the investigator was in a position to draw certain findings on the basis of analysis and interpretation. On the basis of Interpretation and Discussion of results shown in chapter-V, the following conclusions were drawn:
CONCLUSION

**Sports and Non-sports Persons**

1. It has been found that there is significant mean difference between Sports and Non-sports persons on Body Mass Index of Fat dimension level. Sports Persons were found to possess less Body Mass Index (BMI).

2. It has been found that there is significant mean difference between Sports and Non-sports persons on Fat percentage level. Recommended fitness category of Fat (adipose tissue) percentage ranges from 14% to 17%.

3. It has been found that there is significant mean difference between Sports and Non-sports persons on factor Shuttle Run (Agility, a measurable component of Physical fitness scale). Sports persons were found to possess agile body, having good coordinative abilities and flexibility as compared to Non Sports persons who were found to possess’ stiff body.

4. It has also been found that there is significant mean difference between Sports and Non-sports persons on factor 50 Yard Dash test, (Speed, a measurable component of physical fitness scale). Sports persons were found have more speed than their counterparts. Sports persons were found to be habitual runners. On the other hand Non Sports persons experience breathlessness and second wind due to lack of fitness and speed.

5. It has been found that there is significant mean difference between Sports and Non-sports persons on variable of Pull-Ups test (strength, a measurable component of physical fitness scale). Sports persons were found to possess’ muscular body. Their upper body was found to have good shoulder strength. In the contrary, Non-sports persons were found to have weak upper body.

6. It has been found that there is significant mean difference between Sports and Non-sports persons on variable of Modified Sit and Reach test (flexibility, a measurable component of physical fitness scale). Sports
persons were found to have flexible body. On the other hand Non Sports persons have stiff muscles in their body.

7. It has been found that there is significant mean difference between Sports and Non-sports persons on factor Social Adjustment. Sports persons were found more social, because they get more exposure of participating in different Sports/Social activities with different people of community. On the other hand Non-sports persons were found socially maladjusted, avoid social gatherings, shy and having feeling of loneliness. They are unable to express their point of view in social functions.

8. It has been found that there is significant mean difference between Sports and Non-sports persons on factor of Emotional Adjustment. Sports persons were found emotionally well adjusted than their counterparts. In contrary Non-sports persons remain confined to the four walls, were found depressed, unstable, irritating with full of worries and anxieties.

9. It has been found that there is significant mean difference between Sports and Non-sports persons on factor of Health Adjustment. Sports persons were found healthier and well nourished as compared to their counterparts Non-sports persons who suffer from many ailment and abnormal physique due to their sedentary life.

10. It has been found that there is significant mean difference between Sports and Non-sports persons on factor of Home Adjustment. Sports persons were found well adjusted at home than their counter parts. On the other hand Non-sports persons were found having many problems like inter-family attachments, fixation, and un-pleasant home life which are an outcome of peculiar and weird family circumstances.

11. It has been found that there is not significant mean difference between Sports and Non-sports persons on factor of Financial Adjustment.

12. It has been found that there is not significant mean difference between Sports and Non-sports persons on Composite score of Adjustment.
13. Sports persons were found well adjusted as compared to their counterparts. Non-sports persons were found having undue pressure and narrow range of social environment.

**Urban Sports and Urban Non-sports persons**

14. It has been found that there is significant mean difference between Urban Sports and Urban Non-sports persons on Body Mass Index of Fat dimension level. Urban Sports Persons were found to posses less Body Mass Index (BMI).

15. It has been found that there is significant mean difference between Urban Sports and Urban Non-sports persons on Fat percentage level. Fat/adipose tissue percentage of Urban Sports Persons ranged from 14% to 17% which is a fitness category.

16. It has been found that there is significant mean difference between Urban Sports and Urban Non-sports persons on factor Shuttle run test (agility-Physical fitness components). Urban Sports persons were found agile and quick in coordinative ability as compared to Urban Non-sports persons.

17. It has also been found that there is significant mean difference between Urban Sports and Urban Non-sports persons on factor 50 Yard Dash test (Speed component of Physical Fitness). Urban Sports persons were found to have good quality to perform fast movement to cover maximum distance in shortest possible time as compared to Urban Non-sports persons. On the other hand Urban Non-sports persons have less speed ability.

18. It has also been found that there is significant mean difference between Urban Sports and Urban Non-sports persons on factor Pull-Ups (Strength, component of Physical Fitness). Urban Sports persons were found to have exceptional strength than their counterparts.
19. It has also been found that there is significant mean difference between Urban Sports and Urban Non-sports persons on factor Modified sit and Reach test, (flexibility component of physical fitness). Urban Sports persons were found to have flexible body and joints than Urban Non-sports persons.

20. It has been found that there is significant mean difference between Urban Sports and Urban Non-sports persons on factor Social Adjustment. Urban Sports persons were found more social, adjustable in any environment, never face difficulty to give an oral report before class. They do not feel a sense of loneliness. In contrary Urban Non-sports persons were found socially maladjusted facing difficulty while speaking in front of their class or in the school assembly.

21. It has been found that there is significant mean difference between Urban Sports and Urban Non-sports persons on factor Emotional Adjustment. Urban Sports persons were found emotionally more adjusted, stable, not concerned with their personal worries or anxieties. Without getting disturbed and distracted. In contrary, Urban Non-Sports Persons get irritated easily, regret at their actions, feel depressed and worried all the time, which in turn hampers their academic achievement.

22. It has been established that there is significant mean difference between Urban Sports and Urban Non-sports persons on factor Health Adjustment. Urban Sports persons were found proper nourished, well adjusted, and physically & mentally healthier. In contrary Urban Non Sports Persons suffer from many ailments frequently like common cold, spells of dizziness and skin diseases.

23. It has been found that there is significant mean difference between Urban Sports and Urban Non-sports persons on factor Home Adjustment. Urban Sports persons were found well adjusted at Home, living in congenial and lively atmosphere. On the other hand Urban Non-sports persons have
usually disturbing environment in their homes. Siblings often disturb each other and had frequent family quarrels among their relatives.

24. It has been revealed that there is significant mean difference between Urban Sports and Urban Non-sports persons on factor Financial Adjustment. Urban Sports persons were found financially well adjusted getting financial support from parents/Guardians. On the other hand Urban Non-sports suppress their desires due to non availability of finances. They are being engaged by their parents/Guardians in earning livelihood. Their demands of life get crushed due to non availability of finance.

25. It has been found that there is significant mean difference between Urban Sports and Urban Non-sports persons on Composite score Adjustment. Urban Sports persons were found well adjusted because they have a sense of personal freedom, find healthy atmosphere around them, prove their metal well and achieve more than their potential as compared to Urban Non-sports persons.

Rural Sports and Rural Non-sports Persons

26. It has been found that there is significant mean difference between Rural Sports and Rural Non-sports persons on Body Mass Index of Fat dimension level. Rural Sports Persons were found to posses less Body Mass Index (BMI) than their counter parts. It has been found that Rural Sports persons increase Lean Body Mass (LBM).

27. It has been found that there is significant mean difference between Sports and Non-sports persons on Fat percentage level. Rural Sports Persons have less percentage of Fat/adipose tissue than Rural Non-sports Persons.

28. It has been found that there is significant mean difference between Rural Sports and Rural Non-sports persons on factor Shuttle run test (agility, one of the measurable components of Physical fitness). Rural Sports
persons were found to be more agile. While as Rural Non-sports persons were found to have lesser amount of coordinative abilities.

29. It has been found that there is significant mean difference between Rural Sports and Rural Non-sports persons on factor 50-Yards Dash test (speed, one of the measurable components of Physical fitness). Rural Sports persons were found habitual of working in the farms and fields for long hours and walk miles in their fields, having strong muscles than Rural Non Sports persons.

30. It has been found that there is significant mean difference between Rural Sports and Rural Non-sports persons on factor Pull Ups test (strength, one of the measurable components of Physical fitness). Rural Sports persons were found having good muscular strength as compared to Rural Non-sports Persons.

31. It has been found that there is significant mean difference between Rural Sports and Rural Non-sports persons on factor Modified Sit and Reach test (flexibility, one of the measurable components of Physical fitness). Rural Sports persons were found more flexible body than their counterparts.

32. It has been found that there is significant mean difference between Rural Sports and Rural Non-sports persons on factor Social Adjustment. Rural Sports persons were found more social. They obey the moral code of conduct, participate in different group activities, and leave from any congregation with proper permission. In contrary Rural Non-sports persons were found socially maladjusted having anti social tendencies, feeling a sense of loneliness and hesitation in dealing with the mob.

33. It has been found that there is significant mean difference between Rural Sports and Rural Non-sports persons on factor Emotional Adjustment. Rural Sports persons were found emotionally well adjusted. They don’t lag behind, and not concerned with their personal worries. On the other
hand Rural Non Sports Persons get irritated easily and leave their task midway. They are always disappointed and fed up with themselves.

34. It has been found that there is significant mean difference between Rural Sports and Rural Non-sports persons on factor Health Adjustment. Rural Sports persons were found healthier. They don’t lag behind if any difficult Physical task is given to them. On the other hand Rural Non Sports Persons suffer from ailments like Cold, unusual Heart Rate/ palpitation, headache and brain disorders.

35. It has been found that there is significant mean difference between Rural Sports and Rural Non-sports persons on factor Home Adjustment. Rural Sports persons were found well adjusted in the family having pleasant Home Life, cooperative parents, and feelings of home security. On the other hand Non-sports Persons face many problems of inter-family attachments, feel lack of real affection and love in their home.

36. It has been found that there is no significant mean difference between Rural Sports and Rural Non-sports persons on financial Adjustment.

37. It has been found that there is significant mean difference between Rural Sports and Rural Non-sports persons on Composite score of Adjustment. Rural Sports persons were found well adjusted than Rural Non-sports persons.

Urban and Rural Sports Persons

38. Urban and Rural Sports persons do not differ so far as Social Adjustment is concerned.

39. Urban and Rural Sports persons do not differ so far as Emotional Adjustment is concerned.

40. Urban and Rural Sports persons do not differ so far as Health Adjustment is concerned.
41. It has been found that there is significant mean difference between Urban and Rural Sports Persons on factor Home Adjustment. It was found that Rural Sports persons were more adjusted at home. Rural Sports Persons usually come from families of healthy environment, having enjoyable family life. On the other hand Urban Sports persons suffer from domestic dissatisfaction, ungenial atmosphere problems of inter-family relationships, attitudes or jealousy.

42. Urban and Rural Sports persons do not differ so far as Financial Adjustment is concerned.

43. Urban and Rural Sports persons do not differ so far as Composite score of Adjustment is concerned.

**Urban and Rural Non-Sports Persons**

44. Urban and Rural Non-sports persons do not differ so far as Social Adjustment is concerned.

45. Urban and Rural Non-sports persons do not differ so far as Emotional Adjustment is concerned

46. Urban and Rural Non-sports persons do not differ so far as Health Adjustment is concerned

47. Urban and Rural Non-sports persons do not differ so far as Home Adjustment is concerned

48. Urban and Rural Non-sports persons do not differ so far as Financial Adjustment is concerned.

49. Urban and Rural Non-sports persons do not differ so far as Composite score of Adjustment is concerned.
INFERENTIAL SUGGESTIONS

Findings of the study reveal that there are certain factors which can be manipulated so as to increase the participation in sports activities. The study also reveals that there are few factors also which must be taken into consideration so far as Non sports persons are concerned for fostering Adjustment. The study has its implications for parents, teachers, administrators and community members in general as follows:

1. To enhance the physical fitness of young people, the sports activities need to be initiated intensively at pre-school and school level. During this period, children should get opportunity to take part in various sports and co-curricular activities during schooling to develop their physical fitness and get well adjusted in the society.

2. The Health Related Fitness Tests/testing should be fully integrated into the physical education curriculum. In the fitness domain, the ultimate objective of physical education should be to aid the student in acquiring the skills, knowledge, and attitudes needed to become a lifetime exerciser and to maintain a good level of health-related fitness. When fitness testing is integrated into educational programs or curricula, it provides a mechanism for longitudinally tracking and monitoring physical fitness trends and risk for disease among individuals and groups. In an educational setting, individual tracking is most relevant as school is one of the few places where feedback can be provided to both participants and their parents.

3. Teachers should provide favourable attitude towards their students and should give them ample opportunities to share their emotions and desires freely. They should allow them to take part in the sports, co-curricular and cultural activities in and outside the school premises.

4. There should be regular counselling in schools and colleges, which can help Non-sports persons having adjustment problems, so that number of
Non-sports persons in the schools and colleges having these problems go on decreasing and there will be no such problem which affects their future prospects.

5. Special attention needs to be paid toward Social, Emotional, Health, Home and Financial problems of Non-sports persons.

6. Precautions should be taken before hand by parents, teachers and counsellors so that the Adjustment problems for the Non-sports persons do not arise,

7. Individual counselling, making use of appropriate intervention techniques should be implemented in order to strengthen the Adjustment factors associated with Sports Persons and alter the factors related to non-sports persons.

8. The strength and weaknesses among Non-sports persons need to be recognized by parents and teachers.

9. The present study has focused on the Social, Emotional, home, health, and financial dimensions of adjustment of Sports and Non-sports Persons. it can be used as inputs for deriving intervention strategies so that Non-sports persons are better adjusted to their environment. Non-sports persons should be motivated to take part in regular sports and co-curricular activities organised by school/college administration.

10. Appropriate testing equipment and facilities should be provided to ensure a satisfying and safe testing experience.

11. The educational administrators and policy makers should focus more on non- scholastic aspects so as to encourage the students to take part in it because the results of this study will equip the education department to study the psychology of adjustment

12. The research may help the physical education teachers and coaches to understand the importance of the psychological variable in sports-games.
13. A coach or a Physical Education teacher/Instructor should design specific sports event for Non-sports persons, so that they are motivated towards sports.

14. The similar study may help sports organisation to select the players for different level of competition by observing the interests of the students.

15. Due attention should be paid to the period of adolescence since the students at this stage are more prone to encounter different psychological problems which are likely to affect their physical, mental, social, emotional, health, and home adjustment.

16. Parents should create such an environment in which the children can express their feelings and share their emotions with them.

17. Opportunities should be given to the Non-sports children to realise that they too have their own independent existence, which can build self confidence in them.

18. Parents should not impose undue control and restrictions on their children to take part in sports activities. Excessive control may lead to psychological problems.

19. The study has its implications for sports teachers also. They should try to develop sound sports atmosphere in the school.

20. Well planned programs of physical and mental health should be initiated in all educational institutes.

21. Non-sports students in the schools should be provided recreational activities to keep them busy and to help them in utilising their leisure time for productive work.

22. The administrators should organise parent teacher meetings regularly and problems of their wards should be discussed openly so as to resolve them collectively.

23. Extension programs should be organised to help students to understand the benefits of physical education and sports.
24. Results of the study will lead to the deeper probing of the various research questions like why sports persons are more adjusted than Non-sports persons or what the case may be. It will need the restricting/realigning of the factors responsible for maladjustment.

25. State Government has recently included Physical Education as compulsory subject in curriculum and as a Subject at 10+2 level. Hence better modern sports Infrastructure should be developed with latest equipments in all the schools of Rural and Urban areas where students can improve their skills and performance in coaching camps and Non-sports persons get interested to take part in sports activities.
SUGGESTIONS FOR FURTHER RESEARCH

1. The present study should be replicated on large sample on different age groups and grades in order to generalise the results.

2. Investigation should also be carried out to compare the Sports Persons and Non-sports persons belonging to different areas of the districts of J & K State, so that Adjustment problems of students may be identified and proper measures is taken to prevent from being mal-adjusted.

3. Investigation should also be carried to compare Sports and Non-sports persons belonging to both the Divisions of Jammu and Kashmir, on different variables.

4. For wider generalization of results, the replica of the study may be extended to other districts or to other regions/States.

5. The intensive case studies on sports persons and Non-sports persons especially in rural areas should be under taken in order to derive objective inferences.

6. Remedial coaching for Non-sports persons should be conducted to see its effects on different variables of physical fitness and adjustment.