Chapter - 5

Summary, Conclusions and Recommendations
CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

The purpose of study was to find out whether there was any significant difference in Anxiety, Achievement Motivation, Socio-economic Status and Life Style Status, among the college level footballers, kabaddi players and softball players at different topography in India.

In order to achieve this purpose One hundred and twenty (120) college men Football, Kabaddi and Softball players at four topography were selected as subjects at random and their age was ranged between 18 to 25 years.

To assess the level of anxiety, Rainer Marten's (1997) sports competition questionnaire was used and data were obtained from the subjects.

To assess the achievement motivation, the sports achievement motivation questionnaire designed and validated by Kamalesh (1991) was used and data were collected from the subjects.

To assess the life style, “The Questionnaire” designed and validated by U.S Department of Health services, survey for life style in 1989 was used.

To assess the socio – economic status Shrivastava (1987) questionnaire was used and data collected from the subjects.
The entire filled in questionnaire, collected from the subjects were scored according to the scoring key. The total scores obtained were tabulated and statistically treated to arrive at meaningful conclusions.

Two way factorial design was used to find out the significant difference among the college men Football, kabaddi and softball players at four different topography. Wherever the factorial design was significant, the simple effect test was used to find out the overall cell mean significant difference. If the simple effect test was significant, Scheffe’s post hoc test was used to find out the paired mean significant difference Thirumalaisamy (1999)

5.2 CONCLUSIONS

With in the limitation of the present study, the following conclusions were drawn.

1. There was significant difference in Anxiety, Achievement motivation, Socio – economic Status, among the south, north, east and west zone college men Softball, Kabaddi and Football players.

2. The college level Softball players had greater anxiety level than the Football and Kabaddi players. Also Kabaddi players had greater anxiety level than the Football players.

3. The college level Football players had greater anxiety level than the Kabaddi players.

4. The North zone players had greater anxiety level than the south, east and west zone players. Further the south zone players had greater anxiety level than east and west zone players.
5. The North zone players had greater achievement motivation level than west, south and east zone players. Further west zone players had greater achievement motivation level than south and east zone players.

6. The Football players had greater life style, than Kabaddi players at different topography.

7. The North zone players had greater life style than South, East and West zone players. Further East zone players had greater life style level than South zone players.

8. Kabaddi players of North zone had greater life style than South zone and also Kabaddi players of East zone had greater life style than South zone.

9. Kabaddi players of North zone had a greater life style than softball players.

10. There was significant difference between life style of East zone college Football, Kabaddi and softball players. Further Football players of East zone had greater life style level than Softball players.

11. The Football players of north, south, east and west zones had greater achievement motivation level than the Kabaddi and Softball players. Further the Softball players of various zone had greater achievement motivation level than the Kabaddi players.

12. The west zone players had greater socio – economic status level than the east, south and north zones players. Further east zone players had greater socio - economic status than the south and north zone players and also the north zone players had greater socio – economic status than south zone players.
13. The Softball players of all zones had greater socio-economic status level than the football and kabaddi players and kabaddi players had greater socio-economic status than the Football player.

14. The Football player of east zone had greater socio-economic status level than north, west, and south zone further Football players of north zone had greater socio-economic status level than south, west zone.

15. The west zone Kabaddi players had greater socio-economic status than the south, east and north zones Kabaddi players. Further, the east zone

16. Kabaddi player had greater socio-economic status than the south and north zone Kabaddi player. Also, the north zone Kabaddi players had greater socio-economic status than the south zone Kabaddi players.

5.3. RECOMMENDATIONS

1. It is recommended that the selected psychological factors like Anxiety, Aggression, Self confidence, Life style, Achievement Motivation, Socio-economic status, Academic Achievement and Intelligence should be tested prior to the selection of the players and after the competitions, which play a vital role in achievement of high level of performance in sports and games.

2. Each sportsman requires, specific types of psychological qualities, which helps to achieve high-level performance in sports and games. Hence it is recommended to select the sportsmen for various sports and games as per the requirements of various psychological qualities. For instance,
the Kabaddi players should have greater anxiety qualities than the football and softball players. The anxiety level should be low for the softball player.

3. It is recommended to conduct various levels of competitions before the national competitions which helps to develop the selected psychological qualities required to a game or sport.

4. There should be at least one psychological and yogic expert to every yoga expert should be nominated for the each national team.

5. Similar studies may be undertaken by using other psychological variables.

6. Similar type of studies may be conducted for other sports and games.