Chapter – V

5.0 Summary, Conclusions and Recommendations:

5.1 Summary

Education is a continuous process which involves the individual in changing the attitude and behavior through experiencing the activity. It is continuous focus of construction and reconstruction of experiences which ultimately widen the vision, enlarges the outlook promotes the optimum development of personality. The Thesis is summarized with introduction, review of related literature, methodology and analysis and interpretation of data.

5.2 Conclusions:

1. It was concluded that Mental Ability of Male Chess Players are highly significant when compared to Male Non Chess Players.

2. It was also concluded that Mental Ability of Female Chess Players are highly significant when compared to Female Non Chess Players.

3. It is concluded that Mental Ability of Male Chess Players are high compared to Female Chess Players.

4. It is concluded that Mental Ability of Male Non Chess Players are high compared to Female Non Chess Players.

5. It is also concluded that there is a significant difference among Males and Females in mental ability.
6. It is concluded that Self Confidence of Male Chess Players are High Compare to Male Non Chess Players.

7. It is concluded that Self Confidence of Female Chess Players are High Compare to Female Non Chess Players.

8. It is concluded that Self Confidence of Male Chess Players are High compare to Female Chess Players.

9. It is concluded that Self Confidence of Male Non Chess Players are High Compare to Female Non Chess Players.

10. It is also concluded that there is a significant difference among Males and Females in self confidence

5.3 Recommendations:

1. Conducting a similar study, by adding other psychological factors such as goalsetting, Achievement motivation, concentration and imagery.

2. Doing a similar study on Individual and Team Games.

3. Conducting a similar comparative study between Elite and Non-Elite Male and Female athletes among other sport fields.

4. Comparing anxiety and self confidence between elite and non-elite athletes indifferent regions.

5. Conducting a similar study among female athletes of team sports and individual sports.

6. Conducting a similar comparative study in other team and individual sports athletes.
7. Conducting a similar study in adolescent and youth.

8. Investigating the relationship between trait anxiety and trait self confidence among elite and non-elite athletes.

9. Investigating the relationship between trait anxiety and trait self confidence among team game and individual game players.

10. Investigating relationship between state anxiety and state self confidence among elite and non-elite among female and male athletes.

11. Investigating the relationship between state anxiety and state self confidence among team game and individual game among female and male athletes.

12. Investigating the effect of stress management training program on anxiety among non-elite team game and individual game athletes.

13. Comparing the levels of anxiety and self confidence between female and male athletes among elite and non-elite team game and individual game players.

14. Comparing the anxiety levels of the elite and non-elite athletes prior to different competitions.

15. Measuring the time-specific patterns of anxiety development prior to a single competition and throughout the season in order to get a better insight into the cognitive anxiety of athletes.