CHAPTER-V

SUMMARY, CONCLUSION AND RECOMMENDATION

Summary

The purpose of the study was to analyze the sports specific personality and socio economic status of the sports participants of Mangalore University.

Total 534 sports participants of Mangalore University were taken as subjects of the study. The subjects were randomly selected from different colleges affiliated to Mangalore University. The subjects who represented Mangalore University in Inter-University tournaments were considered as high achievers and inter collegiate level participants were low achievers. The study was delimit to the sports participation in the year of 2013-14, 2014-15 and 2015-16. And the subjects were ranged 18 to 28 years.

In this study sports specific personality and socio economic status of sports participants were analyzed. Personality variables such as sociability, conventionality, dominance, self-concept, extrovert, mental toughness, emotional stability of the sports participants were compared in this study. All these variables tested using Sports Specific Personality Test (SSPT) constructed by Agya Jit Singh and H. S. Cheema.

Social status of the sports participants were analyzed in the study. For this purpose Socio Economic Status Scale (SESS) constructed by Rajbir Singh, Radhey Shyam and Sathish Kumar was used. Both the questionnaires supplied by National Psychological Corporation, Agra.

The subjects were consulted personally by the scholar. Before the administration of the tests the scholar personally met the principal of the particular college and took permission to collect the data. The subjects were called for the common place and necessary instruction was given to the respondents before the administration for the tests which include the purpose of the study and the procedure for answering the questions. The scholar motivated the student
respondents to respond truly.

The data was analyzed by applying the descriptive statistic techniques i.e. Mean, Standard Deviation, and t' test analysis in order to assess and compare the specific personality and socio economic status of sports participants of Mangalore Inter collegiate competitions. The data was analyzed by SPSS.

In the study critical statistical procedures were used to test the significant difference on sports specific personality between different groups like male and female sports participants, high achievers and low achievers, rural and urban area sports participants, individual and team event participants ( male and female participants separately). The differences of various groups in comparison with sports specific personality that has been illustrated graphically.

The socio economic condition of the sports participants was analyzed in the study.

Conclusion

1. There are highly significant difference in sports specific personality between male and female sports participants. Highly significant difference found in dominance, extraversion, conventionality and self-concept. Hence it is concluded that gender is the major role in deciding the personality.

2. There was no significant difference found in sports specific personality between high achievers and low achievers when it was taken as together (high achievers men and women, low achievers men and women). But when it was taken separately like high achievers men and low achievers men, high achievers women and low achievers women the significant difference was found. So it is concluded that the sports specific personality might have influence on sports performance of the athlete.

3. There was no significant difference found in sports specific personality between rural and urban sports participants both male and female together (rural sports participants men &women, urban sports participants men & women). But when it was taken
separately like men rural sports participants and men urban sports participants, women rural sports participants and women urban sports participants the significant difference was found. So study concluded that the particular environment that the sports persons reside is influence over their personality and performance.

4. There are highly significant difference found in sports specific personality (extraversion and mental toughness) between individual and team event sports participants (both men and women together). The extraversion, self-concept and mental toughness are high in individual sports participants compare to team event sports participants.

Highly significant difference found in sports specific personality (sociability, extraversion, conventionality and mental toughness) between female individual and team sports participants when it was taken separately for women. The result shows the team event participants have high personality compare to individual event sports participants.

Study shows highly significant difference in sports specific personality (extraversion and mental toughness) between male individual event and team event sports participants. The individual sports participants have scored less compared to team event sports participants. So study concluded that the personality of the individual influences on the selection of sports event and sports participation.

5. There was significant difference found in socio economic status between individual and team event sports participants. So study concluded that Socio economic status of the family influences on the selection of events.

6. There was highly difference found in socio economic status between male and female sports participants. It shows that the female sports participants are socially and economically sound compare to men participants. So it is concluded that the socio economic status of the family influence on female sports participation.
7. There was significant difference between sports participants from high socio economic status and middle socio economic status. So study concluded that the economic status of the family influences on sports specific personality of athlete.

**Recommendations**

Study may be in the light of the conclusions drawn, the following recommendations are made;

- Similar studies may be conducted on sports person of Mangalore University on other psychological variables related to performance.
- Study may be conducted on professional players to measure sports specific personality.
- A comprehensive study can be conducted large number of sample of individual and team events sports persona separately.
- Similar studies can be conducted on sports participants of other universities in Karnataka state.
- Study may be conducted on sub juniors, juniors, seniors and international players separately.
- Study can be conduct on low socio economic status group on sports participation.
BIBLIOGRAPHY