Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

The purpose of the present study was to prepare psychological profiles and compare successful and unsuccessful soccer players on certain psychological characteristics. The subjects for the study were 128 soccer players who participated in the South Zone and All India Interuniversity Football Tournament for the year 2000-2001. The unsuccessful soccer players were the four teams which lost in the first round of the South Zone Intervarsity Football Tournament held at Kozhikode, Kerala. The successful soccer players were selected from the four semi-finalist teams of the All India Intervarsity Football Tournament held at Punjab University, Chandigarh.

The following psychological characteristics were selected for comparison among the successful and unsuccessful soccer players.

1. Personality assessed by Eysenke Personality Inventory.

2. Aggression assessed by Sports Aggression Inventory.
3. Anxiety and Self-confidence were assessed by Competitive State Anxiety Inventory (CSAI-2).


5. Emotional Stability assessed by Emotional Maturity Scale.

6. Causal Attribution assessed by Robert's Attribution Questionnaire.

In order to compare between the successful and unsuccessful soccer players on selected psychological characteristics, the t-ratio was applied. The level of significance chosen to test the hypothesis was set at 0.05. Descriptive statistics was used to prepare the psychological profiles.

Conclusions

On the basis of the findings of the study the following conclusions may be drawn:

1. Successful players were more extrovert as compared to unsuccessful players and less in neuroticism.
2. Successful soccer players had higher somatic anxiety than the unsuccessful soccer players.

3. As compared to unsuccessful soccer players, the successful soccer players had a higher achievement motivation and possessed more aggressiveness.

4. The successful soccer players were emotionally more matured than the unsuccessful soccer players.

5. The successful soccer players attributed their success/failure to internal aspects, whereas the unsuccessful soccer players attributed to external aspects.

6. No significant difference were observed among the successful and unsuccessful soccer players on cognitive anxiety and self-confidence.

On the basis of findings it may be drawn that these variables attribute towards the success of players. To be successful the players must have the psychological characteristics as follows - they must be extrovert, less in neuroticism, high in somatic and cognitive anxiety,
more aggressive, high in achievement motivation, emotionally less unstable, internally more attributed and low in external attribution.

**Recommendations**

In the light of the conclusions drawn; the following recommendations are made:

1. Apart from the physical, physiological and performance variables, due consideration should be given to the psychological characteristics of the players in optimising performance.

2. Similar studies may be conducted selecting other psychological variables contributing to performance efficiency of players.

3. The study may be repeated on subjects of higher level and on professional players to understand their psychological characteristics.

4. Similar studies may be conducted on subjects of high school level players and girls to understand their psychological abilities.
5. Psychological training techniques should be adopted by coaches or other experts in optimising the anxiety levels and in boosting the self confidence of the players.

6. Physical education teachers and coaches should take into consideration the psychological pre requisites of game in talent search and selection of players.