CHAPTER - 5

MAIN FINDINGS, DISCUSSION, IMPLICATIONS AND SUGGESTIONS FOR FURTHER STUDY

After the interperation of data the investigator was in a position to draw certain findings on the basis of analysis and interpretation of the results.

MAIN FINDINGS

AGGRESSION

From Table 1 it was found that sex and games both have a significant difference in aggressive behaviours and the higher mean value of male players in Table 2 shows that they have more aggressive tendency then that of female players.

Where as table 3 shows that the mean values of contact, semi-contact and-non-contact games sportspersons have a significant difference in the aggressive behaviours and the higher mean value of contact games player shows that they are most aggressive as compared to semi-contact game and non-contact game players. It also shows that the semi-contact game players are also more aggressive as compared to non-contact game players.

Results of the study in table 4 shows that mean value of contact, semi-contact and non contact sportspersons has a significant difference in the aggressive tendency and the higher mean value of contact game sportspersons shows that they are most aggressive as compared to semi-contact and non-contact game sportspersons.
It also shows that the sportsmen of non-contact games are less aggressive as compared to semi-contact game sportsmen.

Table 5 shows that mean value of contact, semi-contact and non-contact sportswomen has a significant difference in the aggressive behaviour and the higher mean value of contact game sportswomen shows that they are most aggressive as compared to semi-contact and non contact game sportswomen. It also shows that the sportswomen of non-contact games are also less aggressive as compared to semi-contact game sportswomen.

From table 6 it was found that male players of contact and semi-contact games have more aggression as compared to their female players in their respective games. But the no significant difference in mean value of sportsmen and sportswomen of non-contact games shows that they have equal aggressive behaviour.

INTELLIGENCE

Results of table 7 shows that sex and games both have a significant difference in intelligence level and higher mean value of female players in Table 8 indicates that they are more intelligent than the male players whereas, in Table 9 the highest mean value of semi-contact games players shows that more intelligent than that of contact and non-contact games players. It also shows that players of contact games have lower intelligence level as compare to non-contact games.

Table 10 indicates that male section there is a significant difference in the mean values of intelligence of contact, semi-contact and non-contact games and the higher mean value of semi-contact games players shows that they are more intelligence than that of contact and non-contact game players. It also shows that
there is no significant difference in the mean value of non-contact games and contact game. So the players of non-contact games and contact games have same intelligence level.

From table 11 it was found that in female section the mean values of intelligence of semi-contact and non-contact games players have a higher significant difference than that of contact games and the higher mean value of semi-contact and non-contact games shows that they are more intelligent than that of contact game players. But the no significant difference in the mean value of sportswomen of semi-contact and non-contact games shows that they have equal intelligence level.

Table 12 shows that the female players of contact, semi-contact and non-contact games are more intelligent as compared to their male players in their respective games. Because the mean value of intelligence level of females players is significantly higher than the male players of the respective games.

ADJUSTMENT

Results of Table 13 tells that sex, games and interaction all have a significant difference in adjustment level and the lower mean value of female players in Table 14 shows that they are more adjusted as compare to male players.

Whereas table 15 tells that the mean values of adjustment level in contact, semi-contact and non-contact games sportspersons has a significant difference in them and the lower mean value of semi-contact games players shows that they are most adjusted in nature as compared to contact and non-contact game players. And the high mean value of non-contact game players than that of contact game players shows that they are less adjusted in nature as compare to the contact
game players.

From Table 16 it was found that due to the significant difference and lower mean value the male players of semi-contact game have better adjustment level as compare to contact and non-contact games male players. Whereas male players of non-contact games have less adjustment level as compare to contact game players.

Table 17 tells that due to the significant difference and lower mean values the contact and semi-contact game sportswomen shows the better adjustment as compared to the non-contact game sportswomen. It also shows that sportswomen of contact and semi-contact games have equal adjustment level in them.

Table 18 shows that male and female players of semi-contact games have the same adjustment level. But the male and female players of contact games and non-contact games have a significant difference and the lower mean value of female players shows that they have better adjustment level in their respective games.

CONTACT GAMES

Aggression:

Results of Table 19 concludes that in contact games sex and games both have significant difference in aggressive behaviour and the higher mean value of male players in Table 20 shows that they have more aggression as compare to female players.

Where as Table 21 shows a significant difference in between the mean values of aggression of Boxing and Judo is significantly higher than the mean value of Wrestling and Kabaddi players so it shows that Boxing and Judo players
have high aggression level as compare to the Wrestling and Kabaddi players.

From table 22 it was found that in male section there is no significant difference in the mean values of aggression of Boxing and Judo players. As well as Wrestling and Kabaddi players have no significant difference so they have same aggressive tendency. The mean values of Boxing and Judo players have a higher significant difference when compared with the mean values of Wrestling and Kabaddi players hence it shows that Boxing and Judo players are more aggressive as compared to Wrestling and Kabaddi players.

Table 23 shows that in female section the mean value of aggression in Boxing, Judo and Wrestling players have a high significant difference than that of Kabaddi players and the lower mean value of Kabaddi players shows that they are less aggressive as compared to Boxing, Judo and Wrestling players. It also shows no significant difference between the mean values of Boxing, Judo and Wrestling sportswomen. so the sportswomen of these games are equally aggressive.

Table 24 shows that male and female players of Boxing, and Wrestling have same aggression level in their respective games. But a significant difference occurs between male and female players of Kabaddi and Judo games and the higher mean value of male players shows that they are more aggressive than their female players in their respective games.

Intelligence:

Results of the study in table 25 found that in contact games sex and games both have a significant difference in intelligence level and the higher mean value of female players in Table 26 indicates that they are more intelligent than male players.
Results of the table 27 shows that due to no significant difference in mean values of Boxing, Kabaddi and Judo players they have equal intelligence level. But the lower mean value of Wrestling players shows that they are less intelligent as compare to Boxing and Kabaddi players.

From table 28 it was found that in male section of contact games their is no significant difference in mean values of intelligence of Boxing, Judo and Kabaddi players so they have equal intelligence level. But the lower mean value of Wrestling players shows that they have less intelligent level as compare to Boxing and Judo players. Whereas, Wrestling and Kabaddi male players have same intelligence level.

Table 29 indicates that in female section Kabaddi and Boxing, Boxing and Judo, Judo and Wrestling players have equal intelligence level because they have no significant difference in their mean values. Whereas due to high significant difference the Kabaddi and Boxing players were found more intelligent than Wrestling players, well as the Kabaddi, player were also found more intelligent than the Judo players.

Table 30 shows that Boxing, Judo and Wrestling female players have same intelligence level as their male players have in their respective games. But a significant difference occurs in Kabaddi male and female players and the higher mean value of sportswomen shows that they are more intelligent as compared to sportsmen of Kabaddi game.

Adjustment:

Results of the study in table 31 shows that in contact game, sex and games both have a significant difference in adjustment level and the lower mean value
female players in table 32 shows that they are better adjusted as compare to male players.

From table 33 it was found that Kabaddi players have better adjustment level as compared to Wrestling, Judo and Boxing players. But the adjustment level of Boxing, Judo and Wrestling players was found equal.

From table 34 it was concluded that in male section Wrestling, Judo and Boxing players have equal adjustment level. But they are less adjusted as compare to Kabaddi players.

In table 35 it was found that in female section of contact games the no significant difference in the mean value of adjustment of Wrestling, Boxing and Judo players shows that they have same adjustment level. But the lower mean value of Kabaddi players shows that they are better adjusted than Wrestling and Boxing players.

Table 36 indicates that in adjustment level of the Kabaddi male and female players is equal to each other but the female players of Boxing, Judo and Wrestling games are better adjusted than that of the male players in their respective games.

SEMİ-CONTACT GAMES

Aggression :

Table 37 tells that in semi-contact games the sex and games both have significant difference in aggressive behaviour and the higher mean value of male players in Table 38 shows that they have greater aggressive tendency than that of female players.

Whereas table 39 shows a significant difference in the mean values of aggression of Kho-Kho, Handball and Football players than that of Basketball
players and the higher mean value of Basketball players show that they are more aggressive than that of Kho-Kho, Handball and Football players. But no significant difference in mean values of Kho-Kho, Handball and Football players shows that they have equal aggressive behaviour.

From table 40 it was found that in male section the mean values of aggression of Basketball players have a higher significant difference than that of Kho-Kho, Handball and Football and the higher mean value of Basketball players shows that they are more aggressive as compared to Kho-Kho, Handball and Football players. But a no significant difference in the mean values of Kho-Kho, Handball and Football sportsmen show that they are equally aggressive in nature.

Table 41 indicates that in female section the mean value of Basketball players have a higher significant difference than that of Kho-Kho, Handball and Football and the higher mean value of Basketball players shows that they are more aggressive than to Kho-Kho, Handball and Football players. But a no significant difference in the mean value of Kho-Kho, Handball and Football sportswomen shows that they have equal aggressive tendency.

Table 42 shows that Kho-Kho, Handball and Basketball male players are equally aggressive as compared to their female players in their respective games. But a significant difference occurs in Football male and female players and the higher mean value of football male players shows that they are more aggressive than their female players.

Intelligence:

Table 43 indicates that in semi-contact games sex and games both have a significant difference in intelligence level and the higher mean value of female
players in Table 44 indicates that they are more intelligent than male players.

From Table 45 was concluded that Football and Handball players were more intelligence from the Kho-Kho and Basketball players. But the intelligence level of Football and Handball, Kho-Kho and Basketball player is equal.

For Results of Table 46 shows that in male section of semi-contact games Handball and Football, Football and Kho-Kho, Kho-Kho and Basketball players have equal intelligence level. Whereas due to high significant difference in mean values Handball and Football players were found more intelligent than Basketball players as well as Handball players were also found more intelligent than the Kho-Kho players.

From Table 47 it was found that in female section of semi-contact games the Football and Handball, Handball and Basketball, Basketball and Kho-Kho players have same intelligence level. Whereas due to higher significant difference in mean values Football and Handball players were found more intelligent than Kho-Kho players as well as the Football players also found more intelligent than Basketball players.

Table 48 indicates that the female players of Kho-Kho and Handball games has the same intelligence level as their male players have in the respective games. But there is a significant difference in the mean value of female players of Basketball and Football games than that of male players and the higher mean value of female players shows that they are more intelligent as compared to male players of their games.

Adjustment:

Table 49 concluded that in semi-contact games interaction and game have
a significant difference. But no significant difference for sex shows that male and female players are equally adjusted in semi-contact games.

In table 50 it was found that in semi-contact game Football players have lost adjustment level as compare to Kho-Kho, Handball and Basketball players. Whereas, Kho-Kho, Handball and Basketball players have same adjustment level.

Results of the study in Table 51 shows that in male section of semi-contact game the Handball players were found better adjusted as compare to Football, Basketball and Kho-Kho players. Whereas Football and Basketball, Basketball and Kho-Kho players have same adjustment level. But Kho-Kho players have better adjustment level than that of Football players.

From table 52 it was found that in female section Basketball players have better adjustment level than that of Handball and Kho-Kho players. It was also found that Handball, Football and Kho-Kho players have equal adjustment level.

Table 53 concluded that in adjustment level the male and female players of Kho-Kho and Football games have no significant difference, so they have same adjustment level. But the female players of Handball and Basketball games have better adjustment level than that of male players.

NON-CONTACT GAMES

Aggression:

Table 54 tells that in non-contact games the game and interaction both have significant difference in aggressive behaviour. But sex have no significant difference.

Table 55 indicates that mean values of Volleyball and Athleteic players have high significant difference as compare to the mean value of Gymnastic and
Cricket players and they higher mean value of Volleyball and Athletic players shows that they have more aggressive in nature than Gymnastic and Cricket players. It also tells that between Volleyball and Athletic, Gymnastic and Cricket players the aggression level is equal.

From table 56 shows that in male section of non-contact games the mean values of aggression in Volleyball and Athletics, Athletics and Cricket, Cricket and Gymnastic have no significant difference between them, so they have equal aggressive behaviour. But due to significant difference and higher mean value it was found that Volleyball players were more aggressive than that of Cricket and Gymnastic players as well as Athletic players were more aggressive than Gymnastic players.

Table 57 shows that no significant difference occurs in the mean values of aggression of Athletic, Gymnastic and Volleyball female players. So they have same aggressive tendency. But the mean value of Volleyball and Athletic sportswomen is significantly higher as compare to mean value of Cricket sportswomen. So they have more aggressiveness than that of Cricket sportswomen.

From Table 58 it was found that Athletic and Gymnastic female players has a equal aggressive tendency as compared to their male players. But a higher significant mean difference occurs in male players of Volleyball and Cricket as compare to their female the players. So it shows that male players of these game are more aggressive than that of female players in their respective games.

Intelligence:

Results of Table 59 indicates that for intelligence level in non-contact games,
sex and games have a significant difference and the higher mean value of male players in Table 60 shows that they are more intelligent than male players.

From table 61 it is found that Cricket and Gymnastic, Volleyball and Atheletic players have same intelligence level but the player of Cricket and Gymnastics were found more intelligence than that of Volleyball and Atheletic players.

From Table 62 it was found that in male section of non-contact games there is no significant difference in mean values of intelligence of Cricket, Volleyball and Gymnastic players so they have equal intelligence level. But the lower mean value of Atheletic players shows that they have less intelligence level as compare to Cricket and Gymnastic players. Whereas Atheletic and Volleyball male players have same intelligence level.

From Table 63 it was found that in female section of non-contact games the Cricket and Gymnastics, Gymnastic and Volleyball, Volleyball and Atheletics players have equal intelligence level. But due to the higher mean value of Cricket and Gymnastic players they were found more intelligent than Atheletic players, as well as the Cricket players were also found more intelligent than Volleyball players.

Table 64 concluded that female players of Gymnastic, Volleyball and Cricket game were more intelligent than that of male players in their respective games. But the male and female players of Atheletics have same intelligence level because they have no significant difference between their mean values.

Adjustment:

Results of the study in table 65 shows that in non-contact game, sex and games both have a significant difference in adjustment level and the lower mean value of female players in table 66 tells that they have better adjustment level than
that of male players.

Table 67 concluded that Cricket players have better adjustment level than that of Gymnastic and Athleteic players. It also shows that Volleyball players have better adjustment level as compare to Athleteic players. Whereas, Gymnastic and Volleyball, Volleyball and Cricket players have same adjustment.

From table 68 it was found that there in male section of non-contact games Atheltics and Gymnastic, Gymnastic and Volleyball, Vollyball and Cricket have same adjustment level. But Cricket players are better adjusted than that of Athleteic and Gymnastic players as well as the Volleyball players were better adjusted than Atheltics players.

Table 69 tells that in female section of non-contact games Gymnastic, Volleyball and Cricket players have equal adjustment level. But they have better adjustment level than that of Athleteic players.

Table 70 concluded that in adjustment level male and female players of Athletetic and Cricket have no significant difference between them, so they have equal adjustment level. But the female players of Volleyball and Gymnastic have better adjustment level than their male players.

**DISCUSSION**

Discussion on aggressive behaviour, intelligence and adjustment of sportspersons in contact, semi-contact and non-contact games have been made on the basis of interpretation of data given in Chapter 4.

**Aggression:**

As per first objective of the study it is found that contact game players have more aggressive behaviour than that of semi-contact and non-contact games
as well as non-contact game players have less aggressive tendency than that of semi-contact game players. So from the present study it was observed that as the body contact of players increases the aggressive behaviour also increases.

As per second objective of the study it was found that male players of contact game were most aggressive in behaviour as compared to semi-contact and non-contact games. It also tells that sportsmen of semi-contact games were more aggressive than that of non-contact games.

As per third objective of the study it was found that female players of contact game were most aggressive in behaviour than that of semi-contact and non-contact games. It was also concluded that female players of semi-contact games were more aggressive as compare to non-contact games.

The studies Brown (1982)\(^1\) and Martin et al. (1972)\(^2\) had supported the above findings. They concluded that as the body contact increase in 120 game their is also increase in aggressive behaviour. Cox (2002)\(^3\) also studied that contact game players have more aggressiveness than non-contact game players.

**Aggression and Sex:**

It was found that in combined sports the sportsmen were more aggressive than the sportswomen.

As per fourth objective of the study it was found that in contact games male players were more aggressive than that of female players.

As per fifth objective of the study it is found that in semi-contact games male players were more aggressive as compared to their female players.

\(^1\) Ibid., p 58.
\(^2\) Ibid., p 56.
\(^3\) Ibid., p 53.
Silva (1983)\textsuperscript{4}, Boran (1987)\textsuperscript{5} and Berkowitz (1963)\textsuperscript{6} supported that aggressive behaviour in men players is more than in women players.

As per sixth objective of the study it is found that male and female players of non-contact games have equally aggressive behaviour. Archer and Llyod (1987)\textsuperscript{7} and Baron and Bull (1976)\textsuperscript{8} supported the conclusion that female players were as aggressive as male players.

**Intelligence:**

As per first objective of the study it is found that sportsperson of semi-contact games were most intelligent as compared to contact and non-contact game. It also shows that non-contact game players have high intelligence level than the contact game players.

As per second objective of the study it was found that sportsmen of semi-contact games were more intelligent as compared to contact and non-contact games sportsmen.

As per third objective of the study it was found that female players of semi-contact and non-contact games have higher intelligence level than that of contact games.

The result of presently indicates that semi-contact game players have been found more intelligent in all section. This higher intelligence level of the semi-contact game player may be due to they have to face many new situation in their games because all the semi-contact games are team games and in such games

\textsuperscript{4} Ibid., p 53.
\textsuperscript{5} Ibid., p 30.
\textsuperscript{6} Ibid., p 56.
\textsuperscript{7} Ibid., p 59.
\textsuperscript{8} Ibid., p 58.
players have to take quick and right decision according to situations to make the moves to go in a right direction.

**Intelligence and Sex:**

It was found that in combined sports female players were more intelligent as compared to male players. As per fourth, fifth and sixth objectives female players were also found more intelligent than that of male players in games i.e. contact, semi-contat and non-contact games.

Maccoby and Jacklin (1976)\(^9\) supported that female players are more intelligent than male players.

**Adjustment:**

As per first objective of the study it was found that player of semi-contact games were most adjusted as compared to the players of contact and non-contact games. It was also found that contact game players were more adjusted as compared to non-contact game players.

As per second objective of the study it was found that in male section the players of semi-contact games were better adjusted than that of contact and non-contact games. It was also found that contact games players were more adjusted as compared to the non contact game players.

As per third objective of the study it was found that in female section players of contact and semi-contact games have better adjustment level as compared to non-contact game players.

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ibid., p. 58.
This results of the present indicates that semi-contact game players have better adjustment level than other. This may be due to the team games in this section. Because in team games all players have to play together to make success in the games and the results of the games depends upon all the players of the team, so it teaches them to make a joint move to get resuccess. Therefore, the situations of depending on each other makes them more adjustable in nature.

Adjustment and Sex:

It was found that in combined sports the sportsmen have less adjustment level than the sportswomen. Antonelli and Mascellani (1973)\textsuperscript{10} and Cratly (1972)\textsuperscript{11} have supported the study that female players have better adjustment level as compared to male players.

As per fourth, fifth adn sixth objectives the female players were found to have better adjusted than that of male players in all games i.e. Contat, Semi-contact and Non-contact games.

Aggression in Contact Games:

In the study of aggressive tendency in contact games it was found that Boxing and Judo players have more aggressive tendency than that of Wrestling and Kabaddi players.

Aggression and Sex in Contact Games:

In the present study it is as found that male players of Boxing and Judo games have more aggressive behaviour than that of Wrestling and Kabaddi games. It was also found that female section Boxing, Judo and Wrestling players have more aggressive tendency as compared to Kabaddi players.

\textsuperscript{10} Ibid., p 81.
\textsuperscript{11} Ibid., p 71.
It was searched that male and female players of Boxing and Wrestling have no difference in aggressive behaviour. But the male players of Kabaddi and Judo games have more aggressive tendency than that of female players.

Flaragan (1951)\textsuperscript{12} supported the study that boxers were found most aggressive.

**Intelligence in Contact Games:**

In the study of intelligence level in contact games, Boxing, Judo, and Kabaddi players have same intelligence level. But the Kabaddi and Boxing players have high intelligence level than that of Wrestling players.

**Intelligence and Sex in contact Games:**

In the present study it was found that in male and female section of contact games Boxing and Judo players have higher intelligent level than that of Wrestling players. In male section Boxing, Judo and Kabaddi players have same intelligence level. Whereas, in female section Kabaddi players have more intelligence level than that of Judo players.

It was found that male and female players of Boxing, Judo and Wrestling games have same intelligence level. But the female players of Kabaddi have high intelligence level than that of male players.

**Adjustment in Contact Games:**

In the present study of adjustment level in contact games it was found that sportswomen have better adjustment as compared to sportsmen in there games. It was also found that Kabaddi player were most adjusted as compared to Boxing, Judo and Wrestling players. But the Boxing, Judo and Wrestling players have the

\textsuperscript{12} Ibid., p 38.
equal adjustment level.

Adjustment and Sex in Contact Games:

In the present study it was found that sportsmen of Kabaddi have better adjustment as compared to Boxing, Judo and Wrestling sportsmen but the Boxing, Judo and Wrestling sportsmen have equal adjustment level. The Kabaddi games players also have better adjustment level in female section as compared to the Boxing and Wrestling players. But the sportswomen of Boxing, Judo and Wrestling have equal adjustment level.

It was searched that female players of Boxing, Judo and Wrestling players have better adjustment level than that of their male players in their respective games. But the male and female players of Kabaddi have equal adjustment level.

Aggression in Semi-Contact Games:

It was found that in semi-contact games male players were more aggressive than female players. It was also found that players of Basketball were more aggressive as compared to Kho-Kho, Handball and Football players.

Aggression and Sex in Semi-Contact Games:

In this study it was found that in both sections of male and female Basketball players have more aggressiveness than that of Kho-Kho, Handball and Football players.

Intelligence in Semi-Contact Games:

It is found that in semi-contact games male players have less intelligence level than that of female players. It was also found Handball and Football player have more intelligence than that of Kho-Kho and Basketball players.
Intelligence and Sex in Semi-Contact Games:

In this study it was found that in male section of semi-contact games Handball and Football players have high intelligence level than that of Basketball players. It was also found that Handball players have more intelligence level than the Kho-Kho players. In female section it was found that Football and Handball players have high intelligence level as compared to Kho-Kho players. It was also found that Football players have more intelligence level than that of Basketball players.

It have found that male and female players of the Kho-Kho and Handball have the same intelligence level. But the female players of Basketball and Football have higher intelligence level than their male players.

Adjustment in Semi-Contact Games:

In this study it was found that Football players have best adjustment level as compared to Kho-Kho, Handball and Basketball players. But the players of Kho-Kho, Handball and Basketball have same adjustment level.

Adjustment and Sex in Semi-Contact Games:

In the present study it was found that in male section of semi-contact games Handball players have best adjustment level as compared to Kho-Kho, Basketball and Football players. But the sportsmen of Kho-Kho and Basketball, Basketball and Football have equal adjustment level. Whereas, in female section it was found that Football, Handball and Kho-Kho players have equal adjustment level. But Basketball players have better adjustment level as compared to Handball players.

It is seen that Kho-Kho and Football male players have same adjustment level as their female players have in their respective games but the Handball male
players have better adjustment as compared to their female players. It was also found that female players of Basketball players have better adjustment as compared to their male players.

**Aggression in Non-Contact Games:**

It was searched that in non-contact games there was no difference in aggression of sportmen and sportswomen. It was found that Volleyball and Athletics players were more aggressive than Cricket and Gymnastic players but the Gymnastic and Cricket, Cricket and Athletics players have same aggression level.

**Aggression and Sex in Non-Contact Games:**

In the present study it was found that in male section Volleyball and Athletics players have more aggressiveness in their behaviour than that of Gymnastic players. Whereas, in female section it found that Volleyball and Athletics players were more aggressive than that of Cricket players and the players of Volleyball, Athletics and Gymnastic have equal aggressive behaviour.

It was searched that male and female players of Athletics and Gymnastic have equall aggressive tendency in their respective games. But the male players of Volleyball and Cricket have high aggressiveness than that of female players in respective games.

**Intelligence in Non-Contact Games:**

In the present study it is found that in non-contact games the intelligence level of female players is higher than the male players. It was also found that Gymnastic and Cricket players have higher intelligence level than that of Athletics and Volleyball players.
Intelligence and Sex in Non-Contact Games:

It was found that in male and female section of non-contact games the Cricket and Gymnastic players have more intelligence level than that of Athleletic players. But in male section the Cricket, Gymnastic and Volleyball players have same intelligence level. Whereas, in female section the Cricket players have high intelligence level than that of Volleyball players.

It was searched that there is no difference in intelligence level of male and female players of Athleletic but the female players of Gymnastic, Volleyball and Cricket have more intelligent level as compared to their male players in their respective games.

Adjustment in Non-Contact Games:

In this study it is found that in non-contact games female players have better adjustment level than that of male players. It was also found that the Athleletic players have lower adjustment level as compared to Gymnastic, Volleyball and Cricket players. It was found that cricket players are better adjusted than the Gymnastic players.

Adjustment and Sex in Non-Contact Games:

In the present study it was found that in male section of non-contact games Cricket players have better adjustment as compared to Athleletic and Gymnastic players.

It was found that in female section of non-contact games Gymnastic, Volleyabll and Cricket players has same adjustment level. But they were better adjusted as compared to Athleletic players.

It was searched that male players of Athletic and Cricket has same adjustment level as their female players have. But the female players of Gymnastic
and Volleyball have better adjustment level as compared to their male players.

Implications of the Study:

The findings of the present study have obvious applied implications for Physical Education and Sports in our country. Sportsmen/women participating in various categories of sports activities, expresses significant variations in their psyche. Sports participation helps in increasing the crystallized adjustment, intelligence and manage aggression that further contribute to better performance.

Sports persons with more adjective behaviour and better intelligence level can easily understand various aspects of sports and can develop a discrimination in sports ability, quality of sport and the factors responsible for better sports performance. These activities were not within the reach of ordinary people who can hardly offer to understand the movement analysis and techniques and sports, comparison of correct and incorrect performance to find out faults to be rectified for better performance. So such sports persons of better adjustment and intelligence level should suggest to participate in semi contact games and less adjusted to contact-games and non-contact games and the I.Q. in all sports'groups should be of optimum level for both sex.

Aggressiveness is highly related to the performance in the games and sports. Aggressiveness contribute to increment in sports capacity in one category of games while the same may not help or even at times hinder performance in other category of games. Moreover moderate quantity of aggressive behaviour is essential for sportsmen/women irrespective of other participation in various kind of sports category. So sports person of most aggressive tendency are suggested to participate in contact games, less aggressive in semi-contact games and least aggressive to participate in non contact games. And the players having high
intelligence and adjustment due are suggested to participate in semi-contact or team games.

So long physical fitness factors aggressiveness, optimum level of intelligence and adjustment are to be kept in mind while selecting or putting sportsmen/women in various sports activities. Further, more development of adjustment intelligence and aggressiveness congenial to sports activities be formed a part of regular curricular activities for the building or emerging sportsmen/women at the adolescent stage.

The findings of the present study have significant implications for teachers, physical educators, coaches, administrators and organizers of sports in our country. They have to frame more scientific curriculum including the latest development in sports techniques, sports medicine etc. Moreover, more effective and more scientific training activities should be imparted to those engaged teaching physical education and sports at various levels.

Suggestions for further study:

The present study is a step towards understanding the problem of aggression, intelligence and adjustment among the sportspersons. However, the investigator feels that more studies of this type should be undertaken till a better understanding of the effect of aggression, intelligence and adjustment is developed. Some of the problems in this area which can be undertaken for further investigation may be stated as follow:

1. More studies on aggression, intelligence and adjustment with a large number of samples and large number of games/sports may be conducted to understand the problem in depth.

2. The effects of some other dependent variable besides aggression, intelligence and adjustment such as anxiety, aspiration, somototyping etc,
on the sports performance of some other independent variables may be investigated.

3. Difference in aggression, adjustment and anxiety before and after the event/games may be another study.

4. A similar study can be conducted on international players of different games.

5. A similar study in comparison of sportsperson and non-sportsperson may be conducted.