Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

The purpose of this study was to highlight the extent of knowledge and attitude of First Division Soccer Players of Goa towards drugs, alcohol and smoking. Hundred First Division Soccer Players of Goa were randomly selected as subjects for this study.

After setting up the objectives and contents, a questionnaire was constructed by going through various related literature on drugs, alcohol and smoking. Further, a lot of discussion with soccer players other than First Division Soccer Players and information obtained from experts in the field of health were taken so as to prepare an appropriate questionnaire. The questionnaire so prepared was modified with the help of pilot study. This pilot study questionnaire was administered to twenty First Division Soccer Players of Goa. The complete analysis of the questionnaire, including difficulty rating and index of discrimination was done. Thereafter, the modified questionnaire after the pilot study, was administered to hundred randomly selected First Division Soccer Players of Goa for the purpose of this study.
For analysing the responses given by the subjects the Chi-square test was used in order to find out the divergence of observed results from those expected on the hypothesis of equal probability. Reliability of the knowledge part of the questionnaire was identified by using Kuder-Richardson Formula, which was 0.70. The level of significance chosen was 0.05.

Conclusions

Within the limitation of the present study, the following conclusions have been made:

1. The First Division Soccer Players of Goa overall, possess a sound knowledge about drugs, alcohol and smoking except in a few questions.

2. The subjects responses conclude that they possess a positive attitude towards drugs, alcohol and smoking and their harmful effects. However, it is pertinent to note that in a few responses certain myth and social environment have influenced the attitude of the soccer players.

Recommendations

On the basis of conclusions drawn, the following recommendations were made:
1. Similar study may be conducted on various sports hostels, like Kendriya Vidyalaya Sangathan Sports Hostel, Navodaya Vidyalaya Sports Hostel, Sports Authority of India Sports Hostels etc.

2. A similar study may be conducted on members of social groups such as N.S.S. volunteers, Alcoholic Anonymous, Women's Organisations, Non-governmental Organisations etc.

3. Such a study may also be conducted on the coaches and physical education teachers in identifying their knowledge and attitude towards drugs, alcohol and smoking.

4. A study on metropolitan cities, north-eastern states, areas influenced by tourism etc. may be conducted in a similar manner.

5. A study on elite level of sportspersons may be conducted to assess their knowledge and attitude about drugs, alcohol and smoking.