CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

The main purpose of this study was to find out the relationship between the selected psychological variables to selected motor components and sports skills of high and low fitness groups. The subordinate purpose was to compare high and low fitness groups on selected psychological variables and selected sports skills.

The subjects were one hundred male students of B.Sc. Physical Education of Mahananda Mission Harijan College, Ghaziabad. In order to select high and low fitness groups, AAHPER youth fitness test was administered and performance in each of the test items was recorded. The performance was further converted into the composite scores and a merit list was prepared. The top 20 percent subjects and the bottom 20 percent subjects were selected for this study, as high and low fitness groups respectively.

The independent variables selected were psychological variables namely attention, anxiety, pain tolerance, locus of control, sports self-confidence (state & trait), achievement motivation and depth perception. To measure the attention and depth perception the electric mirror drawing and depth perception apparatus were used respectively. Pain tolerance was measured by the gross pressure test.
The anxiety, locus of control, sports self-confidence (state and trait) and achievement motivation were measured by the standard questionnaire prepared by the Rainer Martnes, Anand Kumar and S.N. Srivastava, Robin S. Vealy, and M.L. Kamlesh respectively.

The dependent variables selected were motor components that is speed, explosive strength, endurance, agility, flexibility, and two hand coordination and selected sports skills, that is, hitting the target, shooting in Basketball, serving in volleyball, and throw for accuracy (Basketball). Motor components that is speed, explosive strength endurance, agility, flexibility and two hand coordination were measured by 50 mt. dash, standing broad jump, 12 min. run/walk, shuttle run, sit and reach test and two hand coordination test respectively. To measure the sports skills, hitting the target test, basketball field-goal speed test, volleyball serving test and basketball throw for accuracy test were used.

The reliability of data was ensured by establishing the instrument reliability, testers reliability, reliability of tests and subjects' reliability.

In order to find out the relationship of selected psychological variables to selected motor components and sports skills of high and low fitness groups, Pearson's Product Moment Method of correlation was employed. To
compare the high and low fitness groups on selected psychological variables and selected sports skills ‘t’ test was employed.

The analysis of data revealed significant relationship of selected psychological variables to motor components of high fitness groups that is Pain tolerance Vs Explosive strength (.586), Pain tolerance Vs Agility (-.463), Pain tolerance Vs Endurance (.483), Locus of Control Vs Speed (-.695), Locus of Control Vs Agility (-.595), Locus of Control Vs Flexibility (.495), Achievement Motivation Vs Speed (-.472), Achievement Motivation Vs Agility (-.445), Achievment Motivation Vs Flexibility (.643), Sports self-confidence (trait) Vs Speed (-.453), Sports Self-confidence (trait) Vs Endurance (.681), Sports self-confidence (trait) Vs Flexibility (.675), Sports self-confidence (state) Vs Endurance (.721) and Sports self-confidence (state) Vs Flexibility (.604). The low fitness group did not show significant relationship of selected psychological variables to motor components. In sports skills only sports self confidence (state) of low fitness group have significant relationship with serving in volleyball (.493). The level of significance was .05 for 18 degree of freedom.

The findings revealed significant differences on pain tolerance, achievement motivation and sports self-confidence (state) in case of selected psychological variables of high and low fitness groups. The findings also revealed no significant differences on attention, anxiety, locus of
control, and depth perception in case of selected psychological variables of high and low fitness groups. The findings further revealed significant differences in case of sports skills of high and low fitness groups.

**Conclusions**

With the limitations identified and on the basis of the results of the study the following conclusions were drawn:

1. The pain tolerance were significantly related to explosive strength, agility and endurance of high fitness group;

2. The locus of control were significantly related to speed, agility and flexibility of high fitness group;

3. The achievement motivation were significantly related to speed, agility and flexibility of high fitness group;

4. The sports self-confidence (trait) were significantly related to speed, endurance and flexibility of high fitness group;

5. The sports self-confidence (state) were significantly related to endurance and flexibility of high fitness group;

6. Psychological variables were not related significantly to motor components of low fitness group;
7. Psychological variables and sports skills of high fitness group were not related significantly;

8. Sports self-confidence (state) is related significantly with the performance of serving in volleyball of low fitness group;

9. The high and low fitness groups were found to be different from each other on pain tolerance, achievement motivation, and sports self-confidence (state), and

10. The high and low fitness group were found to be significantly different from each other on sports skills.

Recommendations

In the light of the results of this study, the following recommendations can be made:

1. Performance of pain tolerance as a psychological variable plays an important role to improve explosive strength, agility and endurance. Similarly, locus of control plays vital role to improve speed and flexibility. It shows that to have better physical fitness, the psychological training pertaining to pain tolerance and locus of control should be given priority;
2. Achievement Motivation as a psychological variable should be introduced in training of sports persons to have better motor fitness performance;

3. For the development of motor fitness components the stress must be given to sports self-confidence (state & trait);

4. The similar study may be undertaken on other sportsmen,

5. Similar study may be conducted on female subjects of different ages other than those employed in this study, and

6. Similar study may be conducted on psychological variables other than those employed in this study.