CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

Human performance is a composite of many variables such as structure of the body, the specific measurements of the limbs’ circumferences, breadth and body build. The physical fitness and physiological conditions are likely to influence skill development and performance in the game or sport. In addition to this psychological factors also play a dominant role for the better performance.

Generally competition is involved at all levels of sports activity and without mental preparedness, it is not possible for the athlete to achieve higher standards and win competition. As in physical education so in sports, general principles from several branches of psychology go to study the behaviour of sportsmen. Sports coaching purely individualistic branch of teaching and the coach has to pay individual attention to each of his athlete. No training in the sports field is complete without reference to the psychological study and psychological training of athletes. All other factors – biological and sociological being equal, psychological condition of an athlete decides his success or failure in competition. Sports like shooting and archery demand a tremendous psychological training of the players.

Personality reveals the psychological make up of an individual through his behaviour. In fact, it is the quality of a person’s total behaviour. Personality is a dynamic and continuous process of learning in which the individual acquires the typical modes of responses. The word personality is used to subserve all the factors inherited or acquired, which make up an individual. It is the total sum of what one is, one’s typical response patterns and behaviour patterns. Temperament is a
configuration of observable personality traits, such as habits of communication, patterns of action, and sets of characteristic attitudes, values, and talents. It also encompasses personal needs, the kinds of contributions that individuals make in the workplace, and the roles they play in society.

The Puducherry state government through its Directorate of School Education is entrusted with the responsibility of providing adequate infra-structure, physical education and sports programmes, special coaching camps and conduct of sports meets in this state. Sports meets, tournaments are being organized under the supervision of these Physical Education teachers employed in schools, right from inter-class level of the respective schools to National level, in which almost all the students are given an opportunity to prove their abilities in the respective games of their choice. Students who represent their schools in zonal, district, state and national levels are being coached by coaches of the respective disciplines deputed by the Sports Council. Even though the government through its departments show much interest to coach the students of the state in all major games, unless adequate psychological training were given to the players, the winning chance shall always elude. A detailed analysis to know the impact of different coaching and sports participations on the personality dimensions and temperament traits of the school boys was felt necessary to know their present status, identify the deviations and to suggest proper psychological preparations In this research the investigator was interested to know what is the present state of the personality dimensions and temperament traits of the basketball, football and volleyball players of different topography in Puducherry state.

Thus, the purpose of this study was to assess the personality dimensions and temperament traits of school level basketball, football and volleyball players from different topography and to find out the differences among them. To facilitate the
study 180 school players, (60 basketball, 60 football and 60 volleyball players) who represented their schools in inter school competitions were selected from different topography of Puducherry, Karaikal, Mahe and Yanam as subjects at random and their age was between 15 to 18 years. The research scholar selected personality dimensions (a.) Extroversion / Introversion and (b). Neuroticism / Stable. The temperament traits selected for this study were (a). Active (b) Vigorous (c) Impulsive (d) Dominant (e) Emotionally Stable (f) Sociable and (g) Reflective. Eysenck personality Questionnaire - revised was used to measure the personality traits, extroversion / introversion and neuroticism / stable of the subjects and Thurstone Temperament Schedule (TTS) was used to measure the temperament traits of the subjects. Since the research is aimed at determining the differences between the variables of different players and zones, 3 x 4 Factorial design was used for this study. Standard questionnaire were administered to ascertain the groups’ personality dimensions and temperament traits. The collected filled in questionnaire were converted into standard scores as described by the authors. The collected data were subjected to statistical treatment to find out any differences between the groups in the dependent variables selected using 3 x 4 Factorial Analysis and the results were presented.

The subjects were compared on selected criterion variables among school players of different topography. The selected criterion variables were measured from the selected three groups of four regions of Puducherry state. Hence the 3 x 4 factorial analysis of variance was used to find out the significant difference if any, among the groups (3) and four different regions (4) on selected criterion variables, personality dimensions, extroversion / introversion and neuroticism / stable; temperament traits active, vigorous, impulsive, dominant, emotionally stable, sociable and reflective In all the cases, 0.05 level of confidence was fixed to test the significance, which was considered as appropriate.
The results proved that there was significant difference in personality dimension extroversion / introversion between football players and basketball players and football players and volleyball players and there was no significant difference in personality dimension Neuroticism / Stable. The 3 x 4 factorial analysis results on temperament traits, active, vigorous, impulsive, dominance, emotional stability, sociability and reflective proved that there was no significant differences among temperament traits, active, vigorous, impulsive, emotional stability, and reflective among basketball, football and volleyball players and on dominance and sociability proved that there were significant differences.

The results proved that there was significant difference in personality dimension extroversion / introversion between Puducherry and Yanam regions; Karaikal and Yanam region players and there was no significant difference in personality dimension Neuroticism / Stable among different regions. The results proved that there was no significant differences among temperament traits of active, vigorous, impulsive, dominance, sociability and reflective among Puducherry, Karaikal, Mahe and Yanam regions and significant differences on emotional stability among different regions’ players.

5.2 CONCLUSIONS

The following conclusion have been arrived on the basis of the results of this study:

1. The conclusion has revealed that there was significant difference among basketball, football and volleyball players in personality dimension of extraversion/introversion. Further it was inferred that the football players were significantly extravert than basketball and volleyball players. The analytical study of this thesis has facilitated to identify that there was glaring difference among players of Puducherry.
region particularly scored more in extraversion than Yanam region players. The conclusion sheds light on the findings that karikal region players were extravert than the player from Mahe and Yenam Region

2. The conclusion underlines that there was no major differences among basketball, football and volleyball players in personality dimensions of neuroticism/stable and there was no significant difference among players of different region of Puducherry, Karikal, Mahe and Yanam.

3. The outcome of the conclusion is that there was no significant difference among basketball, football and volleyball players in temperament traits of Active and players of different regions of Puducherry, Karikal, Mahe and Yanam as well.

4. There was no significant difference was surfaced not only among basketball, football and volleyball players in temperament traits of Vigorous but also the players among different regions of Puducherry, Karikal, Mahe and Yanam. A significant difference was identified in conclusion interaction (Factor A*B) on temperament traits of Vigorous and the simple ANOVA for each cell proved that there was significant difference between Puducherry, Karikal and Mahe basketball players with Yanam basketball players.

5. The focal point of concluding chapter is that there was no significant difference among basketball, football and volleyball players in temperament traits of Impulsive and players of different regions of Puducherry, Karikal, Mahe and Yanam.

6. A significant difference was identified among basketball football and volleyball players in temperament and it is the dominant trait of them. The football and volleyball players were more dominant than
basketball players and the conclusion proclaims that there was no significant difference among the players of Puducherry, Karikal, Mahe and Yanam regions and the temperament traits of them are dominant.

7. As far as the temperament traits of emotional stability is concerned that there was no significant difference among basketball, football and volleyball players of all regions. There was an agreement in the conclusion that a clear difference was found among players of Puducherry, Karikal, Mahe and Yanam region on temperament traits of emotional stability. Yanam players shows more emotional stability than Karikal players. Apart from the above presented arguments, a convincing conclusion shows that there was significant difference among interaction (Factor A*B) on temperament traits of emotional stability and the simple ANOVA for each cell proved that there was vital difference between Mahe and Yanam region of Basketball players and Karikal and Yanam region of football players.

8. The conclusion shows that there was significant difference among basketball, football and volleyball players in temperament traits of Sociability and there was significant difference between basketball and football players.

9. Despite there was no noticeable difference among basketball, football and volleyball players on temperament traits of Reflective and the difference among players of Puducherry, Karikal, Mahe and Yanam region was not traced.
RECOMMENDATIONS

The findings of this study proved that there was difference among basketball, football and volleyball players of different regions in Puducherry state on selected personality dimensions and temperament traits. Since worth pondering differences were recorded on psychological variables among the players of different topography. The physical education teachers, sports Managers and coaches can use this findings as recommendations when selecting the players.

SUGGESTIONS FOR FURTHER RESEARCH

During the course of this study the investigator has confronted a number of ideas and suggestions and these can be used as guidelines for future researches. The rich experience gained by the investigator paved the way for the following suggestions for further research.

1. Coaches and players may concentrate more psychological aspects of preparations for identifying and selecting the successful players
2. A similar research may be generated among women players.
3. A study among different levels of players may be conducted to reach their winning performance from the selected variables of this study.
4. A similar study incorporating the skills of the players along with anthropometric and psychological variables may be conducted.
5. The athletes like jumpers, throwers and runners can follow this study for the enhancement of their skill in the domain of sports.