CHAPTER-V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS
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SUMMARY

The purpose of the study was to find out whether there existed differences of anxiety degrees between the individual sportspersons with that of the team sportspersons of Manipur at the National level and state tournaments during the period from 1995-2000. This study was aimed at the finding out of the degrees of anxiety felt by the individual sportspersons and team sportspersons of Manipur within a period of five years.

The subjects were both males and females of Manipur. These subjects were comprised of National level and State level sportspersons only.

The degrees of anxiety were measured with the aid of accepted questionnaires and ‘t’ test methods. The questionnaires were distributed to the subjects by direct handing over and by means of post. The distributed questionnaires were again collected by the same means of distribution after having received the required responses.
The responses were again transmitted into digital forms and the various scores were set out on different tables according to subdivided categories. The result of the data were again compared minutely as per the subjects concerned.

There were three categories of anxieties among the sportspersons. The three categories of anxieties were measured out with the stated aids. The team sportspersons had a little lower degrees of anxiety at the first-degree that is before the beginnings of the competition. In the other two categories the fluctuations were of insignificant. In other words it can be stated that the teams and the individuals had decreasing anxiety levels during the progresses of the competitions and at the ends of the competitions although the diminishing levels differed.

The result of the study is that both the individual sportspersons and the team sportspersons of Manipur showed the same tendency of reactions to anxiety at the fields of games and sports.
Conclusions

Within the ambit of the present study, the following conclusions may be drawn:

1. There were significant differences in anxieties between the individual players and the team players at the stage of sports competitions just prior to the beginnings of the plays.

2. There were no significant differences of anxieties between the individual sportspersons and team sportspersons during the stage of actual competitions.

3. There were also no significant differences of anxieties between the individual sportspersons and team sportspersons of Manipur at the final conclusions of sports competitions.

4. The team sportspersons had a higher morale than the individual sportspersons of Manipur prior to the actual competition started.

5. The individuals had higher levels of morales than the team sportspersons during the progresses of the plays and at the conclusions of the plays although insignificant.
The mode of anxieties experienced by both the individual and team players had different amplitudes but the trend of anxiety feelings for both the subjects had similar faces.

Recommendations

The results of the present study may attract the following recommendations:

1. A similar study may be conducted on other states of India.

2. A similar study may be conducted on the college-going athletes of Manipur.

3. A similar study may also be conducted for two or more states of India for a fixed period of time.

4. An intensive study like the present nature may also be successfully conducted on the sports coaches, umpires and teachers for a fixed period.

5. An extensive study having the same profile of study may also be carried out for certain games and sports which are being prevalent at the state of Manipur.

6. The same topic may be again studied with a wider amplitude having the scope of anxiety remedy and application thereof.
7. A similar study with the view of pointing out the drawbacks of anxiety and the causes of anxiety may also be carried out