Chapter- 5
SUMMARY, CONCLUSION AND RECOMMENDATION

5.01 Summary

As we know in a country like India where cricket is very famous team game and it is mostly played by all age category peoples and even, most of the parents have that same feeling to see their children as cricketers and to take it as their career profession. The cricket tournament which has been conducted under the authority of Association of Indian Universities has tremendously giving its advantages for grooming excellent cricketers for the country. Cricket is the game which required different types of techniques and strategies with different types of psychological balancing for handling time to time situation in the matches. In a cricket match all the players are responsible with his performance at different point of time as it is a combination effort of bowling, fielding, batting, catching, keeping and running. Hence the research scholar is keen interested to be taken up the present study stated as “Analysis of Emotional Intelligence, Aggression, Burnout and Stress Vulnerability of cricket players at Intervarsity Level”

This chapter aims at summarizing the matters of the proceeding chapters. The main point of the study was to find out the level and status of Emotional Intelligence, Aggression, Burnout and Stress Vulnerability of cricket players at Intervarsity Level.

The data pertaining to this study were collected on 300 west zonal interuniversity level cricketers. Those cricketers were the source of data. The number of sample (n= 300) were selected for the study. Out of which 100 were the batsmen, 100 spin bowlers and 100 fast bowlers. There Age ranged between 18 to 25 years.

To give a better shape to the study and for logical interpretations the research scholar had gone through various related reviews of literature, in the process the research scholar cited all those critical as well as allied reviews of literature from Shivaji University, Kolhapur, Pune University, Pune., Mumbai University, Mumbai., SGB Amravati University, Amravati, and different libraries and searching various internet sites. It is also evident that, all the reviews of literatures are relevant to the research study.

For the purpose of to find out the significant difference among the cricketer’s group viz. batsmen, fast bowlers and spin bowlers in the selected psychological variables Onaway Analysis
The findings of statistical analysis revealed that the significant differences were found among batsmen, fast bowlers and spin bowlers in social skill (3.75), aggression (4.15), reduce sense of accomplishment (5.33) and stress vulnerability (4.93). It was also evident that from the statistical findings that there was no significant difference among the batsmen, fast bowlers and spin bowlers in the sub-factor self-awareness (.70), motivating oneself (.379), managing emotions (.491), empathy (1.73), physical and emotional exhaustion (2.13) and devaluation (.72).

5.02 Conclusions

On the basis of statistical findings and within the limitations of the study, the following conclusions are drawn.

The sub factors Self-awareness, Empathy, Motivating oneself and Managing emotions of emotional intelligence did not show any significant difference among the three groups of cricketers viz. batsmen, fast bowlers and spin bowlers (Table No.02, 08, 06 and 04)

1. The sub factor social skill showed higher level in batsmen as compared to fast and spin bowlers because the finding revealed greater emotional intelligence in them (Table No.11)
2. Significant difference was found in aggression among the batsmen, fast and spin bowlers where spin bowler showed higher level of aggression (Table No 14)
3. Reduced Sense of Accomplishment of burnout showed significant difference among batsmen, fast bowlers and spin bowlers.

Table No.16 indicates that fast bowlers are significantly higher in reduced sense of Accomplishment in compare to batsmen and spin bowlers.

4. The two sub factors Devaluation and Emotional/Physical Exhaustion of the factor burnout did not show any significant difference among the three groups of cricketers i.e. batsmen, fast bowlers and spin bowlers (Table No.21 and 19).
5. Fast bowlers showed higher level of stress vulnerability as compared to batsmen and fast bowlers (Table No 24).

5.03 Recommendations
The scholar himself is a cricketer. He has represented Shivaji University, Kolhapur at West Zone Intervarsity Cricket (Men) Tournaments for five times, also represented Vinu Mankad Trophy (Under 16) and C. K. Naidu Trophy (Under 19) on behalf of Maharashtra team and also participated for the selection trial of Maharashtra Ranaji Trophy cricket team. He was captain of Kolhapur District cricket team for five times. He has own Cricket Academy at Kolhapur.

On the basis of his experience in cricket field and the discussion with the coaches and Intervarsity cricket players the following recommendations are suggested.

**Recommendations for improving Emotional Intelligence**

Self awareness of emotions enhances the team players to practice self regulation which is the capability to use emotions to enhance the advancement of the game. In sports players must be with their emotions to interact efficiently. So they can reduce their emotions in others. The players with better self-awareness learn to mix with others and try to create ‘we’ feelings in the team-mates. So they know that such type of feelings often useful at the critical time. Players must balance their moods. Because of this the anxiety, anger or fear do not come in the progress or performance. A player who can control their emotions he can performs better. Firstly players must identify their feelings or mood and find out the sources and influencing factors. Then decide about how to behave with others. Every player must learn to develop the self-awareness and emotions must be managed by them.

Players must motivate themselves. This capability to be optimistic and hopeful despite barriers, outright failure or setbacks is difficult for pursuing big term targets in game. Successful team needs intrinsic persistence, vision and motion among players. The team players are not only liable for their own motivation but also play a major role in motivating their team players. Thus motivation is an important emotional intelligence element that enhances to move ahead through negative and positive perspectives of working life by revealing dedication, initiative and perseverance as well as being target oriented proactive and focused.

Empathy means being capable to put themselves in someone else shows to identify what are the feelings of other players. There is no need to tell them. Many times players don’t share their views with other players about what they feel. In tone of body language, facial expression
and voice both we find. Thus it is recommended that empathy must be developed for self awareness being tried to own emotions of an individual which makes it simpler to read and perceive other players' feelings. The capability to link to others enhances positive relationships in response to other players' emotions and impact others is the last component of emotional intelligence. Thus it is recommended that empathy must be developed and social skills must be resolved to perceive interpersonal relationships, to prevent collisions and to manage disagreements.

It can be concluded that burnout is mentally and physically challenging. Pressure to succeed along with criticism from coaches, teammates and parent can create huge anxiety and stress. Burnout shows as dropping out of sport and quitting a task that was once enjoyable. Burnout can exist if high expectations are placed on coaches or players excessively and the players are pressurized too hard too rapidly. Players must be able to manage with disappointment and stress. It is essential that small term disappointment not be allowed to translate into long term failure. Fewer accomplishments of sports and associated rewards are additional factors to reduce burnout. The burnout prevalence is not known with certainty. Many factors are involved in burnout development these are particularly essential, inconsistent feedback and negative performance evaluations from officials and coaches and overtraining. Over security by trainers, parents, sport officials and coaches are an extra factor. Thus sport related situations conducive to development of burnout in players are superimposed on behavioral and biological demands.

**Recommendations for reducing Aggression**

It is recommended that management must make major punishment revisions so that rule infringing behavior outcomes in penalty that have higher punitive value than essential reinforcement. They must also assure appropriate coaching of team players specifically for new players in cricket which stresses a reasonable play conduct code among all cricketers.

It is recommended that management must restrict the use of alcohol at the events of sports. They must ensure that facilities are sufficient regarding spacing and catering requirements and the modern amenity provision. The media must place in appropriate prospect the separated occurrences of aggression that can exist in cricket rather than making them highlights. It is recommended that media must market a campaign to reduce aggression and violence in cricket
which will also include involvement and commitment of coaches, management, athletes, spectators and officials.

It is recommended that managers, cricketers, coaches, officials, authority figures and media must involve in workshops on violence and aggression to assure that they understand the aggression topic why it exists, the aggressive acts cost and how aggressive behavior can be managed. It is recommended that officials, coaches, managers and media must motivate cricketers to employ in social behavior and penalize those who perform hostile acts. It is recommended that cricketers must involve in programmes targeted for supporting them decrease behavioral tendencies towards aggression. The tightening of norms, changing of reinforcement patterns and imposing difficult punishments are only part of responses to prevent aggression in cricket. The cricketer must assume responsibility for her or his behavior.

**Recommendations for recovering from burnout**

A number of protective factors can hinder burnout emerging in the first place is mental training, management of deliberate energy, a stable social contacts and family background that are not referred purely in success terms. But however better the care early signs may be missed or risk factors are assessed incorrectly. To prevent this player get caught up in burnout spiral, action must be carried out on coaching side long before clinical psychiatric or psychological intervention is required. It is recommended that psychological checkups must be conducted by sports psychologists and must experience such checks, irrespective of their success or their specific discipline. It is recommended that players must take breaks while playing cricket because between competitions and during practices they must relax for some time and regroup with team members about the play to win the game. The coaches are recommended to develop the players personal control perception which will develop the player's enjoyment, productivity and confidence. The teammates and coaches are recommended to work together to induce a supportive atmosphere that involves interacting with each other and recognizing those players at the starting of the play to support the burnout onset. The key to be successful in sports is to start with an underlying fun of what they are performing and showing up notwithstanding of winning the trophy of the sport.
**Recommendations for eliminating Stress**

There are several techniques that can be useful in reducing or preventing induced stress in cricket. Meditation, relaxation training, breath control, yoga, biofeedback, hypothesis and prayer these are all technologies that support to relieve stress. The players who are under excessive induced stress work in sports with sports medicine psychologists or clinicians who can teach them some of these processes.

Stress could be affected if the player is new in cricket and does not have knowledge or skills of the sport. It is essential to not participate in sport too severely. If the sport is a kind of stress relief or relaxation then this must be verified every time anything becomes overwhelming. It is recommended that players must develop their skills by making errors and it will be good for them. The second way to impact the response of the body to a stressful incident is more to perform with players who are experienced in a specific sport. In this case a professional sport that the variation between two competitors is not their skills or fitness but their mental preparation because physical skills are virtually identical.

Creating a positive mental resolution when the player completes their activity gives success of future. Positive mental resolution simply means that they find a way to imagine themselves and their performance. If the player succeeds the game, players require to do is mention what they perform well and attempt to replicate it in future games. It is recommended that players must make a positive mental resolution.

Some techniques are used such as imagery, though stoppage, setting up positive surroundings and reframing develops the rehabilitative method. Players must set up a relationship with their cricket support systems and trainers. A support system can outcome in adherence to rehabilitative method. If harm exists the support system of the cricketer can relieve grieving method. In order for cricketers to reduce or prevent the existence of anxiety and stress problems, management strategies must be implemented. It is recommended that applying and implementing a stress management technique efficiently can become an important element in a player routine and the player can implement the chosen technique to the stresses of daily life.

**5.04 Scope for Further Work**
1) A parallel study could be undertaken by selecting subjects to dissimilar age, sex and level achievement other than those selected for the present study.

2) A similar study may be repeated by selecting the different important variables other than those selected for this study such as self-awareness counseling rewards and incentives, motivation, behaviour pattern, diet and nutrition, consumption of alcohol etc.

3) Similar study may be undertaken on the subjects participating in other specific games.