CHAPTER - VI
RESULT AND DISCUSSION

In the present study, the psycho-physical Profiles of Indoor/ Outdoor
games players was assessed. Comparison was also made between the
profile of Inter University and Inter collegiate Players. Categories in the case
of Physical Profiles were (a) Pulse Rate (b) Endurance (c) Height (d) Weight.
Psychological Profile included: (a) Self concept (b) Sports competition
Anxiety. (c) Psycho-physical Profile, (d) Neuroticism (e) Personality

With regard to Physical Profile significant differences were observed
in Endurance and Weight. However no significant difference was observed in
the case of Height and Pulse rate.

Outdoor players showed more Endurance in the case of Inter
University and Inter Collegiate Players.

The findings of present study have also shown similar results, as
Outdoor players have shown more endurance than Indoor players at both
the levels. Outdoor players have to run and work more as compared to
Indoor players; as such outdoor players require more endurance.

In the case of Inter University players, the Weight was found more of
outdoor players then Indoor players. Such difference was not found
significant at the intercollegiate level players.

The importance of weight is also very obvious as it seems to be more
important in the case of outdoor players, who have to work hard.

In psychological profiles significant differences were found in case of
sports competition anxiety, self-concept, and Achievement Motive, However
no difference was found in the case of Neuroticism and Profiles.
At the Inter Collegiate level, Indoor Players were found to have more sports competition Anxiety as compared to outdoor players.

However Outdoor games Players showed more anxiety than the Indoor games players in the case of inter university players.

Sports competition anxiety has been defined as pre disposition to respond with ranging levels of A – state in competition sport situation. Anxiety is influenced by Biological factors, psychological factors and socio cultural factors. The difference in the present study can be explained on the basis of both that is level of players and nature of games. It seems both the factors have contributed, though it is difficult to say precisely about the extent of particular factor. Level also affects Anxiety and the players of University level are expected to show more Anxiety than college level Players.

Outdoor and Indoor players did not show significant difference with regard to self-concept in the case of Inter collegiate players. However in the case of Inter University level, Indoor players showed more positive self-concept than Outdoor players. Self concept is a dominant element in personality pattern. Self concept has been referred by Low (1961) as one's attitude toward self.
DESCRIPTIVE STATISTICS OF ANXIETY IN RELATION TO DIFFERENT INDOOR AND OUTDOOR PLAYERS

<table>
<thead>
<tr>
<th></th>
<th>N=30</th>
<th>Mean</th>
<th>Std. Deviation</th>
<th>Duration (n=60)</th>
<th>Mean</th>
<th>Std. Deviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volleyball</td>
<td>30</td>
<td>19.5667</td>
<td>3.97131</td>
<td>Indoor</td>
<td>19.6333</td>
<td>3.50286</td>
</tr>
<tr>
<td>Basketball</td>
<td>30</td>
<td>19.7000</td>
<td>3.03031</td>
<td>Outdoor</td>
<td>19.2667</td>
<td>3.64932</td>
</tr>
<tr>
<td>Hockey</td>
<td>30</td>
<td>19.4000</td>
<td>3.03542</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>football</td>
<td>30</td>
<td>19.1333</td>
<td>4.22418</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>60</td>
<td>19.4500</td>
<td>3.56653</td>
<td></td>
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</tr>
</tbody>
</table>

Figure M Indicates Descriptive Statistics of Anxiety in relation to different Indoor and Outdoor Players
ANALYSIS OF VARIANCE OF ANXIETY AMONG INDOOR AND OUTDOOR PLAYERS (ANOVA)

<table>
<thead>
<tr>
<th></th>
<th>Sum of Squares</th>
<th>df</th>
<th>Mean Square</th>
<th>F</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between Groups</td>
<td>5.367</td>
<td>3</td>
<td>1.789</td>
<td>0.138</td>
<td>0.937</td>
</tr>
<tr>
<td>Within Groups</td>
<td>1508.33</td>
<td>116</td>
<td>13.003</td>
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</tr>
<tr>
<td>Total</td>
<td>1513.7</td>
<td>119</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Tab F(3,116)= 2.65 at 0.05 level of significance.

*significant at 0.05 level of significance.

The above table reveals that no significant difference was found in case Anxiety among Indoor and outdoor players as the obtained F=0.138 was less than the tabulated F=2.65 with 3, 116 degree of freedom at 0.05 level of significance.

Figure M-1 Indicates Analysis of Variance of Anxiety among Indoor and Outdoor players (ANOVA)
INDEPENDENT ‘T’ TEST BETWEEN INDOOR AND OUTDOOR PLAYERS IN RELATION TO ANXIETY

<table>
<thead>
<tr>
<th>Duration</th>
<th>Mean Difference</th>
<th>df</th>
<th>t</th>
<th>Sig. (2-tailed)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indoor</td>
<td>19.6333</td>
<td>118</td>
<td>0.561</td>
<td>0.576</td>
</tr>
<tr>
<td>Outdoor</td>
<td>19.2667</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Tab T(118) = 1.98 at 0.05 level of significance.
*significant at 0.05 level of significance.

The above table reveals that no significant difference was found in case of Indoor and outdoor players as the obtained ‚t‘ 0.561 was less than the tabulated ‚t‘= 1.98 at 0.05 level of significance.

Figure M-2 Indicates Independent ‘t’ test between Indoor and Outdoor players in relation to Anxiety
DESCRIPTIVE STATISTICS OF AGGRESSION IN RELATION TO INDOOR AND OUTDOOR PLAYERS

<table>
<thead>
<tr>
<th></th>
<th>N=30</th>
<th>Mean</th>
<th>Std. Deviation</th>
<th>Duration (n=60)</th>
<th>Mean</th>
<th>Std. Deviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volleyball</td>
<td>13.1667</td>
<td>2.66631</td>
<td></td>
<td>Indoor</td>
<td>12.7833</td>
<td>2.52507</td>
</tr>
<tr>
<td>Basketball</td>
<td>12.4000</td>
<td>2.35767</td>
<td></td>
<td>Outdoor</td>
<td>12.3333</td>
<td>2.60811</td>
</tr>
<tr>
<td>Hockey</td>
<td>12.7000</td>
<td>2.47957</td>
<td></td>
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</tr>
<tr>
<td>football</td>
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<td>2.72262</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Total</td>
<td>12.5583</td>
<td>2.56609</td>
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</tbody>
</table>

Figure N Indicates Descriptive Statistics of Aggression in relation to Indoor and outdoor players
ANALYSIS OF VARIANCE OF AGGRESSION AMONG
INDOOR AND OUTDOOR PLAYERS (ANOVA)

<table>
<thead>
<tr>
<th></th>
<th>Sum of Squares</th>
<th>df</th>
<th>Mean Square</th>
<th>F</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between Groups</td>
<td>22.958</td>
<td>3</td>
<td>7.653</td>
<td>1.167</td>
<td>0.325</td>
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<tr>
<td>Within Groups</td>
<td>760.633</td>
<td>116</td>
<td>6.557</td>
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<td></td>
</tr>
<tr>
<td>Total</td>
<td>783.592</td>
<td>119</td>
<td>6.592</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Tab F(3,116)= 2.65 at 0.05 level of significance.
*significant at 0.05 level of significance.

The above table reveals that no significant difference was found in case Aggression among Indoor and Outdoor players as the obtained F=1.167 was less than the tabulated F=2.65 with 3, 116 degree of freedom at 0.05 level of significance.

**Figure N-1** Indicates Analysis of Variance of Aggression among Indoor and Outdoor players (ANOVA)
INDEPENDENT ‘T’ TEST BETWEEN INDOOR AND OUTDOOR PLAYERS IN RELATION TO AGGRESSION

<table>
<thead>
<tr>
<th>Duration</th>
<th>Mean</th>
<th>Mean Difference</th>
<th>df</th>
<th>t</th>
<th>Sig. (2-tailed)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indoor</td>
<td>12.7833</td>
<td>0.45</td>
<td>118</td>
<td>0.96</td>
<td>0.339</td>
</tr>
<tr>
<td>Outdoor</td>
<td>12.3333</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Tab T(118)= 1.98 at 0.05 level of significance.
*significant at 0.05 level of significance.

The above table reveals that no significant difference was found in case of Indoor and outdoor players as the obtained „t‟ 0.96 was less than the tabulated „t‟= 1.98 at 0.05 level of significance.

![Graph showing Independent ‘t’ test between Indoor and Outdoor players in relation to Aggression](image-url)

**Figure N-2 Indicates Independent ‘t’ test between Indoor and Outdoor players in relation to Aggression**
### Descriptive Statistics of 600m Run/Walk in Relation to Different Indoor and Outdoor Players

<table>
<thead>
<tr>
<th></th>
<th>Mean</th>
<th>Std. Deviation</th>
<th>Duration (n=60)</th>
<th>Mean</th>
<th>Std. Deviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>N=30</td>
<td></td>
<td></td>
<td></td>
<td>Indoor</td>
<td>2856.08777</td>
</tr>
<tr>
<td>Volleyball</td>
<td>2838.83</td>
<td>123.181567</td>
<td></td>
<td>Outdoor</td>
<td>2874.45690</td>
</tr>
<tr>
<td>Basketball</td>
<td>2873.34</td>
<td>114.604519</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hockey</td>
<td>2880.48</td>
<td>104.705200</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Football</td>
<td>2868.43</td>
<td>111.996828</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>2865.27</td>
<td>113.492011</td>
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</tr>
</tbody>
</table>

**Figure O** Indicates Descriptive Statistics of 600m run/walk in relation to different indoor and outdoor players.
ANALYSIS OF VARIANCE OF 600M RUN/WALK AMONG
INDOOR AND OUTDOOR PLAYERS (ANOVA)

<table>
<thead>
<tr>
<th></th>
<th>Sum of Squares</th>
<th>df</th>
<th>Mean Square</th>
<th>F</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between Groups</td>
<td>30155.44</td>
<td>3</td>
<td>10051.81</td>
<td>0.776</td>
<td>0.51</td>
</tr>
<tr>
<td>Within Groups</td>
<td>1502617</td>
<td>116</td>
<td>12953.59</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>1532772</td>
<td>119</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Tab $F(3,116)= 2.65$ at 0.05 level of significance.
*significant at 0.05 level of significance.

The above table reveals that no significant difference was found in case 600m run/walk among Indoor and Outdoor players as the obtained $F=0.776$ was less than the tabulated $F=2.65$ with 3, 116 degree of freedom at 0.05 level of significance.

**Figure O-1 Indicates Analysis of Variance of 600m run/walk among Indoor and Outdoor players (ANOVA)**
INDEPENDENT ‘T’ TEST BETWEEN INDOOR AND OUTDOOR PLAYERS IN RELATION TO 600M RUN/WALK

<table>
<thead>
<tr>
<th>Duration</th>
<th>Mean</th>
<th>Mean Difference</th>
<th>df</th>
<th>t</th>
<th>Sig. (2-tailed)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indoor</td>
<td>2856.088</td>
<td>-18.3691</td>
<td>118</td>
<td>-0.886</td>
<td>0.378</td>
</tr>
<tr>
<td>Outdoor</td>
<td>2874.457</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Tab T(118)= 1.98 at 0.05 level of significance.
*significant at 0.05 level of significance.

The above table reveals that no significant difference was found in case of Indoor and Outdoor players as the obtained _t_ 0.886 was less than the tabulated _t_= 1.98 at 0.05 level of significance.

![Graph showing Independent ‘t’ test between Indoor and Outdoor players in relation to 600m run/walk](image)

Figure O-2 Indicates Independent ‘t’ test between Indoor and Outdoor players in relation to 600m run/walk
-The body must needs be vigorous in order to obey the soul; a good servant ought to be roused. The weaker the body, the more it commands, the stronger it is, the better it obey.

There is no limit to what men and women can achieve in this competitive life and sports. As the human is creative and developing in nature and he plans to achieve more and tries to get him satisfied. So the word best means little at the most bright moment of life. To get success in his all plans and to achieve a happy life, he needs a good level of mind, health and a fit body. John wrote, –A sound mind in a sound body is short but full description of happy state in his world.

History has repeated with illustrations. The people throughout the world, which considered physical power and strong body. Aristotle said, –the body is the temple of the soul and to reach harmony of body, mind and spirit, the body must be physically fit.

Through the years, interest in physical fitness has been somewhat cyclic in nature, being affected by draft statistics and the emphasis on fitness during time of war.

Physical fitness is probably the most popular and frequently used term in physical education and to develop physical fitness is the most important objective of physical educators. According to Nixon and Cozens (1964): It was the desire to establish a scientific approach to the development of physical fitness, which formed the basis of the first meeting of physical education in 1885 when the profession of physical education originated.

Physical fitness is now more or less a matter or national concern. The strength of democracy is the collectively well being of our people, industrial development is responsible for mechanical devices such as automatic washers, vacuum cleaners, gas furnaces and the like which have reduced
human work for domestic affairs. Television, radio, tape recorder and such other devices have made the life of children sedentary, familiarly; buses and vehicles have reduced normal activities such as walking and moving around for work and daily routine. Since activity is the basis of life and human body cannot remain in normal condition without activity, efforts have to be made to make-up this deficiency by providing regular physical exercise to the children during their period of education.

Physical fitness is directly related to the economic standard of a nation. Poor nation have poor standard of living and physical fitness. Physically fit persons can work hard and for longer hours at place of work and therefore give a better output as compared to others. Not only this, the quality of the products also improves in such cases. Therefore, if we want to be called a developed nation we need to improve our physical fitness standards.

The pressures and tensions resulting from fast living have placed additional demand on our physical fitness. Adjust or perish is the law of nature. Therefore, in order to adjust ourselves to the changed demands of the times, we must improve our physical fitness level. Growing cases of high blood pressure, heart failures, depression and cancer etc. are indications that prove that we lack in our physical capacities to face such ailments. Growing pollution, malnutrition and population explosion have put additional pressures on our physical fitness. The need to lay more emphasis on our physical fitness levels, therefore, gains importance.

Physical fitness is a priceless possession of any man, because it serves as a base for any future development. A week or an unsuitable base can hardly withstand the load of a super structure. Therefore, physical fitness, at different stages of life, serves as a sound base for any further development. In fact it is the basic factor for achievement in any field of life.
Physical fitness is important for an individual at every stage and in every walk of life. It is through physical fitness alone that he can enjoy a better life, which implies good education, satisfying occupation, social status and happiness. Physical fitness gives a distinct advantage to a person in this competitive world.

Physical fitness is the natural out-come of a rich programme of physical education. It is the sum total of the condition of one’s body judged in term of age, height, weight and chest expansion absence of defects, disease, constitutional deflection or bodily infirmity. Full physical development, vigor, vitality and radiant health should be seen in one who is physically fit. A great deal of confusion, vagueness and misconception exists in defying exactly and accurately the measuring of the term –Physical Fitness‖. The views on the subject can broadly be out fewer than three categories occupation, medical and physiological. From an occupational point of view –Physical Fitness‖ is defined as the degree of ability to execute a specific physical task under specific conditions. Here physical fitness implies the ability to do work according to the demands of one’s occupation.

Physical fitness is a part of total fitness. It could be defined as the capacity of and individual to perform given physical task involving muscular efforts. As the terms physical fitness is somewhat exact units meaning, indicating thus specific components we height measure to reflect a person’s fitness status. The sensible organic ingredients of physical fitness include muscular power, muscular flexibility and neuro-muscular co-ordination.‖

On the bases of the above discussion it can e said the physical fitness is the capacity to do prolonged based work and recover to the same state of health in short duration of times. This is the result of the degree of strength, speed, endurance, agility, power and flexibility one possesses. Since physical fitness covers motor fitness, so the programme of physical fitness should involve development of certain basis elements like strength, speed,
agility, power, flexibility and endurance. Those physical fitness elements are useful for different games and sports. Strength is important in wrestling and boxing, where as endurance is important, for distance runners, degree of demands, differs in different games as strength is different for a long distance runner than a hockey, football players.

Contemporary professionals view physical fitness as a quality comprised of several different components, each with specific requirement for its development and maintenance. Physical educators classify the fitness components into two categories, those pertaining to health and those pertaining to motor skill performance. The term health fitness and motor performance fitness are currently used when discussing these two areas. Health fitness is important for all throughout their lifespan. The achievement and maintenance of those qualities necessary for an individual to function efficiently and to enhance his health through the prevention of disease and illness is the central focus of health fitness. Motor performance fitness emphasizes the development of those qualities that enhance the performance of physical activities such as sports. Where as health fitness was concerned with living better. Motor performance fitness is concerned with performance better and efficiently.

In the course of time it is hoped that physical fitness of the youth will receive the attention of the educationists. It deserves on par with academic attainments. So that physical fitness is properly integrated into the pattern of education through sports, games and arcaded physical activity.

From time immemorial human beings have been laying stress on importance of –Physical Fitness‖ as strong base for –Total Fitness‖ of an individual. The relation between soundness of the body and activity of mind is subtle and complex.
The effectiveness of many physical performances is related to various basic traits found in boys and girls including their maturation body size and physique type. Many of the traits are related to heredity, others such as body weight have hereditary implication but many also be affected by environment influence. Including the nature and amount of exercise maturational practices and health's habits.

Minimum standards of physical fitness may be achieved over a short prior of time.

Physical fitness to a great affected by the physical environment i.e. the geographical condition, hereditary characteristics and the lifestyle.

Physical fitness is the individual possess appropriate, anatomical, physiological, psychological capabilities that permit the organism to function adequately under the stress of lengthy periods of strenuous activity.

In other words, physical fitness is the possession of certain body functions that enable a person to face various stress situations. It has also known as the successful adaptation to the stresses of one's lifestyle.

Physical fitness impels that different body systems are capable of carrying-out their activity satisfactorily. One physical educator states –Physical fitness is the total functional capacity of an individual to perform a given task.‖

Health fitness is importance for all individuals throughout their lifespan. The achievement and maintenance of those qualities are necessary for an individual to function efficiently and to enhance his or her health through the prevention and remediation of disease and illness, is the central focus of health fitness. An increasing body of research supports the
contribution of regular, appropriate physical activity to health and to one's quality of life.

The 20th century is the space age the atomic age. The age of sports as well as sports in the modern world has assumed an important in the area of human interest.

Sports are a part and parcel of the day-today life of each one of us. Every nation has a national sport of its own. Each one of us according to our age and liking are involved in some sports or the other. We see the wave of soccer in every pocket of the glove when the world-cup soccer matches are approaching. Similarly in India, cricket seems to have fascinated people of all age groups from beginning just mere spectators to performing on streets and playgrounds. Sports have become an all-pervasive human activity. It plays an important role in an individual's social, physical and mental construct.

On the basis of motor components predictive equations are being formulated and they in turn help to assess playing ability of sportsmen in various sports and game. McDavid, Gardon, Holland, Mickoley, Gray.

It has been observed that the performance of sportsmen in any game is dependent on various other characteristics of physiology, physical and body composition. The requirement of the performance in sports is the development of high degree of physical and physiological (Endurance) are also of almost importance in all sports.

Scientific investigation and assessment of factors underlying performance in sport are the most important achievements of the present century. Intellectual environment brought scientific revolution in every field including the field of games and sports. As in other fields, the world of games
and sports is every expanding and continuously coming up through development of new technique based on scientific research.

The component of physical fitness endurance are of great importance endurance may be considered to be the ability of his body to withstanding the stresses set-up by prolonged activity. Factorial techniques of analysis have resulted in the isolation of four factors in endurance cardio-respiratory velocity muscular structure and body build.

Contests in strength and endurance ate almost as old as man himself. As for as the recorded history shows it was during the height of the ancient Greek civilization about the 10th century B.C. that these contests became organized as national festivals of athletics. The Greeks were very serious about their games; they stopped all wars so that the games could take place. But these early Olympics did not last; they died as the influence of Rome superseded that of Greece in the ancient world.

The world of games and sports has crossed many miles tens as a result of different types of researchers. In the modern specific age sportsmen are bring trained by highly op his tackled specific equipments for better achievement in their concerned branches of sports. They are being expressed to the exercise and training method to improve their physical fitness in the terms of improvement of strength, speed, endurance, flexibility and agility with the application of different approaches.

It is an accepted fact that experienced people can perform better than inexperienced on is sports competitions. But in case of physical fitness it may not be correct because the level of physical fitness or performance in various motor abilities is determined by genetically factors, effect and amount of training one has executed for the development of various abilities. Top form is product of training state and interrelationship among various performance factors.
Team games are much different than the individual games to take-up the goal. In the individual sport one has to prove his potential and ability to beat the opponent, but in team games, he act only as a unit of the team and has to work for its success. He has to submit his identity for the team. Therefore, each players of the team has to work as coordinated unit of co-players.

Striving for excellence is an irresistible instinctive tendency ingrained in human. Sports are no exception to this phenomenon. Craze and quits for high performance in sports through not new, has obtained new detentions. Their mentors are pasting to hard and to far in their preparation to achieve high goals the athletes.

Until recently, physical talent alone was considered an adequate recommendation for a player. However, sports have undergone a tremendous change in consequences. Now the coach is interested in a combination of physical talent with other qualities that not only influence performance, but also help to sustain the athlete in his or her commitment to sports.

Many years ago scientists were predicting the evaluation of a race of men without legs thanks to increased reliance on the automobile. Now a day we know they were wrong. Gadgets and gimmicky not only served as technological crutches for modern day man but also helped him to realize the need for physical fitness. Sports and recreation has become a multimillion-dollar under taking all over the world. Competitive sports are recognized as one of the means of attaining political prestige. The frantic preparation-undertaking period to each successive Olympic games given weight age to this fact. Thus the emphasis has shifted greatly to athletic fitness for competition. Athletic fitness is the ability to perform a physical activity. Maximally and repeat this activity without undue fatigue, as
efficiently as previously and to recover, for further performance of equal intensity. It is concerned with environmental, social and organic adjustment.

Sports today have been accepted as a channel for sublimation of aggressive tendencies and reduction of tension. It provides an avenue of competition that cannot be studied in everyday life.

Boots or shoes are the most important part of a player's equipment. Much experimenting has been done to produce footwear, suited to individual requirements, yet conforming to regulations. The lightweight boot, because it allows comfort and lightness of touch, is now much preferred to the heavy and more durable type.

Footwear must conform to the following regulations:

All studs must be made of leather, soft rubber, aluminum, metal, or similar materials. Bars must be made of leather or rubber. Studs should be round in plan and solid. They can be cylindrical or conical in shape but nowhere less than 1/2 inch (12.7 mm) diameter. Bars have to be transverse and flat (not less than 1/2 inch (12.7 mm) wide) extending the width of the boot and being rounded at the corners.

Nails must be driven in flush with the surface. Bars and studs must not project more than 3/4 inch (19.1 mm). Combined studs and bars may be worn.

Other than the small metal seating for the screw in type of stud metal plates are illegal, even when covered with leather or rubber.

It is important that studs should not be less than 1/2 inch (12.7 mm) in cross section. Loose and uncovered nails are dangerous, as are roughened edges of well worn metal or nylon studs.
Whilst a metal seating is required for insertion of the new screw type of stud, it is important that this seating is embedded in the sole.

A player is responsible for his boots or shoes being correctly studded.

Bernard (1996) reported that physical fitness improves in those who take regular physical exercise and activity. Regular participation in game significantly contributes to higher level of performance and greater degree of physical fitness amongst the players.

Johnson (1972) found that participation in games like football caused adoption in circulatory and respiratory systems, which ultimately results in increased efficiency or improved cardio-respiratory endurance.

It is universally accepted that access in various activities of games and sports mainly depend upon the physical fitness of its participants. It had been the matter of great concern for the sports teachers and coaches to access the physical fitness of their words in order to accomplish this they used various types of tests and norms.

Saraswat and Gaur described self concept as the individual's way of looking himself his thinking telling and behaving. High self concept is the indicative of an individual's sense of worth, capability of estimating moral strength, awareness of own intellectual capabilities. Self concept seems to be important factor in the players particularly at inter University level. High self concept motivates an individual to progress more and to excel due to having correct and positive view about self.

Among Inter Collegiate players, Indoor players were found to have more achievement motivation as compared to outdoor players. However such trend was not observed in the players participating at University level.
It indicates that Indoor players possessed more keen desire to complete success fully with standard of excellence, an interest in undertaking difficult and challenging tasks and strong sense of optimism as compared to Indoor players.

Comparison of means give indication that in general psycho-physical profiles of Inter University players was found better as compared to Inter collegiate players. However the same was not observed in the case of physical profiles.

In general findings suggested that in physical profiles, Endurance and weight are more important factors. It is necessary to pay attention to this profile of player psychological profiles of players to play in the more excellent way. It seems necessary to increase need for achievement, self-concept, and sports competition anxiety by conducting programs to get better results.

**SUMMARY, PRACTICAL IMPLICATIONS AND SUGGESTIONS**

The present study entitled –A comparative study of Psycho-Physical Profile of Indoor and Outdoor games players‖ was undertaken with the following broad objectives:

1) To study Physical Profile of Indoor games and Outdoor games players.
2) To study Psychological Profile of Indoor and Outdoor games Players.

Besides this an attempt was also made to study psycho-physical profile of the players of different groups at different levels.

The sample comprised of **120 players** (60 Outdoor and Indoor game players of Inter Collegiate level and 60 Outdoor and Indoor game players of Inter University level). All the players were contacted by the investigator at the ground / court during the tournament period.
The Physical Profile parameters adopted in the present study included in the study were Height, Weight, Pulse rate and Endurance.

To measure the Psychological Profile the subjects were administered the following tests:
1) Achievement motive Test
2) Self concept Questionnaire
3) P.G.I. Profile Questionnaire
4) Maudsely Personality Inventory
5) Sports completion Anxiety test Questionnaire

The data from all the players were collected after developing adequate rapport. The data collected was statistically analyzed on the basis of the obtained scores. The subjects were classified into four group viz. Outdoor Inter collegiate players, Indoor Inter collegiate players, Outdoor Inter-University players and Indoor Inter-University players. All the players were compared with regard to Psycho-Physical Profile.

Analysis of variance, SEM, C.O. and C.V. were calculated to find out the statistical significance of the results.

The major findings of the study are as under:

1. No significant difference was found in the pulse rate of players of both levels.
2. Weight of both groups at Inter Collegiate level was similar but it was found different at the Inter-University level.
3. Height was found almost similar at both levels and among both the groups.
4. Endurance of outdoor players at Inter University level was found to better as compared to other group.
5. Sports competition anxiety of players was found to be unaffected by group and level of players.
6. Self-concept of Indoor Inter University players was found to be better as compared to the players of other group.
7. Indoor players at Inter Collegiate level were found to have more Achievement motive than Outdoor players. However such difference was not observed at the Inter University level players.

8. Psycho-Physical Profile of players was found to be unaffected by the nature or level the game.

9. Personality (Neuroticism) of players was found to be unaffected by group or level of the players.

**IMPLICATIONS**

The findings of the present study will be useful both from theoretical and practical point of view to deal with the Psycho-Physical Profiles of Indoor and Outdoor games players of Inter-Collegiate and Inter University.

It throws light on those aspects of Psycho-Physical Profiles and other important issues which are relatively less explored and are of paramount important in view of the Inter-Collegiate and Inter-University players.

Besides this, the findings of present research suggest that Endurance training should be given to players.

It would also be helpful in chalking psychological training programme for the coaches and players to improve the quality of games. Findings of research have proved the significance of psycho-physical profiles of players.
SUGGESTIONS FOR FURTHER RESEARCH

1. The research has been conducted on Inter-Collegiate and Inter-University players only. Further studies can be conducted on the players of other levels.

2. Research may be conducted on other Outdoor and Indoor games, not included in this research.

3. Comparative studies can also be conducted on players of different age groups.

4. More Research of comparative nature may be conducted on other psycho-Physical Health parameters which not been studied in this research.