CHAPTER - VII
RECOMMENDATIONS AND SUMMARY GAINS, LIMITATIONS,
SCOPE FOR FURTHER WORK

There are many occasions in sports we see where Physical & Psychological are very vital factors. In general, this are characteristics of great athletes in the sports performance at the higher competitive level. The results of sports Competitions have revealed that the champion sprinters win races and set world records by small fractions of seconds. In a contest, where races and events are won by a fraction of seconds, the role of reaction time becomes very significant. The sprinter, who can react to the sound of the starter's pistol slightly faster than his opponent, has a considerable advantage. In an event, which may last less than ten seconds, Psychological becomes even more important. It may be started that quick or fast reactions distinguish the average from the superior performer in many motor skills. Individuals who react quicker and move faster have an obvious advantage over those who are slower.

Singer & Milre (1975) reported that in the 1972 Olympic games, in Munich, an American swimmer lost the gold medal by a few thousands of a second. —There are many examples where one finds out that medals or games have been won or lost by a seemingly insignificant amount of time. They further stated that —when the athlete attempts to determine what he could have done, to better that time, invariably he must consider the factor of Physical & Psychological Coaches, recognizing the importance of fast reactions and movement in athletics, devote many hours in drills to develop and maintain them. All though improvements occur through practice, they are nevertheless limited by one's neuromuscular structure, i.e. all movements are connected by neural mechanisms as well as being dependent upon muscular mechanisms, an individual may have quick reactions but not move his body with similar quickness and vice-versa.
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.

–The body must needs be vigorous in order to obey the soul; a good servant ought to be rousted. 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 outcome 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 an 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.

In recent years, there has been an increasing amount of attention of the inter-relationship of personality variables and psychological factors with athletic performance. Most of this work has been concerned with delineating personality traits of athletes, differentiating among individuals by sports and level of success etc. Studies of measurement of personality traits of athletes and players are vital, if we are to secure the information needed by sports
psychologists and coaches, who are charged with the responsibility for selection, counseling and also the training of the athletes for competition. It is assumed that the physical abilities of an individual are related to his personality structure, because the environment in which physical abilities are displayed (i.e. in games and sports) constitutes an ideal setting for the development of desirable personality characteristics such as sociability, emotional stability, confidence, cooperativeness, personal adjustment and extraversion, which are very essential for increasing the athletic ability of the players and sportsmen.

The participation in modern sports is influenced by various physical, physiological, sociological and psychological factors. During training, besides good physique and physical fitness of the athlete, main emphasis is laid on the development of various types of motor skills involved in the game as well as on teaching the strategies, techniques and tactics of the game. Until recently, the coaches have been paying inadequate attention to the social and psychological factors which although have been proved to contribute to performance in events in the higher competitive sports. It is only recently that sports administrators and coaches have realized the importance of the psychological preparation and training of players to enable them to bear the strain and stresses inherent in sports participation. So, now the sports trainer and coaches have started giving more importance to the psychological conditioning or the building the mental make-up of the players before their contests in the international competitions.

In modern competitive sports, psychological preparation of a team is as important as teaching them the different skills of a game with scientific methods. In these days, the teams are prepared not only to play, but to win the games. And for winning the games, it is not only the proficiency in the skills matters but also the spirit and attitude of the players with which they play. The mental attitude of each individual player as well as of the team can help or hinder their performance. Most of the coaches agree that the
physical characteristics, skills and training of the players are extremely important, but they also feel that good mental or psychological preparation for competition is a necessary component for success.

People have started reading about improving the culture of the sportsman, Social scientists including psychologists have started taking interest in it and researches have been conducted with a view to find out psychological inputs required to compete successfully. It is realized that psychology of the player is very important besides physical profile and physical proficiency.

In the past the studies have been conducted on either psychological parameters or physical parameters of the players but the studies which covered psychological as well as physical parameters are very few. Hence the study will be of great value and beneficial.

In some of the studies the psychological parameters such as emotion, self efficiency, behavior, confidence etc. were included but in this study the psychological parameters such as achievement motive, self concept, personality, and competition anxiety will be studied which are less explored.

The studies have been conducted on various physical parameters which are affecting the performance of the players but researcher felt that the basic physical parameters such as pulse rate, weight, and Height have not been studied in previous studies. Hence these basic physical parameters have been included in this study.

Studies have been conducted on many games, but very few studies have concentrated on common outdoor games like football, kabaddi and indoor games like Badminton and Table-Tennis.
Level of participation is another significant variable. Which require attention but less explored. Therefore in the present research an attempt has been made to study this parameter too.

In modern sports, greater emphasis is on preparing the players both psychologically and physically by providing training to the players. The importance of psycho-physical profile affecting performance of an individual has been acknowledged by researchers. In view of this, in the present study an attempt has been made to assess psycho-physical profile of the indoor and outdoor games players.

**OBJECTIVES**

(13) To study physical profile of Inter Collegiate Outdoor games players.
(14) To study physical Profile of Inter Collegiate Indoor games players.
(15) To study physical profile of Inter University Outdoor games players.
(16) To study physical profile of Inter University Indoor games players.
(17) To study psychological profile of Inter Collegiate Outdoor games players
(18) To study psychological profile of Inter University Indoor games players.
(19) To study psychological profile of Inter University Outdoor games players.
(20) To study psychological profile of Inter University Indoor games players.
(21) To compare Physical profile of Inter Collegiate Outdoor and Indoor games players.
(22) To compare Physical profile of Inter University Outdoor and Indoor games players.
(23) To compare Psychological profile of Inter Collegiate Outdoor and Indoor games Players.
To compare Psychological profile of Inter University Outdoor and Indoor games Players.

**REVIEW OF LITERATURE**

**Sandhu, Mann, and Brar, (1991)** conducted a study on male athletes and female athletes in which he found that the results indicate significant difference between males and females in all the scale of the Geo. These results further support that the norms for male and female athletes were to be prepared separately.

**Verma, Luthra, and Manoj, (1993)** in their study observed that motor creativity in general increases with the age of the girls right from the age of five years. This may be because a child keeps learning many new activities which are essential for day to day working, and also involves the motor co-ordination, concentration and balance one of the important aspect of this finding is that if the girls at this stage is exposed to some of the preliminary activities of sports like picking the ball, balancing on small apparatus by means of correct techniques, they may incurs these thing in their habits which in turn might be useful in getting the exequance in sports arena as the age of the child advances.

**Lewis and Rannell, (2009)** conducted study on exemplary physical fitness programs in the traditional elementary school setting and found that strong and supportive relationship between administrator and the physical education teacher helped to a large extent, develop and implement programs of youth fitness within each school, the parent teacher organization played an important role in maintaining and encouraging the profile related physical fitness program.

**Shankar, Prakesh and Gixic (1987)** conducted a study in which the differences between, non athletes mediocre gymnasts and position winner
gymnasts of three different age groups on personality types were investigated, the data on 212 male population comprising of 90 non athletes, 69 mediocre gymnasts and 53 position winner gymnasts were collected during the national gymnasts meet, to collect the data, the Hindi version of EPI construction and adopted by Mohan et. Al. (1980) was used. The non-athletes. Mediocre gymnasts and position winner gymnasts of the three different age groups do not differ significantly from each other on extraversion scale. However, the mediocre gymnasts of the first two are groups scored significantly lower than the non athletes and position winner gymnasts on neurotism which virtually depicts that they were more stable emotionally in comparison to their counterparts in the age group above 20 years the non athletes, mediocre gymnasts and position winner gymnasts seen to have almost equally, stable extravert personality.

Rice, and Scott, (2008) conducted study on school coaches administer psychological Interventions to their athletes and found that the experienced coaches revealed that he Used PI more than those coaches with limited experience. Except for issues involving grief. No statistically significant difference existed between male and female coaches use of PI finally, coaches indicated that they were administering PI with their athletes, regardless of their professional training.

**METHODOLGY**

It consisted of 120 Players (60 outdoor and 60 Indoor players) Outdoor and Indoor players were selected from University and the Colleges Rajasthan. Players participated at inter college level and inter University level were included the sample.
Showing Experimental Design (Factorial Design 2x2)

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Physical Profiles
- Pulse Rate:-...
- Weight.
- Height.
- Endurance.

Mental Profiles
- Achievement motive
- Self-concept.
- Psycho-Physical Profiles
- Neuroticism
- Sports competition Anxiety

All the subjects were contacted by the investigator at their college. Adequate rapport was established with each subject before initiating the administration of Psychological and Physical tests. The data was collected in accordance with convenience and interest of the subjects in order to maintain the level of motivation.

FINDINGS
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.

Endurance activities have been found to be of high value for maintenance of good organic profile, for increasing the general resistance against infection and for cure and treatment of various diseases and metabolic disorders.

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 than Indoor players. Such difference was not found significant at the inter collegiate level players.

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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.

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 an important factor in the players particularly at inter University level. High self-concept motivate 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 profiles of players psychological profiles of players to play in the more excellent way. It seems necessary to increase need for achievement, self-concept, sports competition anxiety by conducting programs to get better results.

**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.