CHAPTER-VI

RECOMMENDATION

The following recommendations are made:

1. A comparative study can be conducted between male and female.
2. Every coach should sketch the psychological profile of his team and find out what psychological factors are most conducive to their performance and what factors impeded.
3. Same study may be conducted by taking beginners, advanced and professional players as a subject.
4. Similar studies may be conducted selecting other psychological variables contributing to performance efficiency of players.
5. Physical education teachers and coaches should take into consideration the psychological pre requisites of game in talent search.
6. A more comprehensive study can be conducted between on large samples of individuals and team sports separately.
7. The study may be repeated on subjects of higher/lower level and on professional players to measure their psychological characteristics.
8. Same study may be conducted among player of different age group.

Rope

Thus, the hemp or synthetic material, which solid. Proportional to the world-class gymnast of server agility. The rope, when the legs, and gymnasts' under his arm. One or two knot both ends of the rope. All of the other part (rope), a non-slip material, or the neutral colored or a maximum of 10 cm (3.94 inch) .the rope, or even all in part, or a diameter of the center, and gradually more and more frequent, provided that the thick is made from the same material as the rope. The essential requirements and the rope. Other elements, the circuit, rotation, and the numbers eight. FIG The disbelief in 2011 using the rope the rhythmic gymnastic competitions.
Aesthetic group gymnastics his faction feared (AGG) has developed the fraction the Finnish "naisvoimistelu". The old expression, art and the high level. Rhythmic gymnastics his faction feared the fraction the fraction it is different from the large and continuous movement and larger groups. This device is not to be used for international competitions, such as the rhythmic gymnastics his faction feared the fraction the ball, tape, rope, hoop, clubs are located in the area.

The sports physical properties, flexibility, balance, speed, power, coordination and rhythm emphasizes that the body, and aesthetic design. The good performance and rehabilitation rehabilitation simultaneity degree. The competition in the versatile and varied program, such as the ground motion, and swings and balance and jumps and leaps, and the dancing, and lifting it up. The International association is created in the aesthetic group gymnastics 2003.

Aesthetic Group gymnastics team at least six and a maximum of 10 (12) who 2.15 -2.45 minutes gymnasts the program. The older, or the 5 megapixel is still permitted. Gym, the international group aesthetic categories, two older gymnasts: Junior category, for 14 years - 16 years, and the Senior categories, gymnasts be not less than 16 years of age. Competition in the leotard and attractive appearance, taking into account that the soul. The competition, the gymnastics mat, 13 m x 13 m. The area.

**Finnish gymnastics association**

The group gymnastics his faction feared attractive appearance, the fraction in Finland, the Finnish gymnastics association, which is one of the largest Finnish sports associations, clubs approximately 122 000 381.

**Tramp.**

Hobo and four, specific and synchronized trampoline, double mini trampoline, and tumble (also called a network and individual trampoline or in the bar since 2000 has been added to the Olympic Games. Each contains a tramp lining-phase during which several times, to reach
the class gymnast of server agility, and then jumps out of the ten world-class gymnast of server agility without pause. Detector query routines with the maximum number of points designated as 10 points. Additional points (the highest, with the highest levels of competition) may be obtained from the large for the movement, and the average height, and the ten. The high-level competitions, two preliminary procedures, which we scored only two difficult to move the high and the sportsmen. And then, the last routine is not mandatory. Again all the finals competitions starts at zero, the final score the preliminary results.

**Synchronized Trampoline**

Trampoline synchronization, and the like, with the exception of the routine and the synchronization, and the form and the movement.

**Double mini trampoline**

Double mini-trampoline the trampoline includes at least a one-two gesture, a routine must be carried out. THE must not be repeated the double mini-competition. Professional skills should be repeated, if the product, the routine and the far shore. Checking the results similar to the way the individual trampoline.

**Reverse**

The reverse, the explosive sportsmen and sportswomen and scream series reflects the suspended, and reversed. Scoring is equal.

**Aerobic gymnastics**

Aerobic gymnastics Sport aerobics (officially) for individuals, couples, and groups, 6 man strong, emphasizing the flexibility, and aerobic fitness balance instead of, or acrobatic skills. Shall be carried out by Detector query routines with the 7x7 m and 12 to 14 and 15-17. The difference between shades and mixed pairs. From 2009, the distinguish between the driver and the mixed pairs have more (10x10m), each group this floor. Routines are typically 60 to 90 seconds, the age and the participants.
Collective gym

The UEG team competition in the most recent events. The first official competition held in 1996 in Finland, all odd-numbered year. The competition team while training the team and the club is composed of three parts: women's and men's and mixed teams.

During the presentation the team competitions gymnastics training three different disciplines, floor, and trumpeted. Effective teamwork, good technique and the spectacular acrobatic elements. The attractive to spectators and the media, as well as the sponsors.

Floor program

Each member may participate in the program shall be open to the team, the dancing, the flexibility and the mixture. The dance moves that have been choreographed and skillfully routine should be the judge and the shape. At least the two spins and two switch/jump, and acrobatic elements, and the two remaining two/network components, and the two part and the part. Bodywaves the female troops, the men's team and is raised, the joint team. Floor routines will be carried out by the music.

Trampette

Two such pregame floor. Trampette and on its own. This three in the gymnasts the vault. The first round must be selected each class gymnast of server agility. Even the music.

Tumbling

Here it is, here it is three turns (if the engine is running. Is one of the six gymnasts the series. Do the same on the other gymnasts. Each series at least three different acrobatic elements.

The fraction gymnastics his faction feared the fraction show

General gymnastics to all ages allow people and groups participate in the more than 150 athletes 6. These devices synchronized dance moves that have been choreographed. Theater may consist of both genders and cannot be separated from the retirement age. The largest general gymnastics exhibition is the quadrennial World Gymnaestrada first will take place in 1939. Gym,
IN 1984, it was the first officially recognized, the international gymnastics, sports association (shown), and, subsequently, to the gym, national associations, international participants, the EUR 30 million.

(*Rhythmic gymnastics his faction feared the fraction rope of a fraction*).

At the start of 2011, the interesting interesting rhythmic devices shape rope the events and clubs will return to the competition. The illustration only the five device and the various Olympic cycle. This is the world, world and Olympic games, tournaments.

**Flying rings**

Flying rings similar occurrence still rings, but the series during the execution of the perform stunts. This was during the workout, and the church and the NCAA AAU early 1960.

psychology Studies in the psychology and personality difference between the branch. The areas of focus include the following:

- The image must be given individual the significant psychological processes,
- Examination of individual psychological differences
- human nature The similarity between individuals and the spiritual

"Personality" is a dynamic and well-organised characteristics are clearly influenced by the person who, or and different she situations cognitions emotions motivation behaviors . The "personality" comes from, Latin which means mask. The old theatre latin-speaking world, this was not the mask name of the hidden, the drawing of a character device, but the Convention or to the workers.

Personality also indicates that the thoughts, feelings, social, behavioral patterns, and consistently is greatly affected by the man expectations, self-perceptions, values, and habits. It is also the human reactions, problems, and stress. There is still no universal consensus on the "personality" psychology. Gordon Allport (1937) There are two basic ways: the nomothetic and the student personality. idiographicNomothetic psychology general could be applied to different
people, such as the self-actualization or the characteristic. Extraversion
Idiographic psychology attempts, the specific conditions.

Wide-ranging and varied the study personality of psychology and history of the theoretical tradition. In one of the most important of these dispositional theories (typical) perspective, psychodynamic, humanistic religion-- how does religious trend - what religious trend - what is to the unmitigated behaviorist such biological, evolutionary and social learning perspective. If, however, many researchers and psychologists do not identify themselves, and instead, a certain point, the eclectic approach. This area is the empirically-driven research, such as the three-dimensional models, multivariate statisticse.g. factor analysis, OR theory stresses that the psychodynamic theory of operation. There is even a significant emphasis will be given to the person. The psychological training and education, learning to personality and the spiritual development of training courses is a prerequisite for a general or abnormal psychology . clinical psychology

Personality type This means that the psychological status is different types of people. Personality types, which are distinguishable by personality traits the different levels and degrees. For example, the two men introverts and extroverts. One common trait, the subject of his introversion and extroversion is still many people in the middle of it. Theoretical models of psychological work, specifically Carl Jung the book Psychologische Typen (1921) and Psychological Types William Marston

II the observations and the Jung the building during World War II, and his mother Isabel Briggs Myers , Katharine C. Briggs personality types, which requires that. Myers-Briggs Type Indicator This model is already being used by another David Keirsey by understanding, the Jung, Myers Briggs and. Lithuanian Ausra Augustinavičiūtė In the countries of the former Soviet Union, the model of the personality name Jung. Socionics

An older model, the more theoretical approach, subject of his introversion and extroversion two basic psychological orientations for some psychological functions:

- When he saw functions: sensing and intuition (the concrete and sensual-oriented facts and prospects, they thought that only abstract concepts)
• Jury: thinking and feeling (in particular, the decisions taking into account the logical and of the people).

Myers Briggs type indicator and one other person, shall be measured to the person in question or any other similar to that of the function, if the outside world. Therefore, the question is it is designed to indicate that someone wishes to come to conclusions (judgment) and the opportunities (team).

The elements are a part of it is the personality typology of typical theory of operation: the people are the other features of behavior. The traditional model, but the intuition and the most preferred to persons in the "N" (intuitive) or "S" (intelligence) personality. The "N" is that it assumes that the thought or feeling did not help, and it consists of two parts: the "NT" (scientist, engineer) or "NF" (author) humanitarian. The "S" -t, in contrast, the presumption is that the routed the judgment/sensor, and so the "SJ" (Guardian, Orthodox) or "SP" (artist) temperament, service technician. This four basic, and the other two factor (including all case, subject of his introversion/extraversion) less importa. The critics at this traditional view it was observed that the professionals rather strongly Stereotyped as Myers (although this is not a Keirsey and does not deal with such stereotyping name of the type), and it does not need to be the people to decide whether or not the driver to professional objection may be selected. The LED on the five factors, which means less work conditions the behavior and the behavior personal and emotional conditions. (It should be noted, however, that the MBTI is not designed to measure the "self-employed person", but Myers and McCaulley the so-called "cleaning-own. ") Some critics claimed that more or less completely different dimensions proposed definitions of various theories and others (often it is assumed the "personality").

Type A and Type B personality theoryThe 1950s, and the staff Meyer Friedman and what is the type A and B's behavior. They theorized that a strong, is that the personality, the risk of coronary artery disease, not the thin and sometimes thin sometimes thin noncommittal junkies - stress." "B" type of people and the other hand, the quiet, less competitive, and less than the risk. And then there is also the AB line profile.
John L. Holland’s RIASEC vocational training model, commonly referred to as the Holland Codes, provides that all six persons in the career paths. The circumplex model six, is much more than the adjacent types are closely related. The models are widely popular in professional counseling.

Eduard Spranger’s personality-type, which six (or 6 + 1) versions, the essential value, the book to the people (Lebensformen Halle (Saale): Niemeyer, 1914; English Translation of the P. J. W. Pigors - New York: G. E. Stechert company, 1928.

The human Enneagram of Personality, the typology is primarily the nine interconnected personality types. The criticized as being extremely stupid, it will be difficult to test validation, or scientifically. Not often taught or researched scientific psychology.

**Psychoanalytic theories**

Psychoanalytic In human behavior theories explain the different personality. Sigmund Freud This understanding. Freud the physics (thermodynamics) the coin the "psychodynamics". The thermal mechanical, he also has proposed that the psychic energy can be converted into. The central location the unconscious mental conflict Freud's theory".

Freud divides human personality three essential elements: id, ego, and super-ego. The ID act in accordance with the joy, the immediate result according to your needs, regardless of the external conditions, it becomes apparent that the "me", "i", in order to ensure that the individual in practice in accordance with the needs of the external and internal world, the real world. Finally, the superego (conscience) inculcates moral judgment and social rules, and thus the ego which forced the id in practice, however, is not only morally. The last of the superego to personality development, and the parent/Social ideals in childhood. Freud the three components of dynamic interactions.

The loss and the sexual (libidal), and aggressive energies, the "Eros" (no, it was not in self-defense), and the "Thanatos" (death, self-annihilation), and the main components. It is important to note that Freud is also the wide-ranging understanding sexuality all that human body.
Freud suggested that the personality the five psychosexual stages of development. Does not depend on whether he thought that the adult personality, early childhood experiences and greatly affected by age five. Meanwhile, the fixations, childlike level contributes to the adult personality and behavior.

Alfred Adler Freud, Sigmund Freud, the former partner is not the same as an early childhood experiences are important to the development and thought that the personality was born will also be affected by development. Adler believed that the eldest child would have been the natural person who, in order to achieve its objectives the younger siblings were born. He said the middle child, competition, and ambitious. "This is the phenomenon that was justified by the capitalist world. He added, however, that the children were not the glory. She was the youngest of them, he thought that it was a friendly, that, that the contingent. The Adler surmising the child you love the center of attention, but he quickly matures the end, not independent.

Heinz Kohut Similarly, the idea was Freud's idea of matter transference beams. "The narcissism human consciousness development. It wasn't too great a feeling that, that this was one of the-self, and narcissism was, and thought that they are, in order to ensure that the worthlessness and low self-feeling. Kohut is also have a significant impact on Freud's theory of narcissism was and introducing the "self-object transferences" mirroring, and idealization. Other words, I don't idealize my childhood, there are not many many people I've no wish to children and nothing much more emotionally "sink" and idealized figure for example, parents or older siblings to help. They also own the property reflects these people. Learn about and explore in order to ensure that the own reassuring and other skills that are necessary for a healthy consciousness.

Another important figure in personality theory there is in the world Karen Horney. He is the "real selfown" and the "ideal".two view, all the men of their own. The 'real' people to the personality, the values and morals, but the "ideal self" should be implemented in order to meet the construct, the individuals social and personal.

unmitigated behaviorist such theories to these
Behaviorists show the external stimuli will cause the personality behavior. The approach is the behavioral analyzes the personality a behavioral or learning theory, which the air conditioning system. The two approaches, the radical change is no Freudian slip. One of the most important principles of the concentration in the psychology with a strong emphasis on scientific thinking, experimentation. This agreement was B. F. Skinner developed by the sample must also be stressed mutual interaction of the person or organization environment. Skinner they had thought that the bad things that the child's behavior in the front and rear hollow front and rear hollow front and rear hollow anti-intrusion reinforcer. For example: a child cries he is crying, and the child-led is a thing of the past. These are the answers, and the consequences. The answer to the child was crying, and the attention of the child will be the amplifier. This is theory developed by the process, the people's behavior. operant conditioning 

Skinner - three term contingency model has contributed to the analysis of the behavior, but are not limited to; model" - the answer to that is that the critical question: "What circumstances "stimuli" or in the Preview has not taken part in the organization or the "Reply", which is a specific "consequence"?

Richard Herrnstein This theory of operation and characteristics of habits. The resolution in the answer is it strength (the answer) in the USA the stimuli. Descriptive characteristics, more for the non-linguistic, behavioral response is a conditionable environmental, the report. The characteristics of high genetic merit I saw the Herrstein and biological components are the most modern behaviorists.

Ivan Pavlov There is another significant impact. Well-known classical conditioning pilot involving dogs. The physiological tests behaviorism discover the Foundation classical conditioning.

**Social cognitive theory.**

The cognitive theory that can be explained by the fact that cognitions guided practice (e.g., expectations), the world, but in particular, the other people. The cognitive theory of personality theory based cognitive processes, such as the thinking.

Albert Bandura The proposed social learning theorist, the forces of nature memory and the environment. emotions Most of the Bandura, ...Bobo Doll experimentin abusing during the
course of the trials the Bandura video community college students, and won the doll. And then it turned out that this is a class, and the children nursery does not leave the room. When they entered the room and then play dolls, Bobo and using a hammer. The people saw the children a group of children the doll. And this measurement, monitoring, result of learning, or modeling.

Early examples of cognitive style and baron (1982) these are the Witkin (1965) the dependency, Gardner (1953) discover the consistent preference for men of the number of categories and heterogeneous objects, and the block may be the line 1955; Petersen of discrimination. Early cognitive approaches the personality development of baron ego psychology. This area.

Attributional style theory Explain the different people in their lives. This approach, but expands on the lines, we must ensure that that caused by the man, or the variable causes stable, and the global, or for special reasons.

Designed with the objective of attributional style. The points in the balance sheet and, later, Duttweiler rotter and game are Jan Nowicki (1973) the scale is to the children the different points balance sheet and the medicine, the most favorite saying Wallston, Kenneth and his companions, a multi-dimensional health. Attributional style questionnaire style Attributional style questionnaire attributions of Attributional the questionnaire and the real events and the Attributional style questionnaire Attributional style assessment test.

- The style focuses on the man, by principle, and the test, assessment, the rotter, Cassandra by Whyte Bolyard valuable information to the scientific performance improvement to the students. It also promises that damnable the internal control testing, the personality, the Cassandra B. Whyte
- The trend, that durable and often I think, that this is a difficult task to achieve the objective of the scientific world and the students formal educational efforts have been made for different ages and different settings, and in the 1970S to research results. In order to achieve the ambitious goals of individuals, and the external factors, design work and often, the students and workers, regardless of whether there is a higher education, work, or justice.
Walter Mischel (1999) the cognitive approach. The work suggests that, "cognitive and affective factors", does not affect it considers that the coding, and self-regulation. The "cognitive, affective", that is the approach considers that the display.

Cognitive-Experiential Self-Theory (EDT) in another personality cognitive theory. Developed by Seymour Epstein EDT argues that the men in the two independent information-processing systems, and rational: experiential. The system is fast and the emotional experiential. The system is slow and logic. Relations between the two systems, the definition of objectives and the thoughts and behavior.

Personal construct psychology (PCP) a theory developed by the American psychologist the personality George Kelly in the 1950s. This was the purpose of the Kelly's basic personality of the people, the naive scientist sees the world as a separate organized a lens construction, which are forward in the events. But, as the men, sometimes naive scientists the world distorted visitor systems do not experience shows that the current social situation. The establishment, which chronically describe events and/or predict and is not to change the social world, understanding and prediction of psychopathology (or mental illness.) the theory of operation, Kelly psychotherapy, this approach is the so-called grid, and helped the patients during a conversation, to remove its own "organise the minimum intervention or a therapist. Repertory Grid Later, the different organizations, so the decision-making and the other man in the world.

Physical education and sport, which forms an integral part of the education, scientific progress is also affected. Now, Therefore, a good performance because of a new relationship that will ensure our claims are substantiated scientific training method and method application sports exercises such as sports technical and tactics, advanced sports gear and equipment, as well as with other components, and conditions, sports training.

All data analysis is located in India importance of difference between intervarsity intervarsity, south zone players and intercollegiate gymnastics self-concept is significantly different from the F value, there are more and more 45.39, ruler F 0.05 (2,297) = 4.71. it is obvious there are important differences between all India and intercollegiate intervarsity
interarsity and in the southern region, and intercollegiate players 0.05 level, own-, concept and average deviation 14.53 and 8.6 more high, critical difference 6.01. Because of this, the zero hypothesis will be rejected and all players India interarsity has proven to be a high self-concept when compared to interarsity and southern area intercollegiate players. In addition, there is no significant difference between all India interarsity interarsity players and in the southern region is self-concept differences, what does that mean if there is less than 5.93 6.01 significant difference. Because of this, the zero hypothesis is accepted between these groups.

Importance of data analysis are all India difference between interarsity interarsity, south zone and intercollegiate gymnastics players is largely extroversion test as different obtain the F - value more more 111.02 ruler F 0.05 (2,297) = 4.71. it is obvious all-important difference between India and the south zone interarsity interarsity interarsity, and all India and in the southern region and intercollegiate interarsity and intercollegiate player in extrovers 0.05 level average difference values 7.51, 10.64 and 3.13 more high critical temperature difference 2.05. Because of this, the zero hypothesis will be rejected and all India players extrovers interarsity has proven to be higher than in southern area interarsity and intercollegiate players.

All data analysis is located in India importance of difference between interarsity interarsity, south zone and important intercollegiate gymnastics players differed greatly in neuroticism test obtain the F value 55.77, too more more ruler F 0.05 (2,297) = 4.71. it is obvious there are important differences between all India interarsity interarsity players and in the southern region, all India interarsity and in the southern region and intercollegiate interarsity and intercollegiate players, 0.05 level, i think average difference as: 8.02, 10.18 and 2.16 more high, critical difference 1.59. Because of this, the zero hypothesis will be rejected and all India interarsity players that I think that has proved to be more control when compared to high-southern area interarsity and intercollegiate players.

An analysis of the data of all of the difference between Indian interarsity, south zone interarsity intercollegiate gymnastic and the trajectory of the F values differed significantly, the achieved 86.12 is much more than that (F 0.05 (2,297 ) = 4.71. It is understood, of course, that there is significant difference for all Indian and south zone interarsity gamers, and the South Indian interarsity and intercollegiate zone interarsity intercollegiate players and the 0.05 level
to the trajectory of the average difference, 8.02, 10.18 and 2.16 greater than the critical difference 1.59. Thus, the null hypothesis was rejected, and it has shown that the Indian players of intervarsity greater than the southern zone intervarsity and intercollegiate players.

It is therefore, hemp or synthetic material, and so it is not a cause. The state-of-the-art server flexibility. Rope, legs, and arms’ gymnasts. One or two nodes each rope. Other components (steel rope), a non-slip materials, or natural color, or 10 cm (3.94 in.) each. Rope, or up to the center of the all of the parts, or the individual, or gradually, more and more frequent, the same material and the thick rope.

One of the most popular club in the club. Oriented Polyolefin plastic sheet and the management teams and the club is based on internal atmosphere. A complete, flexible, more simple this club. More Than One key, and the club. (530 - 480 mm), head of the club, a European-style or American style, and the different, generally in the 19 and 21. These organizations typically ends, and the decorative plate and a plastic handle. This new level, and body parts, clubs and other clubs, and other. Simple, each club, each year, and the arm. If, however, is usually round and round double and triple, so the club more and more complex sample, and the 360 main recommendations.

Aesthetic group gymnastics his faction feared, gymnastics, the Finnish association of fraction in Finland, the Finnish sports Club, the largest clubs approximately 122 000 381. To exercise, to look for attractive, fraction, thin ground gym, team, fraction aesthetic (mounted) are
divided into two tournaments and the series. The intense competition in the championship series, the Finnish championship competition.