CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

Mental toughness is a psychological edge that helps one perform at a high level consistently. Mentally tough athletes exhibit four characteristics: a strong self-belief (confidence) in their ability to perform well, an internal motivation to be successful, the ability to focus one’s thoughts and feelings without distraction, and composure under pressure. Self-efficacy is a belief that one can successfully perform a specific task. In sport, self-efficacy has been conceptualized as sport-confidence. However, efficacy beliefs are specific to a certain task, for example, “I believe I can successfully make both free throws”, whereas confidence is a more general feeling, for example, “I believe I will have a good game today”. Arousal refers to one's physiological and cognitive activation. While many researchers have explored the relationship between arousal and performance, one unifying theory has not yet been developed. However, research does suggest perception of arousal is related to performance. Motivation can be defined broadly as the will to perform a given task. People who play or perform for internal reasons, such as enjoyment and satisfaction, are said to be intrinsically motivated, while people who play for external reasons, such as money or attention from others, are extrinsically motivated. Thus, the theoretical foundations laid to find out the influence of sports psychological parameters were uncertain to say which of the psychological variables contributes for the successful performance and under which conditions of play. In this research, the Investigator was interested to find out the differences among high, medium and low achievers of men and women Volleyball and Basketball players.
Thus the objective of this study is to make a study on the present status of psychological variables, anxiety, aggression, achievement motivation, stress, team cohesion and self concept of men and women Volleyball and Basketball players and to find out the differences on selected psychological variables among high, medium and low achievers of men and women Volleyball and Basketball competitions.

To achieve the purpose of this study, selected the players who competed at Inter-National level, National level, State level players of both men and women from Volleyball and Basketball games. Thus study covered a total of 300 players consisting of 75 men (25 high, 25 medium and 25 low achievers) and 75 (25 high, 25 medium and 25 low achievers) women Volleyball players, and 75 men (25 high, 25 medium and 25 low achievers) and 75 (25 high, 25 medium and 25 low achievers) women Basketball players. The age of the subjects was between 19 to 26 years.

The Investigator selected psychological variables, anxiety, aggression, achievement motivation, stress, team cohesion and self concept. The research objective was to find out the differences among Volleyball men, Volleyball women, Basketball men and Basketball women players who achieved different levels, namely, high, medium and low levels. Since the research is aimed at determining the differences between the variables of different groups of players and different levels of achievers, 4 x 3 Factorial design was followed for this study.

Since the study involved two independent variables, namely, four groups of players, Volleyball men, Volleyball women, Basketball men and Basketball women and three levels of achievements (high, medium and low achievers) the data collected from the subjects were treated statistically by using 4 x 3 Factorial Design to compare
the significant differences among the four groups of three levels players on selected psychological variables.

5.1.2 LEVEL OF SIGNIFICANCE

The subjects were compared on selected criterion variables among different groups of players. The selected criterion variables were measured from the selected three levels of players of four groups. Hence the 4 x 3 Factorial analysis of variances was used to find out the significant difference if any, among the four groups of players (Volleyball men, Volleyball women, Basketball men and Basketball women) and three different levels (high, medium and low) on selected criterion variables, anxiety, aggression, achievement motivation, stress, team cohesion and self concept. In all the cases, 0.05 level of confidence was fixed to test the significance, which was considered as appropriate.

The results of this study proved that there were significant differences among the four groups of players, Volleyball men, Volleyball women, Basketball men and Basketball women (Factor A) on psychological variables, aggression, and achievement motivation, as the obtained F values were significant at 0.05 level and were insignificant on psychological variables anxiety, stress, team cohesion and self concept.

The study further proved there were significant differences among the three levels of achievers, namely, high, medium and low (Factor B) on psychological variables, anxiety, achievement motivation, team cohesion and self concept as the obtained F values were significant at 0.05 level and they were insignificant on psychological variables aggression and stress.
The interaction effect Factor A*B proved that there were significant differences on interaction effects on Factor A*B on psychological variables, aggression, achievement motivation and team cohesion and there was insignificant differences on anxiety, stress and self concept.

Based on the results and discussions made in the previous study, the Investigator arrived at conclusions, which are presented here.

5.2 CONCLUSIONS

Within the limitations and delimitations of the study, the following conclusions were drawn.

1. It was concluded that the different groups of players, Volleyball men, Volleyball women, Basketball men and Basketball women were equal in exhibiting their anxiety as there was no significant differences on Factor A on psychological variable anxiety.

2. It was concluded that low achievers of Volleyball and Basketball players exhibited significantly greater anxiety than medium and high level achievers. And the findings lead to the conclusion that limited anxiety leads the players for success than exhibiting more anxious.

3. It was concluded that there was no significant interaction effect among high, medium and low achievers of Volleyball men, Volleyball women, Basketball men and Basketball women players on anxiety.

4. It was concluded that there was significant differences among different groups of players and Volleyball women showed significantly more aggression than
Basketball men. Though differences were recorded, other comparisons such as, Volleyball men and Volleyball women, Volleyball men and Basketball men, Volleyball men and Basketball women were not significant.

5. It was concluded that high, medium and low achievers have no significant differences on aggression among men and women Basketball players.

6. Since the interaction effect on aggression found to be significant, simple effects were calculated and it was concluded that among the high, medium and low achievers, high achievers, specifically, Volleyball women and Basketball women were found to be more aggressive.

7. It was concluded that among the different groups of players under study, Volleyball men were more aggressive than Basketball women.

8. It was concluded that there was significant differences among different groups of players; and Volleyball men showed significantly more achievement motivation than Volleyball women. Though differences were recorded, other comparisons such as, Volleyball men and Basketball men, Volleyball men and Basketball women, Volleyball men and Basketball women were not significant.

9. It was concluded that high, medium and low achievers have significant differences on achievement motivation; and high achievers possessed significantly more achievement motivation than medium and low level achievers of men and women Volleyball and Basketball players.

10. Since the interaction effect on achievement motivation was found to be significant, simple effects were calculated and it was identified that Volleyball
men and Basketball men were significantly differed in their achievement motivation levels. It was concluded that among the high, medium and low achievers, high achievers, specifically, Volleyball men and Basketball men were found to be having more achievement motivation.

11. It was concluded that among the different groups of players under study, differences were recorded among high achievers and low achievers. It was concluded that among the high achievers, Volleyball men were having more achievement motivation than other groups of players, Volleyball women, Basketball men and Basketball women.

12. It was concluded that there was no significant differences in psychological variable, such as stress among the different groups of players, namely, Volleyball men, Volleyball women, Basketball men and Basketball women.

13. It was concluded that there was no significant differences among different levels of players, namely, high, medium and low achievers of men and women Volleyball and Basketball players, on stress.

14. It was concluded that there was no significant interaction effect among high, medium and low achievers of men and women Volleyball and Basketball players.

15. It was concluded that there was no significant differences among different groups of players on team cohesion; and considering the four groups of players, it was found that there was no significant differences among them.

16. Considering the level of achievements of the players, it was concluded that high, medium and low achievers have significant differences on team
cohesion; and high achievers possessed significantly more team cohesion than medium and low level achievers.

17. Since the interaction effect on team cohesion was found to be significant, simple effects were calculated and it was identified men and women Volleyball and Basketball players were significantly differed in their team cohesion. It was concluded that among the high, medium and low achievers, high achievers of the four groups found to be having more team cohesion than medium and low achievers.

18. Considering the achievement levels of the four groups of players, it was concluded that there was significant difference among low achievers.

19. It was concluded that among the low achievers, the team cohesion of Basketball men was found to be greater than Basketball women and it was concluded that there was no significant difference in team cohesion among remaining group comparisons.

20. It was concluded that there was no significant differences among the four groups of players on self confidence.

21. It was concluded that achievement levels of the players, it was concluded that self concept of the high achievers was more than medium and low achievers.

22. It was concluded that there was no interaction effect on self concept while considering the four groups of players and three levels of achievements, that is, high, medium and low achievers of men and women Volleyball and Basketball players.
5.3 RECOMMENDATIONS

The results of the study comparing the different groups of players’ psychological variables anxiety, aggression, achievement motivation, stress, team cohesion and self concept of Volleyball men, Volleyball women, Basketball men and Basketball women proved insignificant, however, when comparing their levels of achievement, it was found that high achievers are significantly better than medium and low achievers. It was observed that only state and national probable players were being given systematic training including psychological preparations. Since the low level players had less psychological preparations, it was evident that they lack in psychological preparation. In the light of the above, he following is recommended:

1. Players must be provided with adequate psychological preparations right from low level to high level participations.

2. Coaches and sports administrators should give equal importance for psychological preparation as in the case of improving skills and physical fitness of the players.

3. Players must be made to win the game mentally even before they enter into actual competitions.

4. Qualified Sports Psychologists must be employed for each of the coaching sessions.
5.4 SUGGESTIONS FOR FURTHER RESEARCH

During the course of this study, the Investigator came across a number of ideas and suggestions that would be taken up in future researches. Based on the experience gained, the following suggestions are made for further research.

Coaches and players may concentrate more on psychological preparations to be successful player.

1. A similar research may be undertaken among athletes.

2. A research may be undertaken to find out the differences among athletes and players.

3. A research may be undertaken to find out the differences among school level players.

4. A study among different levels of athletes may be conducted to predict their winning performance from the selected variables of this study.

5. A similar study incorporating the anthropometric and skills of the players along with motor fitness, physiological and psychological variables may be conducted.