Chapter - 5

Conclusions, Suggestions & Recommendations
Chapter - 5

Conclusions, Suggestions and Recommendations

Conclusions

Based on the results obtained from the present investigation following significant conclusions may be drawn:

1. High performance athletes have the ability of higher sensation seeking when compared to low performance athletes.

2. High performance field athletes were better on sensation seeking when compared to low performance field athletes.

3. High performance male athletes were found better on sensation seeking than their counterpart high performance female athletes.

4. Low performance male athletes were found better on sensation seeking when compared to low performance female athletes.

5. Low performance athletes had high anxiety states when compared to high performance athletes.

6. Low performance track athletes shown high anxiety state as against high performance track athletes.
Conclusions, Suggestions & Recommendations

7. Low performance male athletes possessed high state anxiety when compared to high performance male athletes.

8. Low performance female athletes demonstrated high anxiety state as compared to high performance female athletes.

9. High performance athletes scored higher on internal health locus of control then the low performance athletes.

10. High performance track athletes were high on internal health locus of control when compared to low performance track athletes.

11. The internal health locus of control of high performance track athletes was higher when compared to high performance field athletes.

12. High performance female athletes indicated high internal health locus of control as compared to their counterpart low performance female athletes.

Suggestions and Recommendations

The present study was undertaken on Indian universities athletes to explore the role of the certain psychological parameters in relation to their performance. The findings of this study would go a long way to serve as milestones for the future researchers in the area of personality research as related to performance in games and sports.

In the light of the outcomes of the present work the investigator have to put forward the following suggestions to be followed by future researcher.
Conclusions, Suggestions & Recommendations

1. As the Performance is a continuous process, it is suggested that sports performance should be more extensively and intensively studied at various levels and on different age groups.

2. Some physiological dimensions must be collaborated along with these psychological variables to predict performance in different games and sports with greater authenticity.

3. Some more variables should be included to determine their influence on performance.

4. The study may be replicated on different games and sports such as professional, adventurous and recreational sports.

5. Longitudinal study need to be conducted taking into account the same psychological variables to finds their relationship with performance.

6. The present study was conducted on the athletes at intervarsity level, the similar study may be conducted at national and international levels.

7. For the present study only a sample of 350 athletes was considered. For the better results the sample size should be increased adequately.

8. In the present scenario demographic variables such as socio economics status, parent’s income, environmental condition and available facilities play a significant role in the performance of sports persons. Hence, there is need to consider these variables for making meaningful predictions in future studies.

125
Conclusions, Suggestions & Recommendations

9. Coaches, teachers and athletes should be made aware about the role of personality variables while grooming them from attaining peak performance.