Chapter - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

Cricket, being a team sport, demands a lot of skill, fitness and above all it develops team spirit and character in a person. In a complex game such as cricket, performance is determined by several factors, namely skill, fitness, technique, tactics, training etcetera. It’s well understood that only an appropriate combination of psychological and physical ability can determine a player’s success in any sports. Though training plays an important role in cricket today, psychological training combined with physical training on scientific and daily basis will help the players to attain peak performance and to sustain it for longer duration. Moreover, the training programme has to follow the guidelines established and proved by science. Since the number of research on such psychological aspect of cricketers are not too many the researcher was motivated to take it up for study.
The purpose of the study was to find out the influence of psycho-tonic training on selected psychological parameters and performance among batsmen in cricket. For the purpose fifty state level cricketers from various schools from Puducherry were selected as subjects. Their age ranged from fifteen to nineteen. The subjects were divided into two groups using the matching procedure on the basis of their initial cricket test performance scores. Group I was the control Group (n= 25) and Group II (n= 25) acted as experimental group. The control group was exposed only to regular cricket training while the experimental group was exposed to additional sessions of psycho-tonic training on a daily basis for twelve weeks. The psycho-tonic training was administered for duration of twenty minutes before every morning session and after every evening session except on the rest day. The psycho-tonic training package consisted of ‘psych-up’ strategies that made an impact on the psychological parameters namely Motivation, Focus, Self Belief, Visualisation, Preparation, Cognitive Anxiety, Somatic Anxiety and Self Confidence. All the above mentioned parameters were selected as psychological variables.

Cricket skill tests for Front Foot Defense, Back Foot Defense, Front Foot Drive and Back Foot Drive were selected in
order to test the skill and performance of the subjects in playing cricket. These tests were chosen as they have a direct relation to the performance of cricket players in competitive situation.

Self performance assessment questionnaire, the competitive state anxiety inventory (CSAI), the front foot defense test, the back foot defense test, the front foot drive test and the back foot drive test were all used from the book “Learn Cricket with Frank Tyson”. The tests were conducted as suggested in the book. These tests were used to measure all the variables for this research. The data was collected before the beginning (pre-test) of the experimental training period and finally after the end of the experimental period of twelve weeks (post-test). The aim of the research was to find out the influence of psycho-tonic training on selected dependent psychological variables. In addition to that any difference between the groups with respect to the psychological training programme was also analysed.

The data was collected from the control and experimental groups two days before and after the experimental treatment. The pre-test and post-test data were statistically examined by applying the analysis of covariance (ANCOVA) for each and
every variable selected for this study. In all the cases .05 was fixed as significance level.

**CONCLUSIONS**

From the analysis of this research, the following conclusions were drawn.

1. The control group had not shown significant change in any of the selected variables.

2. The cricket players of experimental group had shown significant positive changes in all the selected psychological variables namely motivation, focus, self belief, visualization, preparation, cognitive anxiety, somatic anxiety and self confidence due to the influence of psycho-tonic training.

3. The experimental group which underwent twelve weeks of psycho-tonic training showed significant improvement on the selected performance variables such as front foot defense, back foot defense, front foot drive and back foot drive.
RECOMMENDATIONS

1. The results of this research clearly indicated that the psycho-tonic training programme enhanced the performance of cricket players in all the selected psychological and performance variables selected to assess their cricket skill and performance. Therefore, it is recommended that the cricket coaches and physical education experts need to give due importance to psychological preparation in the form of psycho-tonic training strategies in their training programmes on a daily basis.

2. It is also recommended that a proper cricket team of any level could have a sports psychologist to ‘psych-up’ their players before, during and after the competition by using psycho-tonic training in order to enhance performance or to sustain it.

3. A similar study may be conducted on the players of sub-junior, junior, senior and super-senior level cricket players.

4. A similar study may be conducted on the players of other games and sports.
5. A similar study may be conducted among female cricket players.

6. A similar study may be conducted in greater detail to assess changes on the bio-motor and other psychological variables.

7. It is also suggested that a similar study be conducted on the players and athletes of national and international level teams.

8. A similar study may be conducted among potential cricket players in the rural areas.