CHAPTER – V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.1. SUMMARY

The main purpose of the study was to compare and to find out any significant difference between intermediate and advanced sports performers on psychological characteristics. Two different performance level groups were compared on psychological skills. The goal of the study was to reveal the relationship between psychological skills and performance level with possible effects on type of sports and gender difference.

5.2. CONCLUSIONS

In the light of the study undertaken, within the limitations and procedures of the study the following conclusions were drawn

1. Intermediate and advanced level sports performers were different on psychological characteristics motivation and anxiety control.
2. Kabaddi, Cricket and Ball Badminton players were different on psychological characteristics motivation, mental preparation and concentration.
3. Men and women players were different on psychological characteristics motivation, mental preparation and concentration.
4. Interactively intermediate and advanced level men and women players were different in motivation.
5. Interactively intermediate and advanced level Kabaddi, Cricket and Ball Badminton players were different in motivation and concentration.
6. Interactively men and women, Kabaddi, Cricket and Ball Badminton players were different in motivation.
7. Interactively intermediate and advanced men and women Kabaddi, Cricket and Ball Badminton players were significant in motivation, mental preparation, team emphasis and concentration.

5.3. RECOMMENDATIONS

1. Every single factor however small that may be, contribute to the total performance in sports competition that too at higher level. This study will provide coaches and physical educationist to identify the importance of psychological characteristics of athletes in sports setting.

2. In the process of athletic training, there are three different levels of sportive preparation, initiation (novices), specialization (intermediate) and high performance (advanced or elite). These stages correspond to the phases of training of an athlete throughout his or her sporting career. The initiation stage is the beginning of a systematic process of a sport modality. This level may not produce any significant effect. At this stages bases needed to be developed. In the intermediate stage a progressive and systematic increment of the training is observed. At the end of the training process, when the athlete achieves his or her peak personal performance, the goal will be to maintain it as long as possible. This is true in terms of psychological skills and characteristics of athletes. The present study may provide light in this regards to the coaches and sports psychologist.

5.4. SUGGESTION FOR FURTHER RESEARCH AREA

The present author wish to stress the need for further research with the application of a similar study to elite athletes who are participating in international level in individual and team sports.