Chapter-V

SUMMARY CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY:

The importance of sports has been recognized at national and International level by all the countries of the world. Today sports are considered as an international discipline because it develops international understanding and universal brotherhood. Sports are also one of the factors contributing to the development of character.

Every kind of sports has its own special psychological problem and its own psychological profile, psychological typology of the branches of sports have been made earlier, only based on categorizing the field of sports.

Sport psychology studies the effect of the psychic functions constituting the whole personality and its effect on the performance. Its basic aim is thus to increase performance with the instruments of psychology.

A major component of success in shooting is psychological parameter, along with the physical and physiological factors also play a vital role in achieving higher level performance in shooting.

Many situations create anxiety, either in work, sport, or life in general, resulting in uneasy feelings of apprehension and tension.
Although anxiety affects individuals differently, a high degree of anxiety can do more harm than good to performance on complex tasks (Martens, 1977).

Anxiety plays a paramount role in sports. It is the challenge in sports participation, which produces anxiety. How an athlete handle, the anxiety determines how successful he would be. Anxiety may be a positive motivating force or it may interfere with successful performances in sports events.

Competitive trait anxiety is defined as a tendency to perceive competitive situations as threatening and to respond these situations, with feelings of apprehensions or tensions.

Anxiety plays a major role, where sensor motor skills such as the finely coordinated processes of movement, are stressed, where a temporary decrease in vitality can not be compensated for by extraordinary efforts, and where a transposition in aggression is not appropriate.

Self-confidence is essentially an attitude which allows us to have a positive and realistic perception of ourselves and our abilities.

According to Basavanna (1975), self-confidence refers to an individuals perceived ability to act effectively in a situation to overcome obstacles and to get things go all right. The following are the characteristics of self confidence:
- A willingness to try new things, take opportunities and take risks
- An ability to seem competent & controlled in challenging situations.
- A deep trust in one's own abilities and skills.
- Ability to accept criticism
- Ability to say what one thinks, feels or believes without fear
- Ability to be self-directed in life
- Ability to make decisions and fully accept responsibility for the consequences
- Ability to bounce back from failures
- Adaptability and flexibility
- A willingness to feel the fear and do it anyway

Confidence is about how much we trust ourselves and how much faith we have in ourselves. But it can also be about how we project ourselves into the world and how we want others to perceive us. Self-confidence is a person's internal representation of her own power to perform well within certain circumstances and settings. Self-confidence is the basic element of achievement. A confident person is, in fact, a deliberate creator. She believes in her ability to manifest whatever is needed to accomplish any task at hand. Having a high degree of self-confidence allows you the poise needed to pursue a purposeful goal and enables you to take responsibility for the conditions of your life.
Self-confidence performance relationships, it is important to consider which variables might be moderating these relationships. We consider three major moderator variables: (a) measurement, (b) type of sport and (c) individual differences.

The purpose of the study is to compare the sports competitive anxiety and self confidence of National Level shooters between before and during competition and also to study the relationship among psycho-physiological variables before and during competition.

To achieve this purpose, total 40 National level shooter both male and female who represented the state for shooting competition of below 25 meters range shooting were selected as purposive sampling. The age of the subjects ranged between 18 to 35 years. The selected subjects were educated (at least 10\textsuperscript{th} standard) who were fluent in reading English. The Psychological variables, Sports competitive anxiety, Self confidence, Fine motor activity, Psycho motor ability and Psycho-physiological variables Diastolic Blood pressure, Systolic Blood pressure, Pulse rate, Skin resistance were selected.

The statistical analysis on Sports Competitive Anxiety, Self Confidence, Fine Motor Activity, Psychomotor Ability and physiological variables. The data obtained for the above variables before and during National level shooting competition have been compared. To measure the above said variables were conducted and the scorings were recorded as per the instructions of the tests. The data was statistically analyzed using appropriate statistical analysis. The ‘t’ ratio was
calculated to find out the significant difference in the psycho-physiological variables of National Level shooting participants before and during Competitions and Pearson’s Coefficient of Correlation was used to correlate the variables. The Hypotheses were tested for significant differences at 0.05 levels.

5.2 CONCLUSIONS:

On the basis of analysis of results and discussion of findings the conclusions have been drawn as under:

1. There was significant difference in Anxiety (Sinhas) of the shooters before and during competition. This confirms that Anxiety (Sinhas) of the shooters is better before competition than during the competition.

2. There was significant difference in Self Confidence of the shooters before and during competition. This shows that Self Confidence of the shooters was better before competition than during the competition.

3. There was significant difference in the Fine Motor activity of the shooters before and during competition. This indicates that Fine Motor activity of the shooters was better before competition than during the competition.

4. There was significant difference in the Psycho Motor ability (Correct) of the shooters before and during competition. This
reveals that Psycho Motor activity (Correct) of the shooters is better before competition than during the competition.

5. There was significant difference in the Psycho Motor ability (Wrong) of the shooters before and during competition. This corresponds that Psycho Motor activity (Wrong) of the shooters was better before competition than during the competition.

6. There was significant difference in the Diastolic Blood Pressure of the shooters before and during competition. This shows that Diastolic Blood Pressure of the shooters was better before competition than during the competition.

7. There was significant difference in the Systolic Blood Pressure of the shooters before and during competition. This confirms that Systolic Blood Pressure of the shooters was better before competition than during the competition.

8. There was significant difference in the pulse rate of the shooters of the shooters before and during competition. This reveals the fact that pulse of the shooters was better before competition than during the competition.

9. There was significant difference in the GSR (Average) of the shooters before and during competition. This confirms that GSR (Average) of the shooters was better before competition than during the competition.
10. There was a strong positive significant correlation between Self confidence and Anxiety both for before competition and during competition.

11. There was significant relationship between the Self Confidence and physiological variables considered in the study. The Self Confidence is strongly and negatively correlated with Psycho Motor Correct, whereas it is strongly and positively correlated with almost all the other variables. The Self Confidence was weakly correlated with diastolic blood pressure. This was for both before competition and during competition.

12. There was significant relationship between the anxiety and physiological variables considered in the study. The anxiety is strongly and negatively correlated with Psycho Motor Correct, whereas it is strongly and positively correlated with almost all the other variables. The anxiety was weakly correlated with diastolic blood pressure. This was for both before competition and during competition.
5.3 **RECOMMENDATIONS**:

In the light of findings and conclusions drawn from this study following recommendations are made:

1. Similar study may be conducted at different point of time prior to competition to know the variation of anxiety and self confidence level of shooters.

2. There is a need to conduct further research on other variables like self esteem, will to win, cognitive competence and attitudes of shooters.

3. Similar study may be conducted among male and female at different levels of competition like university, state, nationals with adding more number of physical, physiological and psychological variables.

4. The result of this study clearly indicated that anxiety, self confidence (psychomotor abilities and physiological variables) is comparatively changes before the competition and during the competitions. Hence it is recommended that coaches/trainers can adopt the remedial training programme during training of their athletes to maintain optimum level of anxiety and self confidence.

5. Similar study may be conducted among the different range of shooting competitions.
6. It is recommended to conduct similar research to be conducting other game players also.

7. The Coaches can adopt this type of variables to develop the self confidence of their athletes.