CHAPTER V
DISCUSSION

Physical education has certainly benefited from psychological research. Professional services have been enhanced through an understanding of humans of all ages and ways of promoting more effective learning situations. Means of encouraging a greater self image, relating to others and gaining satisfaction and accomplishment through participation in physical activities are suggested from the work of social psychologists. The desirable behavior whether in the form of the learning outcome, skill or in a more learned and adjusted person, is the concern of the physical educator. (Singer, et al. 1972)

Sport person's accomplishments can be attributed to many factors working together in an ideal "intermix", but none other referred to with more reverence and less understanding than what the more avid sports enthusiasts refer to as "the mind and the heart" Others have coined the synonymous phrase, "the will and the guts". The urge and the ability to achieve is due in part, no doubt a great part, to those many recognized and intangible processes that encompass the previous and present motivational states of the sport persons. Physical characteristics, sense acuity, perceptual and decision making processes, acquired skills, and developed abilities structure the human system for preparation for competition. The optimal state of arousal encourages the structure to function in a desirable way. But emotions and attitudes translated into motivational force accomplish more than this. They are responsible for the athletes selection of a particular sport activity over other possible activities at some point in his or her life. They influence the decision to preserve and practice at it over many years and under trying conditions, even though other alternative activities are always available (Singer, 1977)
There are several personal variables that are closely associated with athletic or sports accomplishments. The very first thing is physical fitness. Physical education is necessary for physical fitness. "Physical education contains a great potential for learning, for the cultivation of reflective thinking, and for the intellectualization of our choices" (Shephard, Natalie, 1960). This principle is based on facts. For example, according to the Oberfeuffer and Ulrich (1962), (i) When man learns, he learns physically, mentally and socially. All of his powers are affected by learning. (ii) More goes on in the mind of the learner when learning a motor skill than the exercise of the neuromuscular patterns. (iii) The associated learnings are important and should be planned for a taught. Skills should have meaning, and understanding the "why" assists learning. (iv) Mental practice can further improve the skill of a skilled performer. (V) Intelligence and motor learning are positively related.

Physical fitness is so important that in the absence of it a sport person may not exist in its real sense. That is in the absence of physical fitness the person neither can perform well in sports, games, or in athletic events. In other words for participating in sports, games or in athletic events some physical fitness is necessary. In present study physical fitness is considered as a physical and mental state of a person exhibited on the nine different tests of physical fitness.

Apparently, the term physical fitness seems to be very simple, but providing a proper definition of physical fitness is a difficult task. Is physical fitness a purely physical state of well being or is it a combination of well developed physical and mental capacities? The fact is the "physical fitness" does not fit into a neat straight-jacket; i.e. into some neat phrase that will summarize all the benefits that are associated with fitness and good health- the benefits are recognized by people in different ways. To some it is the ability to excel in physical sports, to others it is the platform on which they base their way of life and their path to the fullest enjoyment of life. Neither is fitness just a matter of interest to the muscle - men or the fitness fanatics; even fitness for everyday life is something that eludes many of Increasing mechanization and improved transportation made regular daily exercise something of a universal problem. Mostly, naïve people argue that their daily work provides them with all the exercise they need. When analyzed, what kind of exercise is it? Dull, repetitive and mechanical actions which usually involve only one or two
groups of muscles, and have a very limited physical effect. Research in this area showed that balanced exercise is never achieved by repetitive work loads. What then is fitness? It has been described as "involving measures and levels of muscular strength and endurance, muscle tone, heart action and response to activity. It is also a very personal thing. It affects the way we feel when we get up in the morning: how tired or fresh we are after a day's work; how eagerly we look forward to doing those things we enjoy most. Physically fit people are able to deal with changes in their environment with little deviation from their normal behavior; they are able to tolerate physical stress to a greater degree, and generally have a stronger heart action than their less fit friends. There is also a strong relation between mental alertness, the absence of nervous tension and physical fitness. When seek in fitness for a particular task, such as the performance of sports skills, we move out of the realm of general fitness for living and into the world of the specifically trained athlete. This is specific fitness, where the ability to perform a skill action becomes the measure of the fitness achieved; and is related only to the actual performer (Healy, 1973)

Most other personal variables are mostly related to psychological aspects. Among them the first one refers to self concept. This factor has an extra ordinary importance in the field of sports and games. Self concept of a sport person refers to the extent which contentment and confidence are exhibited. It depends upon a variety of personal experiences. A positive valance toward oneself provides a necessary impetus toward action. Such feelings are probably represented by the level of aspiration decided upon prior to competition. The personality structure of the sport persons, experiences and successful performances and the reaction of others directed toward him are highly influential in the development of self-concept. Whereas continual criticism and rejection can transform the sensitive sport person with tremendous potential from realizing this potential to the classification of an underachiever.

Since, self-concept develops in the social context it slowly changes overtime, as we grew older. There are several other factors which shape our self-concept, bring changes in our beliefs about who we are. For example, change in the self-concept of an individual could be seen on the day he joins a job. An unemployed graduate develops a particular self-concept, if he gets a job he has aspired for, and joins it, then
within a few days the same individual develops a different self-concept about himself. This self-concept is positive in nature. The other person, after serving a company for 10 to 15 years, loses his job, then suddenly he develops a new social identity—unemployed. Here change in self-concept is negative. Such changes in the self-concept of sport persons could be seen easily. Whenever a sport person improves his performance or skill there is a positive improvement in his self-concept. The day he wins a race or any sport event his self-concept is enhanced positively. Positive enhancement of self-concept helps in bringing improvement in the performance of the sport persons. Needless to mention that the sport persons with better self-concept exhibit better performance in the field than those sportsperson having poor self-concept. Similar effect was demonstrated by Carver, Reynolds & Scheier (1994). They classified the college students as characteristically optimistic or generally pessimistic. These students were asked to describe their future selves. Both types of students could imagine positive futures, but their optimistic ones had higher expectations about actually attaining a positive possible self than did those who were pessimistic.

Six different kinds of self-concept of the Ss. were also treated as dependent variables. Assuming that the other factors are kept controlled, it was assumed that developments of different kinds of self-concept are dependent on physical fitness, sportsperson and sex, of the Ss. Of the six, the first one self-concept was physical self-concept. On a strong foundation, a hypothesis depicting the relationship between physical fitness and physical self-concept was framed. Since physical self concept depends on the physical appearance of varied body parts; and the Ss. who are better physically fit, have relatively better body parts than those Ss. categorized as poor physically fit, it was assumed that, the Ss. who are rated as physically better fit develop significantly better physical self concept than those who are rated as physically poor fit. This hypothesis got strong support from the results of the study. The Ss. rated as physically better fit might be having various body parts smaller than the required shape and size. While comparing with others they might have realized their weaknesses and it might have resulted in developing poor physical self-concept.

Similarly the second assumption was that the sportsperson have significantly better physical self-concept than non sportsperson. This assumption also got strong support.
Association between physical self-concept and sex of the Ss. was examined. It was hypothesized that physical self-concept of the male Ss. is significantly better than that of the female Ss. Now a day regarding the physical appearance the males are more aware. This generalization is true in almost all the cultures. It has probably influenced the perception of males towards themselves. As a result they develop superior physical self-concept. Such awareness about ones physical appearance is also predominant among females. However, gradually among the educated this awareness is increasing in India. Results of the study had shown that the male Ss. had significantly much better physical self concept, whereas, compared to them the female Ss. had relatively poor physical self-concept. Thus, the assumption of the study got strong support.

Intellectual self-concept refers to how one perceives towards his or her cognitive abilities. The first relationship of intellectual self-concept was examined with physical fitness. Physical fitness is a product of body built that is inherited, food intake and exercises done to tone up the muscles etc; whereas intellectual self-concept mainly deals with ones cognitive abilities. Apparently, these two are not related hence, it was hypothesized that physical fitness of the Ss. and intellectual self-concept are not associated to each other. In other words, both physically better fit and physically poor fit Ss. had similar intellectual self-concept. But, the assumption could not get support from the findings of this study. Physically better fit Ss. expressed significantly better intellectual self concept than the physically poor fit Ss. Probably, sound mind in sound body is true. The physically better fit Ss. could evaluate themselves on the positive side of their cognitive characteristics. Physically poor fit Ss. might have underestimated themselves. Another possibility also can not be ignored. Intellectual ability of the Ss. was not measured in this study. The physically better fit might be superior in intellectual ability and developed better intellectual self-concept.

The second independent variable was sport persons and non sport persons. It was assumed that the sportspersons develop significantly better intellectual self concept than non sport persons. This assumption also got strong support.

Intellectual self-concept of the Ss. was measured. Now a day's both males and females are doing more or less equal progress in all the fields. Hence, it was
hypothesized that both male as well as female Ss. have similar intellectual self-concept. However, this assumption failed to get support from the results of this study. The male had significantly better intellectual self-concept than the female. In a tradition laden country like India, still the female children are given secondary preference and treatment; both in the family as well as in the society. From childhood, thus, the female children learn to underrate themselves as intellectually low. Probably this discriminatory and secondary treatment given to the females result in their underrating of themselves. Further, they develop poor intellectual self-concept. The female Ss of present study might have gone through the same non-stimulating environment and experiences, whereas, the male sport persons of the study might have experienced relatively more stimulating environment, which has helped them in developing superior intellectual self concept.

For every individual, development of better social self-concept is necessary. For the sport persons also, social self-concept is useful for, it directly or indirectly helps them in improving their performance in society.

Satisfactory adjustment in the society is a plus point for the Ss. Because of their physical weakness the physical poorly fit Ss. might find it difficult to adjust satisfactorily in the society and most probably develop poor social self-concept. Physically better fit Ss. on the other hand might be adjusting well in the odd conditions. It might help them in developing better social self-concept. One of the hypotheses of this study was, the physically better fit Ss. develop significantly better social self concept than the physically poor fit Ss. This assumption got strong support. The Ss. who were categorized as physically better fit had developed significantly better social self-concept than those Ss. who were classified as physically poor fit. To a great extent, the development of social self-concept depends on the extent to which a person interacts with varied social situations. Physically better fit persons can interact more effectively.

Similarly sportsperson developed better social self-concept than non sportsperson.
Social self-concept of the Ss. was measured in this study and it was believed that, social self-concept of the male sport persons is significantly better than that of the female sport persons. Males in this country can mix up freely in the society, this helps them to refine and develop their social image. On the females, even today, there are several restrictions; they can not mix up in the society as freely as the men can. Due to this, females find it difficult to develop better social image in the society. It a girl or a woman mixes up freely in the society, she is looked down upon. Of course, gradually the picture is changing but the pace is very slow. Despite these, the female Ss. of the study had developed more or less similar social self-concept to that of the male Ss. The possibility is that, even the female Ss. have to perform shoulder to shoulder with the male Ss. on the ground and also in the indoor events. Obviously, they treated themselves equal to the male Ss. and might have developed equally well social self-concept.

The fourth self-concept measured in the study was moral self-concept. In Indian society and culture morality has great value. It has been respected much. From results of present study, physically better fit Ss. had significantly better moral self concept than physically poor fit sport persons. One possible reason might be, for achieving success in different fields the physically better fit Ss. had to take relatively less efforts than the physically poor fit had to do several adjustments and compromises. Because of this physically poor fit had to rated them-selves at the low end of moral self-concept. Of course, the influence of other factors cannot be ignored.

Secondly it was assumed that the sportsperson develop significantly better moral self-concept than non sportsperson. The results got strong support.

However, morality is expected more from the females. Immoral behavior among females is not tolerated among females. At the same time to some extent immoral behavior is tolerated among males. From early childhood morality is being taught to children. But immoral behavior on the part of female child is considered as a serious matter. Because of such social norms in India, the females develop better moral self-concept than the males. In present study it was hypothesized that male Ss. have significantly better moral self-concept than the female. Findings of the study supported the assumption of study. Because in the practical life things are extremely
different, to survive successfully both men and women have to deviate from the strict moral behavior. Obviously, with regards to their moral self-concept both male as well as female Ss are coming on par with each other.

Keeping control on emotions or to be emotionally stable is necessary for the Ss., if they want to achieve supremacy in sport or games. Emotionality might hinder the progress and success of sport persons. Emotional self-concept of the Ss., therefore, must be superior. It was natural believe that physically better fit Ss. develop significantly better emotional self-concept than the physically poor fit Ss. Physically better fit Ss. might have good control over their emotions, the physically poor fit might find it difficult to control their emotions at different events of life. Because physically better fit can adjust well in different difficult and irritating situation. They can control the situation well the physically poor fit might find it difficult to keep their factors and thus, might get irritated. Results of present study supported the assumption. The physically better fit Ss. showed significantly better emotional self concept than the physically poor fit Ss.

Similarly the sportsperson develop significantly better emotional self concept than non sportsperson this assumption got strong support.

In any Indian society the female children are taught to keep control on their emotions. Male children are also taught to do so, but the restrictions in this respect are more on females than on males. That is why, at varied social occasions the females keep control on their emotions. Emotional self-concept of the Ss. was measured, and it was hypothesized that the female Ss. develop significantly better emotional self-concept than the male Ss. Results of the study satiated this assumption. Female Ss. show significantly better emotional self-concept than the male Ss. The reasons could be traced in the Sanskritization processes adopted for caring the male children and female children in Indian society.

The last of the six types of self-concept was aesthetic self-concept. One has to be neat and clean in their life. The physically better fit had developed better aesthetic self concept, than the physically poor fit Ss. probably, physically poor fit perceived themselves and their varied body parts as unattractive and thus, developed poor aesthetic self concept. Role of other factors in the development of aesthetic self concept cannot be ignored.
Appearance must be pleasant, in ones activities one has to be clear and pleasant to others. Such behavior depicts aesthetic sense. Such training is given to females mostly in almost all cultures. A good number of men also develop aesthetic sense, which could be seen in their homes, offices and other places. Aesthetic self-concept refers to such behavior.

It was hypothesized that male Ss. have significantly better aesthetic self-concept than the female Ss. of the study exhibited significantly superior aesthetic self-concept to that of the male. Factor of sex seems to be highly effective in the development of aesthetic self-concept.

Satisfactory adjustment in the society is a plus point for the Ss. Because of their physical weakness the physical poorly fit Ss. might find it difficult to adjust satisfactorily in the society and most probably develop poor adjustment level. Physically better fit Ss. on the other hand might be adjusting well in the odd conditions. It might help them in developing better adjustment. One of the hypotheses of this study was, the physically better fit Ss. develop significantly better adjusted than the physically poor fit Ss. This assumption got strong support. The Ss. who were categorized as physically better fit had developed significantly better adjustment than those sport persons who were classified as physically poor fit. To a great extent, the adjustment depends on the extent to which a person interacts with varied social situations. Physically better fit persons can interact more effectively.

Similarly sportsperson developed better social self-concept than non sportsperson.

Adjustment of the Ss. was measured in this study and it was believed that, adjustment of the male. is significantly better than that of the female. Males in this country can mix up freely in the society, this helps them to refine and develop their social image. On the females, even today, there are several restrictions; they can not mix up in the society as freely as the men can. Due to this, females find it difficult to develop better adjustment in the society. If a girl or a woman mixes up freely in the society, she is looked down upon. Of course, gradually the picture is changing but the pace is very slow.