CHAPTER-V

SUMMARY, CONCLUSIONS AND IMPLICATIONS

To promote sports excellence research in different areas is being focused to provide information. The study of psychological variables is important to optimize an athletes’ behaviour in training and competition situations.

The variables of Anxiety and Self-concept have implications in the field of sports. Psychologists believe that cognitive processes determine the behaviour of an individual in specific situations. This also manifests an individual’s perception of the situations, manifests behaviour and the variables of State, Trait and Sports Competition Anxiety. These variables are therefore important from the practical and theoretical point of view.

Self-concept variables have been considered related to one’s effort’s, goals, motivation and achievements. Some research studies to some extent have brought to light the role of these variables in athletic performance. However there was a need to study these variables on the female athletes with regard to their performance, socio-economic status and age.
STATEMENT OF THE PROBLEM

The study was focused on State and Trait Anxiety, Sports Competition Anxiety, and Self-concept variables with special reference to the socio-economic status and varying levels of performance of athletes in selected sports disciplines. The study was titled as follows:

“A study of anxiety and self-concept with special reference to socio-economic status and performance of female athletes”.

OBJECTIVES OF THE STUDY

The following were the objectives of the study:

1. To find out differences in state and trait anxiety between athletes have varied performance levels.

2. To find out the differences in sports competition anxiety between athletes with different performance levels.

3. To find out the differences in self-concept variables between athletes with varying levels of performance.

4. To find out the differences in state and trait anxiety based on the Socio-economic status of athletes.

5. To find out the differences in sports competition anxiety between athletes belonging to different Socio-economic groups.
6. To find out the differences on the self-concept variables of athletes with varying levels of socio-economic status.

7. To find out differences between two age groups of athletes, i.e. 16 to 18 years and 19 to 21 years on the studied variables.

8. To find out the inter-action effect between Performance x Socio-economic status.

HYPOTHESES

The hypotheses of the study were:

1. There would be differences between the two performances group (inter-college and inter-varsity level) on the variable of State and Trait Anxiety, i.e. Anxiety would be lower in the high performance group compared to the low performance group.

2. There would be significant differences between the two performance groups (inter-college and inter-varsity levels) on the variable of Sports Competition Anxiety, i.e. Sports Competition Anxiety would be significantly more among the college athletes compared to the university athletes.

3. There would be significant differences between the two performance groups (inter-college and inter-university level) on the variable of Self-concept, that is, the inter-university athletes would be having higher Self-concept compared to inter-college athletes.
4. There would be significant differences on the variables of state and trait anxiety between the athletes of varying levels of socio-economic status, i.e. High Socio-economic Group would be significantly lower in State-Trait Anxiety compared to the low Socio-economic group.

5. There would be significant differences on the variable of Sports Competition Anxiety between the athletes of higher and lower Socio-economic groups, i.e. High Socio-economic group would be significantly lower on the variable of Sports Competition Anxiety compared to lower Socio-economic group.

6. There would be significant differences on the Self-concept variables between the athletes with varying levels of socio-economic status, that is, athletes from the higher Socio-economic strata would have higher Self-concept, compared to the athletes of lower socio-economic strata.

7. There would be significant differences between the two groups of athletes based on age i.e. 19 to 21 years group will demonstrate significantly lower level of Anxiety (State, Trait, and Competitive Anxiety) compared to 16-18 years age group. However the older age group would be significantly better on the variables of Self-concept compared to the younger group of Athletes.

8. There would be significant positive effect between performance and socio-economic status interaction (Performance x Socio-economic status) on the studied variables.
LIMITATIONS

1. No special technique was used to motivate the subjects before or during the administration of tests.

2. The investigator could not control other variables which might be considered a limitation of the study.

3. No sophisticated apparatus or equipment was used.

DELIMITATIONS

The study was delimited as follows:

1. It is delimited to the state of Punjab and Union Territory of Chandigarh.

2. The study was restricted to the following team games: Volleyball, Hand-ball, Basket-ball and Hockey.

3. The study was delimited to the female group of 16 to 21 years in age at the inter-college and inter-university levels of performance.

4. The study was delimited to the variables of State and Trait Anxiety, Sports Competition Anxiety, and Self-concept with special reference to Socio-economic status and performance of the subjects.
SIGNIFICANCE OF THE STUDY

Modern research has been geared to focus on athletes undergoing hours of strenuous training everyday to excel in sports competitions. Competitive behaviour to a great extent depends on the Self-concept of an athlete has and on the levels of Anxiety that he displays as a person and particularly before and during the competition.

The impact of Socio-economic conditions seems to have a wide scope. They influence the behavioural characteristics of a person. Self-concept and Anxiety variables are also affected by Socio-economic status of athletes.

This study will be focused on these issues which are significant from the theoretical as well as practical point of view.

The study has far reaching implication in selection and training of athletes and may prove useful in developing the profile of team athletes of different levels of performance.

DESIGN OF THE STUDY

This was a survey type of study of the female athletes with regard to the social psychological variables and their relationship to two different levels of performance i.e. inter-college and inter-university.

The random sampling design was used. The statistical measure used in this study was 2 x 2 ANOVA.
SAMPLE

The sample consisted of female subjects in the age group of 16 to 21 years studying in the colleges and universities of the Punjab State and U.T. Chandigarh. The subjects were randomly selected from the games of basket ball, Hockey, Hand-ball and Volley-ball. Equal number of subjects were taken from the above mentioned games. The subjects were drawn from the colleges who participated at two levels of performance i.e. Inter-college and Inter-university subjects. 120 subjects were taken from Inter-university level and 120 subjects who participated at the college level were taken. These institutions fell under the Panjab University Chandigarh, Punjabi University, Patiala and Guru Nanak Dev University, Amritsar.

Four Sports disciplines were selected for the purpose of investigations by the investigator. The category wise break-up of the participants of the inter-college and inter-university performance levels of female athletes is as follows :-

**Tables Sample**

<table>
<thead>
<tr>
<th>Game</th>
<th>Inter-college level</th>
<th>Inter-University level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>30</td>
<td>30</td>
</tr>
<tr>
<td>Hand Ball</td>
<td>30</td>
<td>30</td>
</tr>
<tr>
<td>Volley Ball</td>
<td>30</td>
<td>30</td>
</tr>
<tr>
<td>Hockey</td>
<td>30</td>
<td>30</td>
</tr>
</tbody>
</table>

Since the investigator used Socio-economic status as an independent variable, the subjects which fell in the High Socio-
economic group were 105. Therefore 105 subjects were taken randomly from the remaining sample for low Socio-economic group. The same number was kept for the two groups, which were based on performance. For statistical analysis, the data of 210 subjects in which coding was done to differentiate the level of Socio-economic status, was computerized.

The list of social psychological variables selected for investigation is as follows:

1. State Anxiety
2. Trait Anxiety
3. Sport Competition Anxiety
4. Self-concept variables
5. Socio-economic status as an independent variable.

TESTS USED

Keeping in view the availability and suitability of the tests the following tests were used to collect data.

1. To measure State and Trait Anxiety, Speilberger’s (1970) inventory (STA1) was used.

2. To measure Sports Competition Anxiety, Marten’s (1977) inventory was used.

3. For Self-concept, a questionnaire developed by Dr. Raj Kumar Sarswat (1984) was used.
4. Socio-economic Status Scale by Gyanedra P. Srivastva (1982) was used to measure the Socio-economic status.

These tests have been used extensively in the Indian conditions.

STATISTICAL DESIGN

The statistical analysis was done on the computer. Analysis of variances (2 x 2 factorial design) was computed to find out the significance of differences and the interaction of performance, Socio-economic status. Mean and standard deviation was calculated to find out the direction of differences. To find out the significance of difference on the studied variables between two age groups of female athletes t-test was used.
FINDINGS

ANXIETY

The results of 2 x 2 ANOVA with regard to Anxiety variables indicate significant difference (p < .01) between the college and university female athletes on State Anxiety. University athletes demonstrated less State Anxiety compared to college athletes.

The difference between two Socio-economic groups on State Anxiety is not significant.

There are no significant differences between college and university female athletes on Trait Anxiety. Similarly the two Socio-economic status groups do not indicate significant difference between themselves.

Significant difference has been found between college and university athletes on the variable Competition Anxiety (p < .01). The university athletes have shown lesser Competition Anxiety than the college athletes.

No significant difference has been found between high and low Socio-economic status groups on all Anxiety variables. The performance by Socio-economic status interaction on all the Anxiety variables is not significant which shows that there is no main effect on the dependent variable.
SELF-CONCEPT

ANOVA results of female athletes on Self-concept variables demonstrate significant difference between college and university athletes on Social Self-concept ($p < .01$), Temperamental Self-concept ($p < .01$) and Total Self-concept ($p < .01$). On Physical Self-concept, Moral Self-concept, Education Self-concept and Intellectual Self-concept the differences between college and university athletes are not significant.

ANOVA results of Socio-economic status groups (high and low) indicate significant difference on Physical, Social, Temperamental and Total Self-concept. The high Socio-economic status group is better than the low Socio-economic status group on Physical, Social, Temperamental and Total Self-concept. No significant difference between high and low Socio-economic status group has been found on Educational, Moral and Intellectual Self-concept.

AGE

The results of the t-test with regard to first (16 to 18 years) and second age group (19 to 21 years) of female athletes indicate significant difference between first and second age group on State Anxiety ($p < .05$). The second age group has shown lower level of State Anxiety as compared to the first group. However, the results of the two age groups of female athletes are not significant with regard to Trait Anxiety and Competition Anxiety.
Results of first and second age group on Self-concept variables indicate significant difference on Physical, Social, Temperamental, Educational, Intellectual and Total Self-concept. However no significant difference on Moral Self-concept has been noticed. The second age group has been found better than the first age group on all the Self-concept variables except Moral Self-concept. This finding supports the assumption that age is critical to Self-concept.
The following conclusions have been drawn on the basis of results of the study.

ANXIETY

The results of ANOVA and the mean values indicated that State Anxiety was significantly higher among the college athletes as compared to the university athletes. However, no significant difference was found between the two performance groups of athletes on Trait Anxiety.

Significant difference between the college and university athletes on the variable Competition Anxiety has been recorded. The scores indicate that university athletes have shown less Competition Anxiety than the college athletes.

The two Socio-economic status groups did not show significant difference between the high Socio-economic status and the low Socio-economic status group on Anxiety variables i.e. State Anxiety, Trait Anxiety and Competition Anxiety. No interaction effect has been noticed on the performance by Socio-economic status group interaction design since the results on all the variables are not significant. Hypothesis No. 4 and 5 have been rejected.
SELF-CONCEPT

ANOVA results of female athletes have demonstrated significant difference between college and university athletes on Social Self-concept, Temperamental Self-concept and Total Self-concept. The difference between the college and university athletes on Physical, Moral, Educational Self-concept are not significant. Hypothesis number three has been partially accepted and partially rejected.

Significant difference between high and low Socio-economic group has been found on Physical, Social, Temperamental and Total Self-concept. The high Socio-economic group is better as compared to the low Socio-economic group on the above mentioned Self-concept variables. However, no significant difference has been found between first and second Socio-economic group on Educational, Moral and Intellectual Self-concept. Hypothesis number six has been partially accepted and partially rejected. The performance by Socio-economic status interaction results on all the variables are not significant.

AGE

The results of t-test indicated significant difference between first and second age group on State Anxiety. The older group is lower on State Anxiety compared to the younger group. The results of two age groups are not significant with regard to Trait Anxiety and Competition Anxiety. Hypothesis number seven is partially accepted and partially rejected.
The results of two age groups on Self-concept variables are significant on Physical, Social, Temperamental, Educational, Intellectual and Total Self-concept. No significant difference on Moral Self-concept has been noticed. The second age group (19 to 21 years) is better than the first age group (16 to 18 years) on Self-concept variables except Moral Self-concept, Hypothesis number seven is partially accepted.
IMPLICATIONS

On the basis of the finding the implications of the study are as follows:

1) The high performance group of athletes has shown less State Anxiety compared to the low performance group. The university athletes are capable of lowering the State Anxiety level compared to college athletes. This might be the result of organized training and competition experience.

2) The university athletes have been also found showing lesser Competition Anxiety than the college athletes. This suggests that Anxiety both State and Competition, may influence the performance of the athletes. Therefore measures should be taken to help athletes to control their Anxiety level by using various cognitive techniques to enable them perform better.

3) The university athletes have shown significantly better Self-concept compared to the college athletes except Moral Self-concept. Self-concept helps in setting higher standards for achievement and the athletes are likely to pursue the goals diligently. Efforts should be made to develop Self-concept of athletes on all the dimensions for making them better individuals and better athletes.

4) Our results have demonstrated that Socio-economic status does not mediate Anxiety variables. Therefore athletes belonging to
all levels of Socio-economic status should be treated in a similar way to manage their Anxiety levels, which is important for competitive performance.

5) The high Socio-economic group has been observed having better Self-concept. All the variables of Self-concept except Intellectual, the high Socio-economic group had better scores. It is therefore essential to take measures to help low Socio-economic status athletes to develop their self-concept which is very important for success in any field of human activity including sports.

6) Our findings relating to age demonstrates that State Anxiety is controllable with training and competition experience and age. However, some more research studies are required to confirm this hypothesis. The finding of this investigator, are equivocal with regard to anxiety variables, i.e. the results are significant on State Anxiety and not significant on Trait and Competition Anxiety. More research studies are needed to resolve the issue.

7) There is a special need to focus on the development of Self-concept variables among the female athletes who have demonstrated lower level of Self-concept compared to the male athletes as reported by earlier studies.
SUGGESTIONS

SUGGESTIONS FOR FUTURE RESEARCH

1. These variables may be studied on National athletes. The sports events which have not been covered in this study should also be studied with special reference to these variables.

2. Longitudinal studies may be undertaken to know how training and performance interact with these Psychological variables.

3. While preparing experimental designs on this model demographical and Socio-cultural factors should be taken into account.

4. The study may be extended to the age groups which have not been covered in this study.

5. Individual differences on anxiety variables should be explored for proper management of anxiety.