CHAPTER V
SUMMARY, CONCLUSION AND RECOMMENDATIONS

Sports not only provide us platform to remain physically and physiologically fit but at the same time it is a multi dimensional phenomenon which also leads to alertness as well as relaxation of mind, provide options to make people more social and interactive, emotionally balanced and last but not the least develops neuromuscular co-ordination. Hence it upgrades the overall personality of an individual and helps in making him a completely well developed citizen.

The global interest in sports is due to the fact that people around the world have acknowledged the significance of indulging in games and sports.

In the world of competition, every effort is being maintained to train athletes so they may give optimum performance in sports competition. Better performance in sports is the result of multitude factors such as physical, social, anthropometrical, psychological, etc. It has become quite apparent that psychological factors have been involved in every performance-oriented sports. Top performer in sports is characterized by strong reliance upon understanding the psychological makeup of the performer.

The importance of body as in the words of Aristotle is "Body is the temple of soul". Similarly it is a well-known fact that Sound mind is there in a sound body. Thus in order to reach harmony of body, mind and spirit, which solely depends upon the interest of the individual in sports activities, motivation is required. Therefore, motivation plays a key role of player's involvement in sports activities and their performance. Keeping in view the importance of body image
and motivation in sports, an attempt was made to study the influence of body image, participation and achievement motivation as related to gender and performance. To achieve the objectives of the study, following procedure were adopted.

**Sample**

In order to accomplish the study, data were collected on total one hundred and sixteen inter-college level basketball players, randomly selected to act as subjects for the present study. Out of the total players, there were sixty-six males and fifty females. The subjects were between the age group of 18 – 25 years and were studying in various affiliated colleges and departments of Panjab University, Chandigarh. All the players acted as subjects had participated in at least Panjab University inter college basketball tournaments for men and women in 2003 – 04.

To find out high and low performer subjects, they were put to the standardized skill tests and the scores obtained in these tests were tabulated followed by the application of discriminant analysis. The results yielded twenty-four high performer and twenty low performer male basketball players. Similarly sixteen high performer and eighteen low performer female basketball players were taken out from the total female basketball players.

**Variables of the Study**

The following motor skill and psychological variables have been used for the study:

**Motor Skill variables**

1) AAPHERD Basketball skill test battery (1984)
   
   a) Shooting
b) Dribble control
c) Defensive movements
d) Passing

2) Knox Basketball skill test battery (1937)
a) Lay-up shooting

Psychological Variables


2. Participation Motivation (Participation motivation test by Gill, Gross and Huddleston; 1983)

3. Achievement Motivation (Sports achievement motivation test by Kamlesh; 1990)

Analysis of Data

The discriminant analysis statistical technique was used to find out the high and low performer basketball players from scores achieved on the basketball skill test. Analysis of variance statistical technique was applied to find out the significant differences between male and female as well as high and low male and female basketball performers. ‘t’ test was applied to test the hypothesis at five percent level of significance.

Conclusion

With the limit and limitation of the study, following conclusions have been drawn:

1) No significant difference was observed between high performer male and female basketball players in their body image, participation and achievement motivation.
2) Participation motivation of high male and female basketball players differed significantly in its four sub-variable i.e. Team factor, Energy release, Fun and miscellaneous factors. High performer male basketball players were found better in energy release, fun and miscellaneous factors, whereas high performer female basketball players excelled only in team factor.

3) In relation to low performer male and female basketball players, significant difference was found in participation motivation level in favour of low performer female basketball players, whereas in case of body image and achievement motivation, no significant difference was found.

4) In case of participation motivation, low performer female basketball players were found better than low performer male basketball players in four out of eight sub-variables i.e. team spirit, fitness, skill and fun factor.

5) In relation to male and female basketball players (total sample), no significant difference was observed in body image, participation and achievement motivation.

6) Female basketball players outscored the male basketball players in status achievement and team spirit factors of participation motivation. In the remaining six factors, no significant difference was observed.

7) High performer male basketball players were found significantly better in body image and participation motivation level than low performer male basketball players.

8) No significant difference was found in achievement motivation level of high and low performer male basketball players.

9) Participation motivation of high performer male basketball players have been found significantly better in team spirit, fitness level and other miscellaneous factors as compared to the low performer male basketball players. No significant difference
was observed in the remaining four variables of participation motivation.

10) No significant difference was observed between high and low performer female basketball players in their body image, participation and achievement motivation.

11) In case of sub variables of participation motivation, scores of high and low performer basketball players, only one sub variable i.e. fun was found significantly different in favour of low performer female basketball players.

12) High performer basketball players (cumulative sample of male and female) had significantly better body image and achievement motivation level than low performer basketball players.

13) No significant difference has been found in case of achievement motivation between high and low performer (cumulative sample of male and female) basketball players.

14) A significant relationship was observed between performance and body image; performance and achievement motivation; body image and participation motivation; body image and achievement motivation and participation and achievement motivation. Whereas in case of performance and participation motivation, no significant relationship was observed in male basketball players.

15) A significant relationship was observed only in body image and participation motivation of female basketball players. Whereas, no significant relationship was found among performance and body image; performance and participation motivation; performance and achievement motivation; body image and achievement motivation and participation and achievement motivation.
Incased of total sample of male and female basketball players, a significant relationship was observed between performance and body image and body image and participation motivation. Whereas, no significant relationship was observed between performance and participation motivation; performance and achievement motivation; body image and achievement motivation and participation and achievement motivation.

**Recommendations**

1) Coaches and trainers should encourage maximum participation of basketball players to improve their body image concept, performance level and achievement motivation.

2) The selector and coaches may select the basketball players who possess better body image concept.

3) A similar study may be conducted on other sports disciplines.

4) A similar study may be conducted on different age group and level.

5) A similar study may be conducted on various psychological variables other than variables used in this study.