CHAPTER V

SUMMARY, FINDINGS, CONCLUSIONS AND RECOMMENDATIONS
SUMMARY

Sports careers are filled with fluctuations of fortune that allow players to experience both the thrill of victory and the agony of defeat within their own career. Today, in the world of sport, physical fitness is not regarded as the main factor to achieve success. In addition to physical fitness, technical and tactical abilities, the sports psychology and sports sociology play an effective role in achieving excellence in sports careers. Sports psychology involves an individual’s mental and behavioural adaptations to participate in sports whereas Sport sociology refers to the relationship between sports and society or social groups. The psychological aspects of sports form the sociology of sports, because the thoughts and behaviour of multiple individual participants help to define a group of participants as a whole. Over the past few years, there has been a growing body of literature revolving around the psychology and sociology of excellence in sport. Both advances have come mainly due to the strivings towards peak performance.

Emotional Intelligence has become a key concept in the field of both research and mainstream psychology, and is subjected to a growing interest in sport psychology. The key to emotional intelligence is the ability to control emotions and achieve peak performance during competitions. Today, we recognize those athletes who are having high levels of competency in the area of emotional intelligence. Most importantly, coaches require high levels of emotional intelligence as their first priority. Emotional intelligence consists of indicators and skills that will help us to understand and control our feelings and emotions in order to work in our favour, not against us. Will to win is one of the most efficient devices for human being to increase the level of confidence and to create zeal in the mind for winning the game with any cost at any level of situation of the competition. Therefore, we presume that without having appropriate will to win, players cannot attain the highest performance in the sports competition arena. Will to win is an individual’s internal power that creates the pillars for making successful building. Players need an appropriate will to win before and during the competition to attain optimal level of performance.
Socially Intelligent players have to use all of the power of their own brains and bodies to communicate with and to read others. They have to acquire attitudes that encourage others to grow, create, communicate and be friend, and they have to know both how to make and to maintain friends. Socially Intelligent player is a superb conversationalist and listener, able to relate successfully with the wider world. He is comfortable with others from different backgrounds, ages, cultures and social strata, and (more importantly) able to make people feel relaxed and comfortable around him. Social support is the perception and actuality that one cared for, has assistance available from other people, and that one is part of a supportive social network. Social support is emerging as an important component of the sport performance.

Hence the purpose of this study is to examine the Emotional Intelligence, Will to Win, Social Intelligence and Social Support among baseball players from different regions of India. In present study, four hundred (N=400) senior national male and female baseball players were selected through purposive sampling technique from different regions of India. They were divided into four regions: A (North region=100, male=50 and female=50), B (East region=100, male=50 and female=50) C (West region=100, male=50 and female=50) and D (South region=100, male=50 and female=50). The study was delimited to the male and female senior national baseball players. The study was further delimited to the Psycho-Social parameters i.e. Emotional Intelligence, Will to Win, Social Intelligence and Social Support. One Way Analysis of Variance (ANOVA) was employed to compare the entire regions. Where ‘F’ values were found significant, LSD (Least Significant Difference) Post-hoc test was applied to find out the direction and degree of differences. To test the hypotheses, the level of significance was set at 0.05.

FINDINGS
Keeping in mind the above results, the following findings have been drawn:

**Findings with regard to North, East, West and South regions male baseball players on the parameter emotional intelligence and its sub-parameters**

It has been noticed from the above results (tables 4.1 to 4.18) that significant differences were found among North, East, West and South regions male baseball players on the sub-parameters; self-awareness, empathy, managing relations, integrity, self-development, commitment and on the parameter Emotional Intelligence (Total) (p<0.05). However, no
Significant differences were found with regard to the sub-parameters; self-motivation, emotional stability, value orientation and altruistic behaviour \((p>0.05)\).

**Findings with regard to North, East, West and South regions male baseball players on the parameter will to win**

It has been observed from the above tables (4.19 and 4.20) that the significant differences were found among North, East, West and South regions male baseball players on the parameter Will to Win \((p<0.05)\).

**Findings with regard to North, East, West and South regions male baseball players on the parameter social intelligence and its sub-parameters**

The significant differences were found (tables 4.21 to 4.34) among North, East, West and South regions male baseball players on the sub-parameters; patience, tactfulness, sense of humor, memory and on the parameter Social Intelligence (Total) \((p<0.05)\). However, insignificant differences were found on the sub-parameters; cooperativeness, confidence, sensitivity and recognition of social environment \((p>0.05)\).

**Findings with regard to North, East, West and South regions male baseball players on the parameter social support and its sub-parameters**

The significant differences were found (tables 4.35 to 4.40) among North, East, West and South regions male baseball players on the sub-parameters; family and friends \((p<0.05)\). However, insignificant differences were found among North, East, West and South regions male baseball players on the sub-parameter other significant persons and on the parameter Social Support (Total) \((p>0.05)\).

**Findings with regard to North, East, West and South regions female baseball players on the parameter emotional intelligence and its sub-parameters**

The significant differences were found (tables 4.41 to 4.55) among North, East, West and South regions female baseball players on the sub-parameters; empathy, self-development, value orientation and on the parameter Emotional Intelligence (Total) \((p<0.05)\). However, insignificant differences were found on the sub-parameters; self-awareness, self-motivation, emotional stability, managing relations, integrity, commitment and altruistic behaviour \((p>0.05)\).
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Findings with regard to North, East, West and South regions female baseball players on the parameter Will to win

The significant differences were found (tables 4.56 and 4.57) among North, East, West and South regions female baseball players on the parameter Will to Win ($p<0.05$).

Findings with regard to North, East, West and South regions female baseball players on the parameter social intelligence and its sub-parameters

The significant differences were found (tables 4.58 to 4.71) among North, East, West and South regions female baseball players on the sub-parameters; confidence, sensitivity, recognition of social environment, tactfulness and sense of humor ($p<0.05$). However, insignificant differences were found among North, East, West and South regions female baseball players on the sub-parameters; patience, cooperativeness, memory and on the parameter Social Intelligence (Total) ($p>0.05$).

Findings with regard to North, East, West and South regions female baseball players on the parameter social support and its sub-parameters

The significant differences were found (tables 4.72 to 4.76) among North, East, West and South regions female baseball players on the sub-parameter friends ($p<0.05$). However, insignificant differences were found among North, East, West and South regions female baseball players on the sub-parameters family and other significant persons and on the parameter Social Support (Total) ($p>0.05$).

CONCLUSIONS

Based on above findings, the following conclusions have been drawn:

1. It is concluded from the above findings that significant differences have been noticed among North, East, West and South regions male baseball players on the sub-parameters; self-awareness, empathy, managing relations, integrity, self-development, commitment and on the parameter Emotional Intelligence (Total). No significant differences were found on the sub-parameters; self-motivation, emotional stability, value orientation and altruistic behaviour.

2. Significant differences were observed among North, East, West and South regions male baseball players on the parameter Will to Win.

3. Significant differences were observed among North, East, West and South regions male baseball players on the sub-parameters; patience, tactfulness, sense of humor, memory
and on the parameter Social Intelligence (Total). Insignificant differences were noticed on the sub-parameters; cooperativeness, confidence, sensitivity and recognition of social environment.

4. Significant differences were observed among North, East, West and South regions male baseball players on the sub-parameters; family and friends. No significant differences were noticed on the sub-parameter other significant persons and on the parameter Social Support (Total).

5. Significant differences were observed among North, East, West and South regions female baseball players on the sub-parameters; empathy, self-development, value orientation and on the parameter Emotional Intelligence (Total). No significant differences were noticed on the sub-parameters; self-awareness, self-motivation, emotional stability, managing relations, integrity, commitment and altruistic behaviour.

6. Significant differences were observed among North, East, West and South regions female baseball players on the parameter Will to Win.

7. Significant differences were observed among North, East, West and South regions female baseball players on the sub-parameters; confidence, sensitivity, recognition of social environment, tactfulness and sense of humor. No significant differences were noticed on the sub-parameters; patience, cooperativeness, memory and on the parameter Social Intelligence (Total).

8. Significant differences were noticed among North, East, West and South regions female baseball players on the sub-parameter friends. No significant differences were observed on the sub-parameters family and other significant persons and on the parameter Social Support (Total).

**RECOMMENDATIONS**

Based on my understanding and insight about existing literature, the following recommendations are made:

1. Similar study may be conducted by comparing the Indian and other foreign male and female baseball players.

2. Similar study may also be conducted for different levels of players (School level, Inter-varsity level and the International level).
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3. Factors like daily routine, home environment, family background, and socio-economic status which could not be controlled in the present study may be controlled.

4. Similar study may be conducted with other psycho-social parameters.

5. Parameters like anthropometric, physical and physiological etc. should be investigated to find out its association with baseball player’s performance.

6. To arrive at more comprehensive results, more team games can be included in the future study.

7. The findings of the present study can play an important role in highlighting the weaknesses of the male and female on the different psycho-social parameters where they are required to work more to keep themselves psychologically and sociologically well-versed.