CHAPTER – V
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5.1 SUMMARY

Sports not only provide us platform to remain physically and psychologically fit but at the same time it is a multi-dimensional phenomena which also leads to alertness as well as relaxation of mind, provides option to make people more social and interactive, emotionally balanced and last but not lest develops neuro-muscular co-ordination. Hence it upgrades over all personality of an individual and helps in making him a completely well-developed citizen.

In the world of competition, every effort is being maintained to trained athletes so they may give optimum performance in sports competition. Better performance in sports is the result of multitude factors such as physical, social, anthropometric, psychological etc. It has become quite apparent that psychological factors have been involved in every performance-oriented sport. Top performer in sports is characterized by strong reliance upon understanding the psychological make-up of the performer. “Body is the temple of soul.” Similarly it is the well-known fact that sound mind is there in the sound body. Thus in order to reach the harmony of body, mind and spirit, which solely depends on the interest of an individual in sports activities, motivation is required. Therefore, motivation plays an important role of players’ involvement in sports activities and their performance.

Motivation is at the heart of learning. Without motivation no learning is possible at any age. No teacher, who hopes to promote learning, can ignore motivation. It is an admitted fact that an individual would love to work if that task is pleasure-giving and he will avoid the activity which is pain-giving. Physical education and sports activities are both pain-giving, wherein an athlete has to work under great mental and physical stresses. During physical activity athletes experience great pain and discomfort. Mentally he has to tolerate the agony of defeat. It is only the motivation that helps and inspires the athlete to perform in such difficult situations. Therefore motivation of athletes is a problem of concern for physical education teachers, coaches and trainers.
The success and failures of teachers and coaches as well as athletes depends on the strength of motivation. Adequate motivation results in promoting attentions, interest and efforts on the part of athletes. It is the efficiency of physical education teacher, coaches and trainers to find out the best means of motivating athletes, and an attempt has been made to study the motivational pattern in relation to gender and performance of National level handball players.

**Statement of the Problem**

The purpose of this research work was to find out the influence of participation, performance and achievement motivation in relation to gender and performance of National level, handball players. Therefore, the problem has been stated as:-

“A STUDY OF MOTIVATIONAL PATTERN OF HAND BALL PLAYERS IN RELATION TO GENDER AND PERFORMANCE”.

**Delimitations**

The study was delimited as follows:-

1. Only three motivational patterns, i.e., Participation motivation, Performance motivation and Achievement motivation have been considered for study.

**Objectives of the Study**

The study is focused to achieve the following objectives: -

1. To find out difference between male and female first position holders of National level handball players on all three variables of motivational pattern.
2. To find out difference between male and female second position holders of National level handball players on all three variables of motivational pattern.
3. To find out difference between male and female third position holders of National level handball players on all three variables of motivational pattern.
4. To find out difference between male and female fourth position holders of National level handball players on all three variables of motivational pattern.
5. To find out difference among different performers in male handball players on all three variables of motivational pattern.
6. To find out difference among different performers in female handball players on all three variables of motivational pattern.
7. To find out inter-relationship among all three variables of motivational pattern on male National level handball players.
8. To find out inter-relationship among all three variables of motivational pattern on female National level handball players.
9. To find out the inter relationship of the total samples (including male and female) among all the three variables of motivational pattern of National level handball players.

Hypotheses

The hypotheses of the study will be as follows: -

1. There would be a significant difference between male and female National level handball players in case of first position holders on all three variables of motivational pattern.
2. There would be a significant difference between male and female National level handball players in case of second position holders on all three variables of motivational pattern.
3. There would be a significant difference between male and female National level handball players in case of third position holders on all three variables of motivational pattern.
4. There would be a significant difference between male and female National level handball players in case of fourth position holders on all three variables of motivational pattern.
5. There would be a significant difference among four groups of male handball players (first position, second position, third position and fourth position holders) in all three variables.
6. There would be a significant difference among four groups of female handball players (first position, second position, third position and fourth position holders) in all three variables.
7. There would be no significant relationship among three variables of National level male handball players.
8. There would be no significant relationship among three variables of National level female handball players.
9. There would be no significant relationship among three variables on total samples of male and female National level handball players.

**Design of the Study**

A status study has been designed to study the motivational pattern of handball players in relation to gender and performance.

**Selection of Subjects**

Purposive sampling device was used to select the subjects for the study. The sample was comprised of 128 male and female handball players belonging to different affiliated states and units with Handball Federation of India (HFI). Out of 128 samples, 64 male & 64 female each belonged to four semifinalist teams in both section which had taken part in the 39th Senior Women and Men National Handball Championship held in Jaipur (Rajasthan) and Indore (Madhya Pradesh) respectively.

**Tools Used for the Collection of Data**

1. Participation Motivation. (Gill, Gross and Huddleston, 1983)
2. Performance Motivation. (Kaur, 1994)
3. Achievement Motivation. (Kamlesh, 1990)

**Statistical Procedure**

The data thus collected was properly arranged for application of statistical procedure to obtain the results, ‘t’ test was applied to find the difference between male and female handball players in motivational pattern, of first, second, third and fourth position holders. Analysis of variance statistical procedure was applied to find out significant difference among four position
holders in male as well female subject. Inter relationship was worked out among three variables on the score of male as well female handball players.

5.2 Conclusions

In spite of limit and limitations of the study, following results have been drawn:-

1. A significant difference was observed between male and female National level handball players of third and fourth position holders in participation motivation.

2. A significant difference was observed between male and female National level handball players of fourth position holders in performance motivation.

3. A significant difference was observed between male and female National level handball players of first position holders in achievement motivation.

4. A significant difference was observed among four position holders male National level handball players in participation motivation.

5. A significant difference was observed among four position holders male National level handball players in performance motivation.

6. No significant difference was observed among four position holders male National level handball players in achievement motivation.

7. In case of female National level handball players, no significant difference was observed among four position holders’ in participation motivation.

8. Again no significant difference was observed among four position holders female National level handball players in performance motivation.

9. A significant difference was observed among four position holders female National level handball players in achievement motivation.

10. In case of combined data of male and female National level handball players, a significant difference was observed in participation motivation.
11. A significant difference was also observed in combined data among four position holders male and female National level handball players in performance motivation.

12. No significant difference was observed in combined data of male and female handball players among four position holders in achievement motivation.

13. In case of relationship among three motivational variables, positive relationship was noted between participation and performance motivation of first, second and fourth position holders male National level handball players and also in data related to total samples. However no significant relationship was observed between performance and achievement motivation as well as achievement and participation motivation in any of the position holders’. But performance and achievement motivation was found positive related in case of total samples of male handball players.

14. The inter-correlation among three variables was also worked out in case of female samples and results have shown a significant positive relation between participation and performance motivation between first, second, third and total samples of female handball players. However no significant relationship was observed between performance and achievement motivation as well as achievement and participation motivation in any of the position holders’. But a negative significant relationship has been observed between performance and achievement motivation in case of third position holders.

15. Inter-correlation among three variables was also worked out taking into consideration of combined samples of male and female National level handball players. A significant relationship was observed between participation and performance motivation in case of first, second and fourth position holders as well as in total samples. However no significant relationship was observed between performance and achievement motivation as well as achievement and participation motivation in any of the position holders’.
5.3 RECOMMENDATIONS

1. Since all the motivational patterns have some bearing on the performance of handball players, therefore an effort should be made to use participation, performance and achievement motivational pattern tools to boost their performance.

2. A similar study may be conducted on other sports discipline.

3. A similar study may be conducted on different age groups and at different level.

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