With the expansion of the field of sports psychology as a branch of applied psychology, many new areas of this field are being explored by sports psychologists. One such area of research growing fast relates to the investigations of effect of physical training on psychological attributes of sports participants.

The present study also aimed at finding out the effect of an eight-month regular sports training programme on the psychological attributes of athletes.

The sample of the study comprised of 274 athletes (230 male, 44 female) undergoing a regular sports training programme in the Netaji Subhas National Institute of Sports, Patiala, leading to a diploma in coaching. These athletes belonged to the sport disciplines of Athletics (track and field), Badminton, Basketball, Boxing, Cycling, Football, Gymnastics, Handball, Hockey, Judo, Swimming, Table Tennis, Volleyball, Weightlifting and Wrestling.

The psychological attributes of Sportsmanship, Extraversion, Neuroticism, Psychoticism, Social Desirability, Competitive Anxiety, Achievement Motivation, Internal Locus
of Control and External Locus of Control were included in the study.

The variable of Athletic Skill, being the main focus of the sports training, was also added as one of the variables to explore the training effects on this attribute as well and to find out its relationship with other variables included in the study.

The following psychological tests were used for data collection:

1. Eysenck Personality Questionnaire (EPQ) developed by Eysenck & Eysenck (1978) and Standardized on Indian population by Mohan & Virdi (1986).
5. Inventory of Factors Influencing Sports Career (IFISC) for the assessment of Locus of Control evolved by Kamlesh & Sharma (1996).
The Athletic Skill scores, in the beginning and at the end of the study, were taken from the coaches of different sport disciplines who evaluated the athletes on various sports specific physical skills.

Using the above psychological tools all the athletes were assessed before and after the 8-month training programme to find out their comparative status on various variables. The Skill scores at pre and post training levels of the study were also incorporated in this data.

For the statistical treatment of the data, Means and SDs were computed on all variables at the pre and post levels separately and the 't' test for correlated means was applied to screen out the differences existing between the initial (pre) and final (post) scores of the subjects on different variables. The Analysis of Variance (ANCVA) was applied on the data of pre and post levels separately to find out the pattern of intersportsgroup differences taking place in these two phases of the study. The 't' test for uncorrelated means (independant groups) was used to estimate the level of significance between the differences, wherever the 'F' ratios were found significant. The analysis of Male, Female, Individual and Team game Athletes was also done at the pre and post levels separately.
to find out the differences existing between these groups and pre-post differences in each group of subjects was also found out separately. Finally, the Pearson's Product Moment Correlations were worked out to find out the relationship existing between the Athletic Skill and other variables investigated in the present study.

The analysis of results showed that in the Athletic group (track & field athletes) positive effect of training was registered significantly on the variables of Skill, Sportmanship, Extraversion, Competitive Anxiety and Internal Locus of Control. In the group of Badminton the positive changes took place in Skill and Neuroticism only whereas in Basketball they were found in the attributes of Sportmanship, Extraversion, Neuroticism, Social Desirability, Competitive Anxiety, Achievement Motivation and Internal Locus of Control.

The Boxing group registered positive changes in Skill, Sportmanship, Extraversion, Neuroticism and Psychoticism. However, in Cycling group the significant positive changes were found in the variable of Competitive Anxiety only.

The Football players exhibited positive changes in all
variables excepting Social Desirability and the Gymnasts showed these changes in Sportsmanship, Extraversion, Neuroticism, Psychoticism, Competitive Anxiety, and Achievement Motivation. The Handball group showed significant increase in their Skill and Internal Locus of Control.

Leaving apart the variable of Skill, the Hockey group revealed significant positive changes in all other attributes. The significant increase in Skill and decrease in Neuroticism were found in case of Judo group.

The Swimmers improved their Skill and Sportsmanship and lessened the level of Neuroticism and Social Desirability whereas the Table-Tennis group showed significant positive changes in only the variable of Skill following the training programme.

The Volleyballers revealed these changes in Skill, Sportsmanship, Extraversion, Neuroticism, Psychoticism, Competitive Anxiety, Achievement Motivation, and Internal Locus of Control.
In case of Weightlifters the variables of Skill, Sportsmanspirit, Neuroticism, Competitive Anxiety, and External Locus of Control were found to be positively influenced by sports training. The Wrestlers came out with these influences in the variables of Skill, Extraversion, Neuroticism and Achievement Motivation.

The groupwise and variablewise summary of results indicated that the teamgames like Basketball, Hockey, Football and Volleyball, registered changes in more number of variables when compared to the individual games namely; Judo, Cycling, Table-Tennis, Swimming etc. The variables which positively responded more frequently, included Skill, Extraversion, Neuroticism and Competitive Anxiety. The least frequently influenced variables were Psychoticism, Social Desirability and External Locus of Control.

The analysis of Male and Female subjects indicated more intensive changes in male athletes when compared to the female athletes.

The Analysis of Variance (ANOVA) carried out at the pre
and post levels of the study revealed number of shifts in the pattern of intergroup differences at the final assessment which was again indicative of influence of sports training on the psychological attributes of athletes.

Coming to the intercorrelational analysis, it was found that the Athletic Skill had positive relationship with Extraversion and Achievement Motivation and was negatively correlated with Neuroticism and Psychoticism.

While comparing the means of study population with the test norms, no considerable differences were found between these two sets of scores on many of the psychological tests used in the study. However, marginal differences were evident in most of the variables.

The findings of the study warrant the following conclusions:

1. The sports training in general, had a positive effect on psychological attributes of athletic participants.

2. The attributes of Extraversion, Neuroticism, Competitive
Anxiety and Sportsmanship were positively influenced in more sport groups when compared to other attributes included in the study.

3. The attributes of psychoticism, Social Desirability and External Locus of Control appeared to be relatively resistant to the influence of training.

4. The athletes participating in team games were more influenced by the sports training when compared to the participants of individual games.

5. The male athletes registered more intense changes than the female athletes.

6. The athletic skill was positively related with the psychological attributes of Extraversion and Achievement Motivation however, it had negative relationship with Neuroticism and Psychoticism.

Within the limitations of the present study it may be stated that the sports training programme was evidently influential in bringing positive changes in the psychological attributes of the participants of the training.

These changes implied that continuous involvement in
organized physical activities has a considerable potential for modifying the personalities of sport participants. To increase mass participation in sports in India, which is lacking in this country, these facts need to be widely propagated to generate interest in the general public towards participation in physical activities.

The present study however, had its own limitations which may be taken care by the future investigators of this field. It is suggested that future studies in this direction should include large samples of male and female athletes in each sport discipline to facilitate more dependable generalizations. The duration of the study should be longer and as far as possible the followup study should be conducted in this area. It is further suggested that more psychological variables be included in this type of study.

The present investigation depicting a more or less positive effect of sports training on some psychological attributes could be taken as a scientifically authenticated invitation to psychological well-being through sports.