AIMS AND HYPOTHESES

The perusal of review of literature related to the theme of the present study brings out a considerable agreement among sports scientists on the issue of positive effect of physical training on the psychological functioning of the athletic participants. Nevertheless, a few studies have also shown either negligible effect or no such impact on the individuals participating in various physical training programmes. Some attempts in this direction of research in sports psychology have even pointed out towards the negative influence which the training might have on the psychological states of the individuals. Some of the explorers of this rapidly growing area of research have repeatedly suggested to avoid cross sectional comparisons and have advocated to follow a longitudinal design of research to screen out the effects of physical training taking place over a period of time so that more dependable conclusions can be drawn out of such researches.

Frequent attempts, in this direction, have been made abroad however, this area of research in this particular respect remains almost unexplored in India. Although some
efforts have been made in the past, many methodological handicaps kept influencing the results of these studies. For example, inclusion of well-defined sports groups, wide variety of sports disciplines, well controlled and specific sports training programmes, use of sports-specific and indianized psychological tests, have been some of the methodological limitations in the earlier studies conducted on sport populations in India.

The present study, with an attempt to incorporate the above elements in methodology, was carried out with the following primary and secondary aims:

**Primary Aims:**

1. To find out the effect of sports training on the psychological attributes of Sportsmanspirit, Extraversion, Neuroticism, Psychoticism, Social Desirability, Sports Competition Anxiety, Sports Achievement Motivation, Internal Locus of Control and External Locus of Control of the athletes belonging to the sports disciplines of Athletics (track & field), Badminton, Basketball, Boxing, Cycling, Football, Handball, Hockey, Judo, Swimming, Table Tennis,
Volleyball, Weightlifting and Wrestling.

The additional variable of Athletic (Physical) Skill was also taken into consideration to see the effect of training on this variable.

2. To pinpoint those psychological attributes and sport-disciplines in which the maximum, minimum or no effect of sports training is registered.

3. To find out the collective effect of sports training on psychological attributes of male and female athletes separately.

4. To estimate the collective effect of sports training on psychological attributes of Individual and Team-Game athletes separately.

5. To find out differences existing in the male and female athletes and Individual and Team-Game athletes at the pre and post training levels separately.

6. To examine the changes taking place in the pattern of intergroup differences due to sports training.
Secondary Aims:

Apart from the main aims and objectives of the study, the findings of the study were also analysed by keeping in view the following secondary aims of the study:

1. To find out the intercorrelations existing between the athletic skill and other psychological variables included in the study.

2. To compare the scores of psychological attributes derived from the data of the study with the Indian norms available for the tests used in the study.

Hypotheses:

On the basis of the review of literature and theoretical considerations the following hypotheses were proposed:

1. It is expected that there will be positive differences in scores of psychological attributes between the pre and post training levels of the study.

2. It is hoped that the male and female athletes as
collective groups would respond differently to the sports training programme.

3. It is hypothesized that the athletes belonging to individual and team games as collective groups would also respond differently to the training programme.

4. It is expected that more frequent differences would be observed in team game athletes when compared to the individual game athletes.

5. It is assumed that the attributes of competitive anxiety, and achievement motivation are likely to respond more positively to training when compared to the attributes of Extraversion, Neuroticism, Psychoticism, Internal and External Locus of Control.

6. It is presumed that the pattern of intergroup differences existing in the psychological attributes of various group of athletes at the initial assessment are likely to change at the final assessment.

7. It is hypothesized that the athletic skill will have positive relationship with Extraversion, Achievement
Motivation and Internal Locus of Control and negative relationship with Neuroticism, Psychoticism, Competitive Anxiety, Social Desirability, and External Locus of Control. There will be no correlation between Skill and Sportsmanship.

8. It is hoped that there will be considerable differences between the attribute scores of study population and the test norms of the tests included in the study.