CHAPTER - V
SUMMARY, CONCLUSIONS AND IMPLICATIONS
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Competitive sports are being studied scientifically to help athletes perform better. Different sciences are converging on this prized area of human activity which has acquired the patronage of social and political systems all over the world. Sports psychology occupies a place of pride among the disciplines which are being used in the pursuit of sports excellence.

Behaviour in sports situations is a product of situational and personal factors. The variable such as self-concept, motivation, extraversion, neuroticism and psychoticism have been found critical to one’s behaviour and subsequently his achievements. Research studies are available in the field which have partially brought to light the role of these variables in an individuals performance in his chosen field of activity. However, there appears to be a gap in literature how these variables are influenced by age or sports performance. This study has been designed on the female athletes to study these variables on groups of female athletes performing at two different levels and belonging to two different age groups.

STATEMENT OF THE PROBLEM

The problem is related to the study of self-concept, motivation, extraversion and neuroticism by exploring the possibilities of how these variables relate to performance and age of athletes in selected sports disciplines. The problem is thus Stated:

“Self-Concept, Motivation and Extraversion of Female Athletes in Relation to Their performance and Age”.

OBJECTIVES OF THE STUDY

This study was conducted keeping the following objectives in view:

1. To find out differences on different parameters of self-concept between groups of female athletes with varying levels of performance.
2. To find out differences on sports performance motivation variables between groups of female athletes with varying levels of performance.

3. To find out the differences on extroversion, neuroticism and psychoticism between athletic groups with varying levels of performance.

4. To find out the differences on different parameters of self-concept between groups of female athletes of different age groups.

5. To find out differences on sports performance motivation variables between groups of female athletes of different age groups.

6. To find out differences of extraversion, neuroticism and psychoticism between female athletes of different age groups.

7. To find out the interaction effects, i.e. performance by age on the parameters of self-concept.

8. To find out the interaction effects, i.e. performance by age on the different aspects of sports performance motivation.

9. To find out the interaction effects, i.e. performance by age on extraversion, neuroticism and psychoticism.

HYPOTHESES OF THE STUDY

This study sought to prove the following assumptions:

1. Female athletes with varying levels of performance would differ significantly on the variables of self-concept, i.e. high performance athletes would be better on all the constituents of self-concept compared to low performance athletes.

2. Female athletes with varying levels of performance would differ on the variables of sports performance motivation, i.e. university athletes would be better on sports performance motivation variables than college athletes.
Female athletes at the college and university level of performance would significantly differ from each other on extraversion, neuroticism and psychoticism, i.e. university athletes would be more extroverted and less neurotic and psychotic.

Female athletes of different age groups would significantly differ from each other on the variable of self-concept, i.e. older athletes would score higher on self-concept variables than their younger counterparts.

Female athletes of different age groups would significantly differ from each other on the variable of sports performance motivation, i.e. older athletes would score higher on sports performance motivation variables than their younger counterparts.

Female athletes of different age groups would significantly differ from each other on the variable of extraversion, neuroticism and psychoticism.

The performance by age interaction effects would be significant with respect to the variables of self-concept.

The performance by age interaction effects would be significant with respect to the variables of sports performance motivation.

The performance by age interaction effects would be significant with respect to the variables of extraversion, neuroticism and psychoticism.

**DESIGN OF THE STUDY**

This is a survey type of study focussed on athletes from selected disciplines of sports. The dependent variables of self-concept, motivation, extraversion and neuroticism as related to the independent variables of performance and age were studied. The random sampling design was used. The statistical measures used in this study were 2 x 2 ANOVA. Mean and S.D. values were computed to know the direction of differences between groups and intra-group variability.
SAMPLE

Subjects for data collection were drawn from the state of Panjab and Union Territory, Chandigarh. This sample consisted of 200 female subjects in the age group of 16 to 21 years studying in the college/universities who were taking part in different inter-college and inter-university competitions held in the session of 1995-96. Subjects were randomly selected from two different levels of performance from four different sports disciplines. From each sports discipline 50 subjects were drawn which were further sub-divided with (25) twenty-five being college level and (25) twenty-five university level athletes. The sample then consisted of 100 subjects from college level and 100 from university level of performance. The sports disciplines covered were Cricket, Athletics, Soft ball and Kho-Kho.

Sample description is presented in the following table.

<table>
<thead>
<tr>
<th>SPORTS DISCIPLINE</th>
<th>PERFORMANCE LEVELS</th>
<th>TOTAL</th>
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<td>COLLEGE</td>
<td>UNIVERSITY</td>
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<tr>
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</tr>
<tr>
<td>ATHLETICS</td>
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</tr>
<tr>
<td>SOFT-BALL</td>
<td>25</td>
<td>25</td>
</tr>
<tr>
<td>KHO-KHO</td>
<td>25</td>
<td>25</td>
</tr>
<tr>
<td>TOTAL</td>
<td>100</td>
<td>100</td>
</tr>
</tbody>
</table>

SELECTION OF VARIABLES

The following variables were selected for the study:

1. Self-Concept
   i) Physical Self-Concept.
   ii) Social Self-Concept.
   iii) Temperamental Self-Concept.
   iv) Educational Self-Concept.
   v) Moral Self-Concept.
   vi) Intellectual Self-Concept.
2. Motivational Variables
   i) Social Support.
   ii) Ability and Effort.
   iii) Expectation of others.
   iv) Media and Public respect.
   v) Material Awards.
   vi) Skill
   vii) Knowledge of Results.

3. Extraversion.


5. Psychoticism.


7. Age.

Performance and Age were taken as independent variables which were studied in relation to the dependent variables mentioned above.

TEST USED

With the view to measure the selected variables the following tests were administered to the subjects.

1. Self-Concept Questionnaire (Dr. Raj Kumar Saraswat, 1984)
3. Eysenck Personality Questionnaire of Eysenck (1978) standardised by Mohan and Virdi (1985) was used to measure Extraversion, Neuroticism and Psychoticism.

All these tests have been standarised in the Indian Cultural context and are used extensively. A specimen copy of each test used in the present study has been provided in Appendices A, B and C.
STATISTICAL DESIGN

The statistical measures used were 2 x 2 ANOVA. Mean and S.D. values were computed to know the direction of differences between groups and intra-group variability.

CONCLUSIONS

The results of the study are concluded as follows:

Self-Concept

University females athletes were found significantly better on physical, social, temperamental, educational, intellectual and total self-concept as compared to moral self-concept between both the groups.

The above findings confirm the validity of hypothesis (1) except moral self concept.

Female athletes of second age group (19 to 21 years) were found significantly better on physical and intellectual sub-constructs of self-concept as compared to the first age group (16 to 18 years). No significant difference was found between these groups on other sub-constructs of self-concept. The above findings reveal that hypothesis (4) can be partially retained and partially rejected.

Motivation

University female athletes were found significantly better on ability and effort, media and public respect, skill, knowledge of results as sources of sports performance motivation compared to college athletes. College athletes were significantly better on the remaining sub-constructs of sports performance motivation, i.e. social support, expectation of others and material awards than university female athletes. No significant difference was found between both the groups on total motivation.

The above findings allow us to retain hypothesis (2) partially.
Female athletes of second age group (19 to 21 years) were found significantly better on ability and effort and skill as sources of sports performance motivation than the first age group (16 to 18 years). However, first age group (16 to 18 years) was found significantly better on social support as a source of sports performance motivation compared to the second age group (19 to 21 years).

Hypothesis (5) is partially retained.

The results of performance by age interaction were significant on expectation of others and material awards as sources of sports performance motivation.

Hypothesis (8) is rejected with the exception of above mentioned subconstructs of sports performance motivation.

**Extroversion, Neuroticism and Psychoticism.**

University female athletes scored significantly higher on extraversion than college female athletes. However, college female athletes scored significantly higher on neuroticism and psychoticism.

The above findings confirm the validity of hypothesis (3) which has been retained since the results are fully supporting this hypothesis.

First age group (16 to 18 years) scored significantly higher on neuroticism and psychoticism compared to second age group (19 to 21 years). However, no significant difference was found on extraversion between these two groups.

The above findings allow us to retain hypothesis (6) partially.

Results of performance by age interaction were found significant on extraversion.

Hypothesis (9) is partially accepted.
IMPLICATION

In the light of the findings of this study the implications suggested are as follows:

1. The result on the self-concept variables based on performance indicate that female athletes at the higher level of performance are better on physical, social, temperamental, educational, intellectual and total self-concept compared to college female athletes. This shows that while selecting talent for training we should take into account how the students rate the self themselves. People who do not respect themselves and have low self-esteem usually are indifferent to serious type of work without which excellence cannot be achieved. Self-concept and self-efficacy appears to have some relationship which usually help in attaining the difficult task and which is also related to setting the goals for future attainments. Coaches on their part should pay attention to the students who are lacking this aspect of individuality while having good fitness and technique. It appears that self-concept and positive experiences in training and competition interact together to the benefit of the individual. This developmental stage can certainly help in every field of human activity and the transfer value of such learning may have far reaching implications.

Female athletes have shown an improvement on physical and intellectual self-concept while advancing in age. Their self-perceptions appeared to have been positively effected because of experience and age. The implication in this respect is that growing through sports is a superior way of personality development. It is persistence and continuity demonstrated in this difficult venture of competitive sports that brings positive changes in ones outlook.

2. The result of the two performance groups on the sports performance motivation variables confirm the assumption that no generalization can be made with regard to total motivation as individuals are apt to turn to the sources which are specific to their activity and individuality. The complexity of this phenomena continues to exist since no single source can act on the consciousness and become universal to generate motivation.
However, the differences on some of the aspects of motivation have revealed that ability and effort, skill, public respect and knowledge of results are the potential sources of motivation for the good performers. Coaches must keep these facts into account while dealing with athletes. Those who lack these aspects of motivation must be lacking in ability and skill as well which have to be correspondingly developed to make an athlete self-dependent.

The findings appears to have confirmed that the older athletes were significantly better on ability and effort and skill than their younger counterpart. This finding certainly has a basis in pervious research and is quite in-line with Alderman's work on incentive motivation. The incentive which the participant derives through his own experience from a specific activity is the strongest force to motivate him for that activity. The rationale of this phenomena certainly lies in the law of effect.

3. Results on extraversion, neuroticism and psychoticism demonstrate that the high performance group was more extraverted and less neurotic and psychotic compared to the low performance group in these sports events. These subtle differences in genetic disposition of athletes leading to certain personality characteristics should not be over looked while selecting the talent and interacting with the athletes. While preparing the athletes for competition we have to take into account such factors which affect their behavior while facing stress situations. Neurotic and psychotic athletes have a lower stress threshold of arousal, while extroverts can successfully face the most exciting situation and enjoy doing so in most events, those who are on the otherside of the scale of extraversion need more relaxation work out before competition and should be brought to the sight of competition just before the time of warm-up, Otherwise they are likely to expend their energy through premature high level of excitement and this state may disrupt performance as well.

It appears that as one matures and trains longer the degree of neuroticism decreases. This fact has been aptly demonstrated by the results we have obtained on two age groups.
SUGGESTIONS

The following suggestions are made for further research:

1. The scope of the present study should be extended to the international performers in sports.

2. Similar studies should be conducted on male athletes.

3. Experimental studies should be done to further investigate these psychological variables and their effects on performance.

4. Socio-economic, Socio-cultural and other similar factors should be controlled as far as possible.

5. Longitudinal studies should be undertaken to study the interaction of performance and age.