CHAPTER V

SUMMARY, CONCLUSION AND RECOMMENDATIONS
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Research is the backbone for the growth and development of human civilization. It is only because of research experimentation. The civilization of man kind has developed from the age of ape man to the present highly developed press button age. Only the development of nineteenth century have surpassed the development of all pervious years still a big change in civilization is being witnessed in early stage of twentieth century the computer and information technology is doing wonder and demolished the boundaries of all nations. In a fiction of seconds with one press of button a man can have any kind of information from any corner of the world. Even universe is coming with in reach of human. This type of development and change is being witnessed in all walk of human life. Education as a whole and Physical Education in particular is no acception, because of press button age, the physical activities of human being are reducing day by day. By just sitting in one corner of the house a man can witnessed all activities of the world. It is because of this growing trend man is worried about his Physical Well-Being. Only sports is an area through which man can maintain and improve upon his physical capacities. Modern Olympics has provided a platform to the nations to exhibit Physical Capacities to show their might and supremacy. Therefore, sports have grown to the highly competitive field of human endeavor. Nations are not sparing any stone unturned in the development of their sports excellence. A number of factors have been identified which could be helpful in the development of physical and skill efficiencies of sports persons. Now sports scientists have focused their attention to the application of Psychological Modes even to break the Physical Barriers to exhibit best sports performance. Therefore the present researcher have also taken the step in this direction. The findings
of which might contribute for the promotion of efficiency in sports performance. Project has been designed to study selected Psychological variable related to some selected sports groups.

Sincere efforts have been made to study the related material so that a based concept is developed to undertake study of this kind and to know the latest trends of research in the discipline of Sports Psychology. The abstracts of important related studies have been compiled in the Second Chapter of the thesis.

**STATEMENT OF THE PROBLEM**

The problem undertaken for the present investigation is stated as: Study of Competitive Anxiety and ego-strength on general well-being of players.

The study was limited to five Sports name Judo, Softball, Handball, Hockey and Basketball.

**OBJECTIVES OF THE STUDY**

1. To examine the relationship between Competitive Anxiety and General Well-Being of Male Inter college level players.
2. To examine the relationship between Competitive Anxiety and General Well-Being of female Inter college level players.
3. To examine the relationship between ego-strength and General Well-Being of Male Inter college level players.
4. To examine the relationship between ego-strength and General Well-Being of female inter college level players.
5. To examine the relationship between ego-strength and Competitive Anxiety of Male Inter college level players.
6. To examine the relationship between ego-strength and Competitive Anxiety of female inter college level players.

7. To examine the mean score of psychological variables between male and female judo, softball, handball, hockey, basket ball and total samples of players.

8. To examine the difference among male sports groups in their Competitive Anxiety.

9. To examine the difference among female sports groups in their Competitive Anxiety.

10. To examine the difference among male sports groups in their Ego-Strength.

11. To examine the difference among female sports groups in their ego-strength.

12. To examine the difference among male sports groups in their General well-being.

13. To examine the difference among female sports groups in their General well-being.

**HYPOTHESES OF THE STUDY**

1. There would be a significant relationship between Competitive Anxiety and general well-being of Male Inter College level players.

2. There would be a significant relationship between Competitive Anxiety and general well-being of Female Inter College level players.

3. There would be a significant relationship between ego-strength and general well-being of Male Inter College level players.
4. There would be a significant relationship between ego-strength and general well-being of Female Inter College level players.

5. There would be a significant relationship between ego-strength and Competitive Anxiety of Male Inter College level players.

6. There would be a significant relationship between ego-strength and Competitive Anxiety of Female Inter College level players.

7. There would be no significance in the mean score of Psychological variables between male and female judo, softball, handball, hockey, basketball and total sample of players.

8. There would be no significance difference among male sports groups in their Competitive Anxiety.

9. There would be no significance difference among female sports groups in their Competitive Anxiety.

10. There would be no significance difference among male sports groups in their ego-strength.

11. There would be no significance difference among female sports groups in their ego-strength.

12. There would be no significance difference among male sports groups in their General well-being.

13. There would be no significance difference among female sports groups in their General well-being.

DESIGN OF THE STUDY:

A status quo study was design to achieve the objectives.
SAMPLE OF THE STUDY:

To accomplish the objective of study 222 subjects including male and female Judo, Softball, Handball, Hockey and Basketball Players were randomly drawn from the affiliated college of Panjab University.

TOOLS USED:

With a view to measure the Competitive Anxiety “Assessing your Anxiety Scale” by Rainer Martens (1977) was used. To measure Ego Strength Scale developed by Dr. Q. Hasan (1976) was used and to measure General Well-Being “PGI Well-Being Scale” developed Verma and Verma (1989)” was used. The data thus collected through the application of these scales was computerized and after their analysis and interpretation the following conclusions were drawn.

STATISTICAL DESIGN

Pearson product movement co-efficient of co-relation, ANOVA and Schefee’s Post hoc test were used. Mean and S.D. values were computed to know the direction of differences between groups and intra-group variability.

FINDINGS OF THE STUDY

1. A significant relationship between Competitive Anxiety and General Well-Being of only male Basketball group was observed.

2. A significant relationship between Competitive Anxiety and General Well-Being of female Handball, Hockey and total number of sports persons was obtained.

3. Relation between Ego-Strength and General Well-Being of male Basketball players as well as total number of players was obtained.
4. Significant Correlation between Ego-Strength and General Well-Being of female Hockey, Basketball and total number of players was obtained.

5. Negative Relationship between Ego-Strength and Competitive Anxiety of male Judo Softball, Handball and total number of players have observed.

6. A Negative significant relationship between Ego-Strength and Competitive Anxiety of female Hockey, Basketball and Total number of players was observed.

7. Significant mean difference between score of Ego-Strength of Judo, General Well-Being of Softball and Handball, Competitive Anxiety of Basketball, Ego-Strength, Competitive Anxiety and General Well-Being of Hockey and Competitive Anxiety of total number of male and female players was observed.

8. Significant difference was observed among male as well as female various sports groups in their Competitive Anxiety.

9. Significant difference was observed in Ego-Strength of female sports groups only.

10. Significant difference was observed in male as well as female sports groups in their General Well-Being variables.

**IMPLICATIONS OF THE STUDY**

Ego is an important aspect of an individual’s personality. It controls or regulates the capacity to delay or postpone instinctual drives. Judgement is another function of ego which involves the ability to anticipate the consequences of one’s actions. Ego also have synthetic function where it involves in organizing, coordinating and generalizing or simplifying large amount of date. Results of our study varied from higher
and lower ego through different sports groups. Players with low ego functions from where they can apprehend consequence of their actions and control and regulate them. They may also be taught organizing and co-ordinating their sports strategies during an event while they are actively playing and outside the event.

Anxiety is another aspect of an individual’s behaviour. There is inverse ‘∩’ relationship between anxiety and performance of a player. Anxiety increases performance up to an optimal point and beyond that point any further increment in anxiety reduces the performance. Instructor of sports event may be trained to assess player’s anxiety level, depending upon the assessment. Players may be taught anxiety reducing strategies i.e. relaxation techniques, yoga, mediation etc. While dealing with players individual differences should be considered and various techniques like pep talks, various psyching up techniques should be used to optimize the coach therefore has to know his/her athletes well enough to know how they react in competitive situations.

There is direct relationship between ego and anxiety. Whenever ego feels threatened by id impulses, it increases its anxiety and brings in perform various defense mechanisms which help ego to maintain its integrity. Players well-being is directly related with ego and anxiety. If ego is at integral level and its functions are at optimum, it increases well-being of a player. If ego is disintegrated or malfunctioning it reduces the well being of an individual or player. Same is true for anxiety and well-being. If anxiety is beyond optimum level, it disturb well-being and ego function of an individual.

From above discussion it is clear that correlation between ego, anxiety and well-being is of prime importance. Coaches and sports psychologist can not ignore their utility in sports rather they may be trained in those concepts so that they may use various therapeutic strategies to increase the performance of players.
SUGGESTIONS

1. The scope of study may be increased by including other psychological variables also.

2. The study may be conducted on the sports of higher level of participation.

3. The similar study may be conducted at junior level of sports person.