SUMMARY, CONCLUSION & RECOMMENDATION
CHAPTER - V

SUMMARY CONCLUSION AND RECOMMENDATIONS

SUMMARY

Soccer, being the world’s most popular form of sports, played in every nation. Soccer practitioners require many attributes to become successful players. These include cardiovascular fitness, muscle strength, endurance, flexibility, co-ordination, agility, skill and tactical knowledge. It also includes various psychological variables such as goal setting, concentration, attention, imagery, relaxation etc. Every sport is comprised of four fundamental components namely, technical, tactical, physiological and psychological. Briefly, the technical components like dribbling, juggling, kicking and passing represent the actual skill necessary to play soccer. The tactical aspect refers to the strategies and concept employed to showcase those techniques in competition. Example includes the system to play soccer match. The physiological components refer to the physical demands of a given sport. Examples include cardiorepiratory demand, strength, flexibility etc. The fourth component is the focus of ‘psychological variables’, the psychological dimensions. Examples include motivation, self-confidence, emotional stability, mental skills etc.

It is often observed that emotions cast their impact on behavior. At times, others’ emotions too determine one’s behaviour in a particular situation. Before as well as during the sports competition, pep talk with the coaches or team mates besides self talk generates emotions in the players. Coaches as well as players should be intelligent enough to understand the emotional state which is experienced by the players during the competition, effect of those emotions on the performance, and the ways to manage those emotional states.

It is safe to say that athletes are always looking for ways to improve their skill level. Some try risky methods like steroid or use of blood doping. Others are more rational and learn to use the power of their mind to enhance their physical skills. Rogers (2002) suggests seven mental skills namely, attention control, emotional management/arousal regulation, goal setting, imagery, cognitive, communication and stress
management skills help athletes at all levels of competitions, from recreational to elite to acquire optimal performance in their sport. As an athlete learns, uses and refines these seven mental skills, his ability to cope with adversity on and off the field increases.

Self-confidence is another important characteristic a player should possess during a match, even the most successful professionals experience fluctuations in their level of self-confidence. Self-confidence is an inner belief or conviction in one’s ability to perform well regardless of the external environment. Self-confidence in sports refers to an athlete’s expectation for success. The expectation varies from person to person. These expectations mainly depend upon sources of self-confidence. These sources are of two types, i.e., sources under the control of sportsman and the sources outside the control of sportsman.

**Statement of the problem**

This study focused on the selected psychological variables (emotional intelligence, self-confidence and mental skills) of the male players of colleges and universities of Punjab, Haryana and Delhi. Further, the study attempts to find out the influence of these psychological variables on the performance of the soccer players and also tries to find out the interdependency of these psychological variables. The problem is titled as “Study of emotional intelligence, self-confidence, and mental skills in the performance of soccer players.”

**Objectives of the study**

1. To compare the soccer players of colleges and universities of Punjab, Haryana and Delhi on selected psychological variables, i.e., emotional intelligence, mental skills and self-confidence.
2. To find out the differences in selected psychological variables among various groups.
3. To ascertain whether there are significant differences in emotional intelligence of the soccer players of colleges and universities.
4. To ascertain whether there are significant differences in self-confidence of the soccer players of colleges and universities.
5. To ascertain whether there are significant differences in mental skills of the soccer players of colleges and universities.

Design of the study
This study was a survey conducted on soccer players of colleges and universities of Punjab, Haryana and Delhi. The age group of the players of the study ranges from 18 to 25 years. The players were assessed on three psychological variables, i.e., emotional intelligence, self-confidence, and mental skills and the relationship of these psychological variables with the performance of soccer has been sought. Soccer skill test was administered to access the performance of the players and to classify them into two different groups of performance, i.e, high and low performance groups.

Sample
For this purpose, 287 soccer players in the age group of 18-25 years from three different states of northern region of India, i.e, Punjab, Haryana and Delhi were selected using purposive systematic sampling technique. The subjects belong to different colleges and universities of the above mentioned states. An equal number of players were selected from each state. Players of all the colleges and universities of these states were assessed on three psychological variables, i.e., emotional intelligence, mental skills and self-confidence and on soccer skills. On the basis of their soccer performance the subjects were sub categorized into groups of high and low performance both at college and university levels.

Selection of the variables
The purpose of the study was to examine psychological aspects and soccer skills of the players of colleges and universities of Punjab, Haryana and Delhi. For this purpose, following psychological variables had been selected for the study:
1. Emotional intelligence
2. Self-confidence
3. Mental skills
Soccer skills (variables) used for the study are:

1. Passing for accuracy (air)
2. Passing for accuracy (ground)
3. Kicking for accuracy
4. Juggling type 1
5. Juggling type 2
6. Dribbling

Tools used for collection of data

The following tests were used to collect data.

1. To assess emotional intelligence of the students emotional intelligence scale constructed by Hyde, Dethe and Dhar. (2001) was used.
2. To assess the self-confidence of the soccer players Agnihotry’s Self-confidence Inventory (1987) was used.
3. To assess the mental skills of the students Hardy and Nelson’s Mental skill questionnaire (1996) was used.
4. To assess the performance of soccer Van Rossum Soccer Skill test (1968) was administered.

Analysis of data

The data collected through administration of the test was subjected to statistical treatment on computer. In order to examine the hypothesis of the present study means and SD, One Way ANOVA was employed to compare the college and university players on the psychological variables and soccer skills. Wherever the F ratio was found significant, Student Newman Keul’s post hoc test was applied to find out the direction of differences among the various groups of soccer players. The result was examined at 0.05 and 0.01 level of significance. Pearson Correlation test was administered to see the relationship between the psychological variables and soccer skills of the college and university players of the above mentioned states. The result was examined at 0.05 and 0.01 level of significance.
Conclusions

With in the limitation and delimitation of the study and based on results the following conclusions are drawn:

**Correlation among the psychological variables and soccer skills:**

1. Significant relationship has been found between emotional intelligence and mental skills, mental skills and self-confidence of the soccer players of Punjab colleges.
2. Significant relationship has been found between emotional intelligence and self-confidence, mental skills and self-confidence of the soccer players of Punjab universities.
3. Significant relationship has been found between emotional intelligence and mental skills, emotional intelligence and self-confidence, mental skills and self-confidence of the soccer players of Haryana colleges.
4. Significant relationship has been found between emotional intelligence and mental skills, emotional intelligence and self-confidence, emotional intelligence and soccer skills, mental skills and self-confidence of the soccer players of the universities of Haryana.
5. Significant relationship has been found between emotional intelligence and self-confidence of the soccer players of Delhi colleges.
6. Significant relationship has been found between emotional intelligence and mental skills, emotional intelligence and self-confidence, emotional intelligence and soccer skills, mental skills and self-confidence of the soccer players of Delhi universities.

**Comparisons of the universities and colleges players of the three states on emotional intelligence:**

1. It is being observed that the players of CDLU have statistically significantly better emotional intelligence level than the players of Panjab University, Zamia Islamia, and Delhi University.
2. It is being observed that the players of DAV College Chandigarh, Kirori Mal College Delhi and Hansraj College Delhi have statistically significantly better emotional intelligence level than the players of Khalsa College Yamnanagar and SD College Ambala.

3. It is being observed that the players of CDLU have statistically significantly better self- awareness level than the players of Zamia Islamia, Kurukshetra University, GNDU, and Punjab University.

4. It is being observed that the players of Hansraj College Delhi and DAV College Chandigarh have better self- awareness level than the players of Kirori Mal College Delhi, Khalsa College Yamnanagar and SD College Ambala. Similarly, the players of Kirori Mal College Delhi and Khalsa College Mahilpur have better self- awareness than the players of Khalsa College Yamnanagar.

5. It is being observed that the players of Khalsa College Mahilpur have statistically significantly better empathy level than the players of Hansraj College Delhi and Khalsa College Yamnanagar. Similarly, the players of DAV College Chandigarh have statistically significantly better empathy level than the players of Khalsa College Yamnanagar.

6. It is being observed that the players of CDLU have statistically significantly better self- motivation level than the players of Zamia Islamia and Delhi University.

7. It is being observed that the players of Hansraj College Delhi and Kirori Mal College Delhi have statistically significantly better self- motivation level than the players of Khalsa College Yamnanagar and SD College Chandigarh. Similarly, the players of DAV College Chandigarh and Khalsa College Mahilpur have statistically significantly better self- motivation level than the players of SD College Ambala.

8. It is being observed that the players of CDLU have statistically significantly better emotional stability level than the players of Delhi University, Panjab University and Zamia Islamia University. Whereas the players of Zamia Islamia has statistically significantly weaker emotional stability level than the players of Delhi University, Kurukshetra University, GNDU and Panjab University.
9. It is being observed that the players of Hansraj College Delhi have statistically significantly better emotional stability level than the players of SD College Ambala and Khalsa College Mahilpur.

10. It is being observed that the players of Kurukshetra University have statistically significantly better managing relationship level than the players of Zamia Islamia.

11. It is being observed that the players of Hansraj College Delhi and Kirori Mal College Delhi have better managing relationship than the players of SD College Ambala and Khalsa College Yamnanagar. Similarly, the players of DAV College Chandigarh have statistically significantly better managing relationship level than the players of Khalsa College Yamnanagar.

12. It is being observed that the players of CDLU have statistically significantly better integrity level than the players of Delhi University, Zamia Islamia, GNDU and Punjab University. Similarly, the players of Zamia Islamia and Kurukshetra University have statistically significantly better integrity level than the players of Delhi University.

13. It is being observed that the players of Hansraj College Delhi and Kirori Mal College Delhi have statistically significantly better integrity level than the players of SD College Ambala and Khalsa College Mahilpur. Similarly, the players of Hansraj College Delhi have statistically significantly better integrity level than the players of DAV College Chandigarh.

14. It is being observed that the players of CDLU and Panjab University have statistically significantly better value orientation level than the players of Delhi University and Zamia Islamia.

15. It is being observed that the players of CDLU have statistically significantly better value orientation level than the players of Delhi University, Zamia Islamia and the players of GNDU. Similarly, the players of Panjab University have statistically significantly better commitment level than the players of Zamia Islamia.

16. It is being observed that the players of CDLU have statistically significantly better altruistic behavior level than the players of Panjab University, GNDU, and Zamia Islamia. Similarly, the players of Delhi University have statistically significantly better altruistic behavior level than the players of Panjab
University and the players of Kurukshetra University have statistically significantly better altruistic behavior level than Zamia Islamia.

17. It is being observed that the players of Hansraj College Delhi have statistically significantly weaker altruistic behavior level than the players of Kirori Mal College Delhi, Khalsa College Mahilpur, SD College Ambala, DAV College Chandigarh, and Khalsa College Yamnanagar.

Comparisons of all the universities and colleges players on mental skills:

1. Players of GNDU have weaker mental skills level than the players of Punjab University, CDLU, Kurukshetra University and Delhi University.
2. Players of DAV College Chandigarh have better mental skills level than the players of Khalsa College Yamnanagar and Khalsa College Mahilpur.
3. Players of Delhi University and Kurukshetra University have better imagery ability than the players of GNDU.
4. Players of Khalsa College Mahilpur have weaker imagery ability than the players of DAV College Chandigarh, SD College Ambala, Hansraj College Delhi, and Kirori Mal College Delhi.
5. Players of Delhi University and CDLU have better mental preparation level than the players of GNDU.
6. Players of Khalsa College Mahilpur have weaker mental preparation level than the players of DAV College Chandigarh, SD College Ambala, Hansraj College Delhi, and Kirori Mal College Delhi.
7. Players of CDLU and Delhi University have better self-confidence level than the players of GNDU.
8. Players of DAV College Chandigarh and Hansraj College Delhi have better self-confidence level than the players of SD College Ambala, Khalsa College Mahilpur, and Khalsa College Yamnanagar.
9. Players of Kurukshetra University, GNDU and Punjab University have better anxiety and worry management level than the players of Delhi University.
10. Players of DAV College Chandigarh are better than the players of Kirorimal College Delhi; the players of Khalsa College Mahilpur have better anxiety and worry management level than the players of Hansraj College Delhi. Similarly, the players of DAV College Chandigarh and Kirori Mal College Delhi have
better anxiety and worry management level than the players of SD College Ambala, Khalsa College Yamnanagar, and Hansraj College Delhi.

11. Players of Delhi University have better concentration level than the players of Kurukshetra University, CDLU, and GNDU.

12. Players of DAV College Chandigarh have better concentration level than the players of Khalsa College Chandigarh and Hansraj College Delhi. Similarly, the players of SD College Ambala have better concentration level than the players of Hansraj College Delhi.

13. Players of Hansraj College Delhi have better relaxation level than players of Khalsa College Mahilpur and DAV College Chandigarh. Similarly, the players of Kirori Mai College Delhi and Khalsa College Yamnanagar have better relaxation level than the players of DAV College Chandigarh.

14. Players of CDLU have better relaxation level than the players of GNDU and Zamia Islamia.

**Comparisons of all the universities and colleges players on self-confidence:**

1. It is being observed that the players of that CDLU are more confident than the players of GNDU

**Comparisons of all the universities and colleges players on soccer skills:**

1. It is being observed that the players of Delhi University, Kurukshetra University, GNDU and Panjab University have better soccer skills than the players of CDLU. Similarly, the players of Panjab University have better soccer skills than the players of Delhi University, Zamia Islamia, and Kurukshetra University. The players of GNDU have better soccer skills than the players of Kurukshetra University and Zamia Islamia.

2. It is being observed that the players of Khalsa College Mahilpur, SD College Ambala, and Khalsa College Yamnanagar have better soccer skills than the players of Kirori Mal College Delhi. Similarly, the players of Khalsa College Mahilpur, SD College Ambala, and Khalsa College Yamnanagar have better soccer skills than the players of Hansraj College Delhi. The players of Kirori Mal College Delhi have better soccer skills than the players of Hansraj College Delhi. The players of SD College Ambala, Khalsa College Yamnanagar and Khalsa College Mahilpur have better soccer skills than the players of DAV College Chandigarh.
3. It is being observed that the players of Punjab University, GNDU, Kurukshetra University and Zamia Islamia have better passing for accuracy (air) than the players of CDLU. The players of Punjab University have better passing for accuracy (air) than the players of Delhi University.

4. It is being observed that the players of Kirori Mal College Delhi, Khalsa College Yamnanagar, and Khalsa College Mahilpur are better than the players of DAV College Chandigarh on passing for accuracy (air).

5. It is being observed that the players of Panjab University have better passing for accuracy (ground) than the players of Delhi University and Zamia Islamia.

6. It is being observed that the players of Kirori Mal College Delhi, Khalsa College Yamnanagar, SD College Ambala, and Khalsa College Mahilpur have better passing for accuracy (ground) than the players of Hansraj College Delhi and DAV College Chandigarh.

7. It is being observed that the players of Panjab University, CDLU, Kurukshetra University, and GNDU have better kicking for accuracy than the players of Zamia Islamia. The players of Punjab University have better kicking for accuracy than the players of Delhi University.

8. It is being observed that the players of Kirori Mal College Delhi, SD College Ambala and Khalsa College Mahilpur have better kicking for accuracy than the players of Hansraj College Delhi, and DAV College Chandigarh. Similarly, the players of Khalsa College Mahilpur have better kicking for accuracy than the players of Khalsa College Yamnanagar. The players of Khalsa College Yamnanagar have better kicking for accuracy than the players of DAV College Chandigarh.

9. It is being observed the players of Delhi University, Zamia Islamia, and GNDU have better juggling (type 1) than the players of CDLU. Similarly, the players of GNDU have better juggling (type 1) than the players of Kurukshetra University. The players of Punjab University have better juggling (type 1) than the players of Delhi University, Zamia Islamia, Kurukshetra university and CDLU.

10. It is being observed that the players of Khalsa College Yamnanagar, SD College Ambala, and Khalsa College Mahilpur have better juggling (type 1) than the players of Kirori Mal College Delhi, and DAV College Chandigarh. Similarly, the players of SD College Ambala and Khalsa College Mahilpur have better juggling (type 1) than the players of Hansraj College Delhi.

11. It is being observed that the players of Delhi University, Kurukshetra University, GNDU and Punjab University have better juggling (type 2) than the players of CDLU.
12. It is being observed that the players of Khalsa college Yamnanagar, SD college Ambala, DAV college Chandigarh and Khalsa college Mahilpur have better juggling (type 2) than the players of Hansraj College Delhi and Kirori Mal College Delhi. Similarly, the players of Khalsa College Mahilpur have better juggling (type 2) than the players of Khalsa College Yamnanagar and DAV college Chandigarh.

13. It is being observed that the players of Khalsa college Mahilpur, and Kirorimal college Delhi have better dribbling than the players of DAV college Chandigarh, Khalsa college Yamnanagar, and Hansraj college Delhi, whereas the players of Hansraj college Delhi have weaker dribbling than the players of Khalsa college Yamnanagar, SD college Ambala, and DAV college Chandigarh.

Comparisons of high and low performance groups on emotional intelligence, mental skills and self-confidence:

1. Significant difference has been seen in the high and low performance groups of all the players on emotional intelligence. Low performance groups are better level of emotional intelligence when compare to their counterpart.

2. Significant difference has been seen in the high and low performance groups of all the players on self-motivation. Low performance groups are better on self-motivation when compare to their counterpart.

3. Significant difference has been seen in the high and low performance groups of all the players on managing relationship. Low performance groups are better on managing relationship when compare to their counterpart.

4. Significant difference has been seen in the high and low performance groups of all the players on integrity. Low performance groups are better on integrity when compare to their counterpart.

5. Significant difference has been seen in the high and low performance groups of all the players on commitment. Low performance groups are better on commitment when compare to their counterpart.

6. Significant difference has been seen in the high and low performance groups of all the players on self-confidence (mental skills). High performance groups are better on self-confidence (mental skills) when compare to their counterpart.
Comparisons of colleges and universities players of Punjab on emotional intelligence, mental skills, self-confidence and soccer skills:

1. Significant difference has been seen in the college and university groups of the players of Punjab on self-awareness. Players of college groups are better level of self-awareness when compare to their counterpart.

2. Significant difference has been seen in the college and university groups of the players of Punjab on empathy. Players of college groups are better level of empathy when compare to their counterpart.

3. Significant difference has been seen in the college and university groups of the players of Punjab on altruistic behavior. Players of college groups are better level of altruistic behavior when compare to their counterpart.

4. Significant difference has been seen in the college and university groups of the players of Punjab on passing for accuracy (air). Players of university groups are better level of passing for accuracy (air) when compare to their counterpart.

5. Significant difference has been seen in the college and university groups of the players of Punjab on passing for accuracy (ground). Players of university groups are better level of passing for accuracy (ground) when compare to their counterpart.

6. Significant difference has been seen in the college and university groups of the players of Punjab on kicking for accuracy. Players of university groups are better level of kicking for accuracy when compare to their counterpart.

7. Significant difference has been seen in the college and university groups of the players of Punjab on juggling type 1. Players of university groups are better level of juggling type 1 when compare to their counterpart.

8. Significant difference has been seen in the college and university groups of the players of Punjab on juggling type 2. Players of college groups are better level of juggling type 2 when compare to their counterpart.

9. Significant difference has been seen in the college and university groups of the players of Punjab on dribbling. Players of college groups are better level of dribbling when compare to their counterpart.

Comparisons of colleges and universities players of Haryana on emotional intelligence, mental skills and self-confidence:
1. Significant difference has been seen in the college and university groups of the players of Haryana on emotional intelligence. Players of university groups are better level of emotional intelligence when compare to their counterpart.

2. Significant difference has been seen in the college and university groups of the players of Haryana on self-awareness. Players of university groups are better level of self-awareness when compare to their counterpart.

3. Significant difference has been seen in the college and university groups of the players of Haryana on self-motivation. Players of university groups are better level of self-motivation when compare to their counterpart.

4. Significant difference has been seen in the college and university groups of the players of Haryana on managing relationship. Players of university groups are better level of managing relationship when compare to their counterpart.

5. Significant difference has been seen in the college and university groups of the players of Haryana on integrity. Players of university groups are better level of integrity when compare to their counterpart.

6. Significant difference has been seen in the college and university groups of the players of Haryana on value orientation. Players of university groups are better level of value orientation when compare to their counterpart.

7. Significant difference has been seen in the college and university groups of the players of Haryana on anxiety and worry management. Players of university groups are better level of anxiety and worry management when compare to their counterpart.

8. Significant difference has been seen in the college and university groups of the players of Haryana on soccer skills. Players of college groups are better level of soccer skills when compare to their counterpart.

9. Significant difference has been seen in the college and university groups of the players of Haryana on passing for accuracy (air). Players of college groups are better level of passing for accuracy (air) when compare to their counterpart.

10. Significant difference has been seen in the college and university groups of the players of Haryana on juggling type 1. Players of college groups are better level of juggling type 1 when compare to their counterpart.

11. Significant difference has been seen in the college and university groups of the players of Haryana on juggling type 2. Players of college groups are better level of juggling type 2 when compare to their counterpart.
Comparisons of colleges and universities players of Delhi on emotional intelligence, mental skills, self-confidence and soccer skills:

1. Significant difference has been seen in the college and university groups of the players of Delhi on emotional intelligence. Players of college groups are better level of emotional intelligence when compare to their counterpart.

2. Significant difference has been seen in the college and university groups of the players of Delhi on self-motivation. Players of college groups are better level of self-motivation when compare to their counterpart.

3. Significant difference has been seen in the college and university groups of the players of Delhi on emotional stability. Players of college groups are better level of emotional stability when compare to their counterpart.

4. Significant difference has been seen in the college and university groups of the players of Delhi on managing relationship. Players of college groups are better level of managing relationship when compare to their counterpart.

5. Significant difference has been seen in the college and university groups of the players of Delhi on integrity. Players of college groups are better level of integrity when compare to their counterpart.

6. Significant difference has been seen in the college and university groups of the players of Delhi on value orientation. Players of college groups are better level of value orientation when compare to their counterpart.

7. Significant difference has been seen in the college and university groups of the players of Delhi on concentration. Players of university groups are better level of concentration when compare to their counterpart.

8. Significant difference has been seen in the college and university groups of the players of Delhi on relaxation. Players of college groups are better level of relaxation when compare to their counterpart.

Recommendations

1. Similar study could be undertaken on various sports.

2. Same study could be conducted on female soccer players.

3. Study of more than three states can be taken up.

4. Some other parameters such as personality of the soccer players and achievement level of the soccer players can be combined with some other variables to understand the relationship of the same with one another.