CHAPTER V

SUMMARY, CONCLUSIONS

AND

RECOMMENDATIONS
SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Few areas of inquiry in psychology have generated more debate than the area of personality. Initially all the studies derived the psychological principles from education psychology, but with the growing popularity of sports, study of sports psychology has become a specialized area of research and consequently, numerous sports specific studies have been conducted all over the world. Many research reports have been published in the past few decades in which the personality traits of athletes, coaches and physical education teachers have been studied. The stupendous success of some sportsmen in their chosen area of activity has generated unprecedented excitement in the minds of younger generation. Development of a sports personality scale is warranted to equip the coaches and trainers to differentiate between a sportsman and non-sportsman.

The factors that have emerged in this newly constructed scale indicate that there are some basic traits, which an athlete must possess if he has to achieve his chosen aim. Some of these factors have been established by researchers in the past. The factors which emerged strongly with high rotated factor loadings of more than .80 are Sociability, Status and Goal Setting, Leadership, Anxiety, Mental Toughness, Positive Mental State, Success and Persistence. These have been acknowledged by many researchers in their studies.

A potential sportsman should score high on the positive personality traits like aggression, adventure and sociability and low on the negative traits like anxiety. The scale gives a good measure
of the personality of the sportsman. Scores lower than the mean score will indicate weak personality while higher scores indicate stronger personality, promising to become a ‘high achiever’. Since sports performance is the sum total of a person’s total abilities, study of his physical as well as mental abilities is a must. The Sports Personality Scale has been designed to provide an insight into an athlete’s mindset and his intrinsic personality. The analysis showed significant differences between male and female athletes, while no significant differences were noticed between individual and team sport athletes. Therefore, separate norms have been prepared for male and female athletes only.

The title of the study is:

“Construction and Standardization of Sport Personality Scale.”

OBJECTIVES

The following were the objectives of the study:-

1. To construct and standardize a sports specific scale of personality.
2. To develop norms of sports personality scale.
3. To find out differences on sports personality between athletes taking part in team events and individual events.
4. To find out differences on sports personality between male and female athletes.
SAMPLE

500 athletes constituted the sample for this study. The subjects were aged from 16 to 24 years (mean age 21.96 years) and were randomly selected from Chandigarh and Punjab state. They were taken from wide variety of individual as well as team games to get a good cross-sectional view from all types of sports. They were taken from gymnastics, swimming, basketball, volleyball, football, cricket, badminton, handball, athletics and hockey. The sample was taken in two phases. The first phase had 100 subjects (56 males and 44 females) while the second phase, involved 400 subjects (231 males and 169 females).

STATISTICAL DESIGN

The Sports Personality Scale has been constructed using factorial design (factor analysis). Pearson’s Product-moment Correlation was used to establish reliability, validity and objectivity of the scale. Hull Scale and Percentile Scale were used to develop the norms of the Sports Personality Scale for male and female athletes.

The study was conducted in two distinct phases. In the first phase 90 test items were prepared and content validated. After consultations with the subject experts these were reduced from 90 to 61. These were then tested on 100 subjects. The data so collected was used for factor analysis, wherein 13 factors have emerged. Based on the results of the factor analysis the test items were reduced from 61 to 37, which is the format of the Sports Personality Scale. The scale was tested on 400 athletes from
different sports disciplines belonging to different demographic, educational and socioeconomic backgrounds to prepare the norms.

The scientific authenticity of the Scale was established by computing reliability, validity and objectivity. The reliability was established by using the test-retest and split-half methods. The reliability figures obtained for the two methods are .75 and .81 respectively, which shows that the test is highly reliable.

The validity of the test was established by using the following procedure: -

1. Content validity was established by getting the responses of subjects and experts.
2. Construct validity was established by using the factor analysis technique.
3. Concurrent validity was established by comparing the study against those factors of 16 P.F. which have been found related to sports performance by Yadav (1992).

The objectivity of the scale was established by collecting the data on the same subjects with an interval of two days. The objectivity score of the scale is .79.

In the second phase of the study the norms for the scale were prepared. The norms were developed by using Hull Scale and Percentile Scale. Four hundred athletes (231 male, 169 female) were administered the test. Hull Scale and Percentile Scale were used to prepare the norms. Since significant differences (p < 0.05) were found between male and female athletes, separate norms have been prepared for male and female athletes.
CONCLUSIONS

The following conclusions can be drawn from the present study: -

1. The factor analysis yielded 13 factors specific to the study of sports personality. These factors include Competitiveness and Team Cohesion, Adventure, Sociability, Status and Goal Seeking, Leadership, Calmness and Risk Taking, Attention Focus and Self Confidence, Anxiety, Aggression, Mental Toughness, Positive Mental State, Success and Persistence.

2. These factors are considered relevant for construction of Sports Personality Scale since the items falling under these factors have significant rotated factor loadings, which is evident from the results of factor analysis.

3. The Sports Personality Scale developed by the researcher is valid.

4. The newly developed test inventory of sports personality meets the criterion of scientific authenticity, as the test is reliable, objective and valid.

5. This inventory is applicable to the sports population of the State of Punjab and Union Territory of Chandigarh, as the subjects were drawn from these regions of the country.

6. No significant differences were found on sports personality between athletes taking part in individual and team sports. Hypothesis 1 is rejected.

7. Significant differences were found between male and female athletes on variable sports personality. Hypothesis 2 is retained.
RECOMMENDATIONS

In the light of findings of the present study the following recommendations could be made:

1. The Sports Personality Scale can be used by coaches and trainers to differentiate individuals on the characteristics which form the basis of the scale.

2. They can further use this scale to evaluate the effectiveness of their programmes and how effectively the athletes respond to these programmes.

3. Similar inventories should be developed on populations not covered under this study.

4. The personality factors which relate to performance should be considered by the coaches and they should make efforts to promote them among the athletes.

5. This scale may also be used on upcoming athletes to make predictions regarding their performance attainments.