SUMMARY, CONCLUSION AND RECOMMENDATION

Physical education and sports play an important role in day to day life of different people in different ways. Sports serve as fertile ground for the growth and successful development of relations among different people of different nations.

Sports consist of two types of events i.e. team and individual events. Athletes choose either team or individual event, which depend upon various factors such as psychological, economical physical and personality factors.

To analyse and explain athletes' competitive behaviour, we must explain his socio-psychological dimensions in movement contents. The socio-psychological factors can effect the performance of an individual and as well as whole team. The social-status, psychological stress and time pressure associates with competition are likely to effect the decision making and the performance of the athletes.

In modern competitive sports, the socio-psychological factors of an individual and team are as important as teaching the different skills of a game on scientific lines.

Most of the research work in physical education and sports was carried out in science related sub disciplines like, exercise physiology, bio-mechanics, nutrition, physical fitness and
anthropometry etc. The role of socio–psychological factors in sports performance, it was completely overlooked and underemphasized.

But in recent past, researchers in physical education in general and sports psychology in particular, have repeatedly suggested and emphasized socio–psychological factors as a major area in terms of research enterprise, and its important role. These factors play important role in the ultimate performance of sportsmen.

The psychological approach in achieving excellence in sports, is still very much in infancy. One can easily discuss today an upsurge of interest in conducting research investigation in this area, with a view to tackle the diverse problems in the understanding of the sports behaviour. The involvement of psychology in sports has largely arisen from a traditional interest in areas such as personality, emotional status, motivation, aggression and anxiety etc. There are still psychological dimensions which directly or indirectly influence competitive sports are lying unexplored.

So the purpose of present study was to explore the various socio–psychological characteristics of team and individual athletes of Himachal Pradesh Colleges. These characteristics include self–concept, adjustment, body image and socio–economic status.

The present study is titled as “A Comparative Study of Socio–Psychological Characteristics of Individual and Team Athletics in Colleges of Himachal Pradesh”. The objectives were as follows :-

1. To investigate the socio–psychological differences between athletes of individual and team sports.

2. To investigate the self-concept, adjustment, body image and socio–economic status differences between individual and team athletes of Himachal Pradesh colleges.
HYPOTHESES

The hypotheses of present study were as follows:

1. The individual and team athletes would differ significantly with regard to self-concept.

2. Individual and team athletes would significantly differ with regard to adjustment.

3. Individual and team athletes would significantly differ with regard to body image.

4. Individual and team athletes would significantly differ with regard to socio-economic status.

5. There would be significant inter sports socio-psychological differences among athletes of various sports groups (individual and team).

SAMPLE

For the accomplishment of the study (500) five hundred athletes (250 individual and 250 team athletes), were taken from different colleges of Himachal Pradesh.

The following individual and team games were selected.

**Individual sports**—Wrestling, athletics, weight lifting and boxing.

**Team sports**— Basketball, volleyball, hockey and football.

TOOLS FOR DATA COLLECTION

The following tools were used:


STATISTICAL ANALYSIS

1. Analysis of variance (ANOVA) test method was used to know the differences between team and individual athletes.
2. ‘t’ test was used to compare the individual and team athletes.

CONCLUSION

Within the limitations and delimitation the following conclusion were drawn :-

Socio–psychological differences between individual and team athletes

1. Self-concept

   i) No significant differences have been found between individual and team athletes on physical, social temperamental and moral self-concept. The individual athletes have recorded better level on physical, social, temperamental and moral self-concept.

   ii) On educational, intellectual and total self-concept team and individual athletes have been found significantly different. Individual athletes have much better educational, intellectual and total self-concept than team athletes.
The hypotheses No. 1 stands accepted partially as the both groups have differed significantly on educational, intellectual and total self-concept.

2. Adjustment

On all areas of adjustment, individual and team athletes have significant differences. On home adjustment individual athletes have better level than team athletes, whereas on health, social emotional, educational and total adjustment team athletes have better adjustment than individual athletes.

The hypotheses no.2 stands accepted as the study confines significant differences between individual and team athletes on adjustment variables.

3. Body image

Individual and team athletes have been found significantly different on body image variable. The individual athletes have scored significantly higher than team athletes.

The hypotheses no–3 has been accepted as the significant differences between individual and team athletes have been confirmed on body image.

4. Socio-economic status

Individual and team athletes have significant differences. Individual athletes have much better socio-economic status than team athletes.

The hypotheses no–4 stands accepted as the study confirms significant differences between individual and team athletes on socio-economic status.
SOCIO-PSYCHOLOGICAL INTER-SPORTS DIFFERENCES

Self-concept

a) Physical self-concept

The basketball, volleyball, wrestling, athletics and weight-lifting groups possess better level than hockey, football and boxing groups on physical self-concept.

The wrestling and athletics groups being the better on physical self-concept have significant differences with hockey and boxing groups.

b) Social self-concept

The hockey, football, wrestling, athletics and weight-lifting groups have better social self-concept than basketball, volleyball and boxing groups.

The hockey, wrestling, athletics and weight-lifting groups being the better on social self-concept have been found significantly different to basketball, volleyball and boxing sports groups.

c) Temperamental self-concept

The basketball, hockey, football, wrestling, athletics and weight-lifting groups have been found better on temperamental self-concept than boxing and volleyball groups.

The football, wrestling and weight-lifting groups with better temperamental self-concept have been found significantly different from volleyball group.
d) **Educational self-concept**

The hockey, wrestling, athletics, weight-lifting and boxing groups have better level on educational self-concept than basketball, volleyball and football groups.

The wrestling, athletics, weight-lifting and boxing group with better educational self-concept have significant differences with basketball, volleyball and football sports groups.

e) **Moral self-concept**

The hockey, athletics and boxing groups have better moral self-concept than volleyball, football, wrestling, weight-lifting and basketball groups.

The hockey, athletics and boxing groups being the best on moral self-concept have significant differences with basketball, volleyball, football, wrestling and weight lifting groups.

F) **Intellectual self-concept**

The boxing, wrestling and weight-lifting groups have better intellectual self-concept than volleyball, basketball, hockey, football and athletics groups.

The wrestling, weight-lifting and boxing groups being the better on intellectual self-concept have significant differences with basketball, volleyball, hockey, football and athletics sports groups.

g) **Total self-concept**

The hockey, wrestling, athletics, weight-lifting and boxing groups possess better total self-concept than the basketball, volleyball and football groups.
The hockey, wrestling, athletics, weight-lifting and boxing groups being the better on total self-concept have been found significantly different from basketball, volleyball, and football sports groups.

**ADJUSTMENT**

a) **Home adjustment**

The hockey, wrestling, athletics and boxing groups have scored better level than basketball, football, weight-lifting and volleyball groups.

The hockey, wrestling, athletics and boxing groups being the better on home adjustment have significant differences with volleyball group.

b) **Health adjustment**

The hockey, basketball, and football groups have scored better on health adjustment than all other weight-lifting, volleyball, wrestling, athletics and boxing groups.

The hockey, basketball and football groups being the better on health adjustment have significant differences with volleyball, wrestling, athletics, weight-lifting and boxing groups.

c) **Social adjustment**

The basketball, volleyball, hockey and football groups have scored better than the wrestling, athletics, weight-lifting and boxing groups on social adjustment.

The basketball, volleyball, hockey and football groups possess
better social adjustment and differ significantly from wrestling, athletics, weight-lifting and boxing groups.

d) Emotional adjustment

The basketball, hockey, football and wrestling groups have been found better than volleyball, athletics, weight-lifting and boxing groups on emotional adjustment.

The basketball, hockey, football and wrestling groups being better on emotional adjustment have differ significantly from volleyball, athletics, weight-lifting and boxing groups.

e) Educational Adjustment

The basketball, volleyball, hockey, football and wrestling groups have scored better than athletics, weight-lifting and boxing groups on educational adjustment.

The basketball, volleyball, hockey, football and wrestling groups being the better on educational adjustment have differ significantly from athletics, weight-lifting and boxing groups.

f) Total Adjustment

The basketball, hockey and football groups have recorded better than volleyball, wrestling, athletics, weight-lifting and boxing groups on total adjustment.

The basketball, hockey and football groups possess better total adjustment and have been found significantly different from volleyball, wrestling, athletics, weight-lifting and boxing groups.
Body Image

The wrestling, athletics, weight-lifting and boxing groups have better body image than basketball, volleyball, hockey and football groups.

The wrestling, athletics, weight-lifting and boxing groups with better body image have been found significantly different from basketball, volleyball, hockey and football groups.

Socio-economic status

The wrestling, athletics, weight-lifting and boxing groups have better socio-economic status than basketball, volleyball, hockey and football groups.

The wrestling, athletics, weight-lifting and boxing sports groups with better socio-economic status have significant differences with basketball, volleyball, hockey and football sports groups.

The hypotheses No–5 stands accepted. As the various groups differ significantly.

RECOMMENDATION

1. The similar study may be conducted on other sports disciplines.
2. Similar study may be conducted on schools, universities, national and international level.
3. Similar study may be conducted on women athletes.
4. A large size of samples may be taken in further studies to
achieve more authenticity.

5. Though, present study was limited to eight sports groups, maximum sports discipline may be taken in further studies.

6. Selectors and coaches should consider the socio-economic status of an individual while selecting him for a particular sports.

7. Special attention should be given to adjustment behaviour of a person at the time of selection.

8. Though, the body image is important factor in sports, selectors and coaches must consider this, and suggest an individual to participate in a game according to his body image.

9. Selectors and coaches should consider the self-concept of a sportsman.

10. The psychological variables which have not been included in this study may be included in further studies to gain more psychological understanding of athletes, belonging to various sports groups.