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Summary, Conclusions and Recommendations
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Summary

An elite athlete is a rare combination of talent, hard work and the right psychological profile. In sports today, everyone knows the best training methods has access to the best facilities and most nutritional foods. Often the difference between the good and the elite is the mental qualities of the athletes.

Understanding the psychological factors that accompany successful athletic performance is high priority for applied sport psychology with a major area of focus being mental links to optimal performance. To advance knowledge in this area, it is important to examine specific psychological constructs with theoretical relevance to optimal performance in order to understand what psychological processes might be contributing to quality of performance.

The purpose of the present study was to compare the aggression, sports competition anxiety, sports achievement motivation, personality traits and self concept between Inter University Kabaddi and Kho-Kho Women players.

To achieve the purpose of the study the investigator had selected randomly sixty Kabaddi and sixty Kho-Kho university women players, who had represented
Karnataka University, Kuvempu University, Mangalore University, Bangalore University and Mysore University women players participated in South-West Zone Inter-University Tournament as subjects. The age of the subjects chosen for this study were ranging from 18-25 years.

Renowned psychologists have given prominence to psychological factors as aggression, anxiety-its control and management, concentration, mental practice, coach-athlete, interaction, motivation and personality. Therefore, based on literary evidence, correspondence with psychological experts and discussion with prominent physical educationists in this field and availability of instruments, it was decided to select aggression, sports competition anxiety, sports achievement motivation, personality traits, and self-concept.

The purpose of the study was explained by the investigator to subjects and made to understand that it was not an individual assessment. Subjects' reliability was ensuring by assuring the subjects that their responses would be kept confidential and used only for research purposes. Emphasis was made to get their frank response in the best of their own interest. The subjects were requested to express themselves freely and frankly as per the instructions contained in each questionnaire by encircle either 'Yes' or 'No' to aggression questionnaire and personality inventory, Hardly ever or sometime or often for sports competition anxiety, and 'Strongly agree', Agree, undecided, disagree, strongly disagree to self concept questionnaire and a or b statement in sports achievement motivation.
questionnaire. The subjects were constantly motivated throughout the period of this investigation to ensure their willing cooperation. To collect the data from the subjects of selected universities, the aggression, sports competition anxiety, sports achievement motivation, personality traits and self-concept questionnaires were administered in two sessions.

1. The aggression, Sports Competition Anxiety Test (SCAT) and Self-Concept questionnaires were administered in one session that was before the match.

2. The sports achievement motivation and personality traits questionnaires were administered in another session that was after the match.

3. Necessary instructions were given to the subjects before answering the questionnaires.

4. After making sure that subjects understood the instructions before distributing the questionnaires to them. The questionnaires were taken back after it was duly completed.

5. Precautions were taken before collecting back the questionnaires that no question/statement was left unanswered.

6. Sufficient time was given to answer the questionnaire and instructed them not to take too much of time.
The data collected from subjects were put to ‘t’ test statistical analysis to find out the significance of difference between Kabaddi and Kho-Kho university women players, and analysis of variance statistical technique was carried out to find out the significant difference in selected psychological variables among universities at 0.05 significance level.

Conclusions

Psychological preparation for sport is an essential aspect of successful sports performance at all levels. Elite sports performers make great use of psychological techniques before, during and after sports performance, both consciously and unconsciously. The higher the level of competition, the greater the psychological demands on the performer(s). Indeed many sport psychologists would argue that, psychological preparation for sports performance is the most important part of sports performance. To effectively prescribe strategies to improve the performer's psychological mindset an in-depth understanding of the theories and models underpinning psychological strategies are essential. Psychological preparation for sport is dependent on a wide range of factors, which differ for each individual sports performer. Therefore, understanding the underlying psychological principles and models will enable strategies to be adapted for a wide range of specific situations.

Within the limitations of the present study and on the basis of findings, the following conclusions were drawn.
There was significant difference in aggression between Kabaddi and Kho-Kho University women players. Kabaddi university women players are more aggressive than the Kho – Kho university women players.

The significant difference was found in sports competition anxiety between Kabaddi and Kho-Kho university women players. Kho-Kho Women Players are having more sports competition anxiety than the Kabaddi University Women players.

In Sports achievement motivation also there was a significant difference between Kabaddi and Kho - Kho Women Players. In this psychological variable, Kabaddi University Women Players have shown high achievement motivation when compared to Kho - Kho University Women players.

The selected psychological variable personality trait – neuroticism, also had shown significant difference between Kabaddi and Kho - Kho University Women Players. Here Kabaddi University women players have shown more neuroticism than the Kho - Kho University Women players.

In the personality trait – extroversion, statistical analysis had shown significant difference between Kabaddi and Kho - Kho University Women Players. Kho- Kho University Women players are more extrovert than the Kabaddi University Women Players.
In the self concept psychological variable there was significant difference between Kabaddi and Kho - Kho university women players. Kho - Kho university women players have shown good self concept than the Kabaddi university women players.

The result of the selected psychological variables among Kabaddi players of universities selected for this study showed that, there is a significant difference in aggression (F=4.234) of Mysore University Kabaddi women players (M=14.83) were better than Karnataka University Kabaddi women players (M=13.50), Kuvempu University Kabaddi women players (M=12.00), Mangalore University Kabaddi women players (M=11.83) and Bangalore University Kabaddi women players (13.83). In personality trait - Neuroticism (F=2.689) Karnataka university Kabaddi women players (M=17.92) were significantly better than the Kuvempu university Kabaddi women players (M=13.92), Mangalore University Kabaddi women players (M=13.67), Bangalore University Kabaddi women players (M=16.33) and Mysore University Kabaddi women player (M=16.25). But there is no significant difference in sports competition anxiety, sports achievement motivation, personality trait - extroversion and self concept of Kabaddi women players of the universities selected for this study.

The result of the selected psychological variables among Kho - Kho players of universities selected for this study showed that, there is a significant difference in sports competition anxiety (F=7.310) of Mysore University Kho - Kho women players (M=23.42) were better than Karnataka University Kho-Kho women players.
players (M=21.67), Kuvempu University Kho - Kho women players (M=20.00), Mangalore University Kho - Kho women players (M=20.83) and Bangalore University Kho-Kho women players (19.50). In personality trait – Neuroticism (F=6.306) Karnataka university Kabaddi women players (M=16.00) were significantly better than the Kuvempu university Kabaddi women players (M=11.58), Mangalore University Kabaddi women players (M=11.58), Bangalore University Kabaddi women players (M=9.83) and Mysore University Kabaddi women player (M=12.83). But there is no significant difference in sports competition anxiety, sports achievement motivation, personality trait-extroversion and self concept of Kabaddi women players of the universities selected for this study.

In personality trait – Extroversion (F=2.994) Mysore University Kho-Kho women players (M=15.50) were better than Karnataka University Kho-Kho women players (M=13.17), Kuvempu University Kho - Kho women players (M=14.25), Mangalore University Kho - Kho women players (M=12.25) and Bangalore University Kho - Kho women players (14.75). In self concept (F=7.783) Mysore University Kho - Kho women players (M=17.92) were better than Karnataka University Kho - Kho women players (M=72.67), Kuvempu University Kho - Kho women players (M=66.08), Mangalore University Kho - Kho women players (M=64.42) and Bangalore University Kho - Kho women players (63.17). But there is no significant difference in sports achievement motivation of Kho - Kho women players of the universities selected for this study.
Recommendations

1) Similar study may be undertaken by selecting different psychological variables which were not taken in this study.

2) Similar study may be taken on different levels of Kabaddi and Kho-Kho men and women players like College level, State level, National level, and International level.

3) It is recommended that the result of this study can be used for screening and selecting potential Kabaddi and Kho-Kho players at the early ages by physical education teachers and coaches.

4) A similar study may be conducted on other variables which were not considered in this study.

5) Intensive research study of this nature can be done in other games and sports also.

6) Further the result of the present study could help to frame different methods of training by laying emphasis on the development of factors which are significantly related to Kabaddi and Kho-Kho performance at different levels for female players.

7) It is recommended that the present study may be repeated by selecting more subjects.

8) It is further recommended that similar studies may be carried out on men players.
9) A similar study may be undertaken by considering both male and female players from different sports disciplines which were not considered in this study.

10) It is recommended to conduct various competitions prior to the inter university competition which helps to improve psychological qualities.

11) It is recommended to provide yogic centers in all training centers to develop psychological qualities among sports persons.

12) It is recommended to provide more incentives and job opportunities to the inter university medal winners by government, public sector and private institutions.

13) The similar study may be conducted by selecting additional variables from physical, physiological, Psychological and anthropometrical measures.

14) The need of sport psychologist is highly essential and hence it is recommended that the services of sport psychologists to be availed for the better performance in competitions.

15) It is recommended that government should take initiative to appoint sports psychologists to accompany teams and their services should be used right from the talent identification to elite level of competition for good performance.

16) Similar study may be conducted on male and female players to compare their psychological qualities.