CHAPTER V
SUMMARY, CONCLUSION AND SUGGESTIONS
SUMMARY

The socio-cultural conditions under whose influence an athlete grows have a great bearing on his psychological development. This, in turn, influences the quality of his performance which makes him either a winner or a loser. The outcome of performance is not only the result of his physical standards or skill level, but is also the result of his unique psychological make-up.

In different types of sports activities, athletes are desirous to record better performance. If two athletes have similar ability, the deciding factor in performance is the unique combination of personality traits. That’s why we can expect significant differences between the personality of successful and less successful athletes.

Research indicates that sports leads to the development of required personality adjustment of an athlete. Adjustment is an individual characteristic. A well adjusted individual can help building a better society. It is well known that successful athletes are more adjusted than less successful ones. This may be owing to the fact that success leads to greater satisfaction and fulfilment.

No other aspect of education represents the society so powerfully than games and sports. Socio-economic factors
may determine the sports participation within a specific society. In the Indian situation, cricket, badminton, lawn-tennis, golf etc. have more money and social status at stake than other events and these provide new avenues to achieve status and higher economic level.

Social set-up has been and is stratified in which different ethnic groups and socio-economic classes work together. But social stratification is a critical facet of social life. Many experts contend that sports mitigates class barriers, but it also lead to the stratification between the low and high income groups as evident from their participation in mass and class sports.

Most of the studies dealing with the socio-psychological characteristics of athletes have come out with equivocal results. Successful athletes possess more desirable traits than less successful ones such as outgoingness, venturesomeness, assertiveness, placidity, and adjustment. However, investigators in the field of sports have not paid sufficient attention to mass and class sports. That's why the investigator has undertaken the study which investigates the personality, adjustment and socio-economic status of athletes with varying performance levels taking part in mass and class sports. The present study is titled as "Selected Personality Variables, Adjustment and Socio-Economic Status As Related To Performance In Mass and Class sports". It
objectives were as follows:-

(i) To find out the differences in selected personality variables between the participants in mass and class sports.

(ii) To find out the differences between mass and class sports participants on adjustment variables.

(iii) To find out how mass and class sports athletes differ on the variable of socio-economic status.

(iv) To find out the differences between successful and unsuccessful categories of athletes on selected personality variables.

(v) To compare the successful and unsuccessful categories of athletes on adjustment variables.

(vi) To compare the successful and unsuccessful categories of athletes on socio-economic status variable.

(vii) To find out the interaction effects of mass-class and two different levels of participation (inter-college/district and inter-university/national level).

(viii) To find out inter-correlation among the selected personality variables, adjustment and socio-economic status of the athletes.

HYPOTHESES

The hypotheses of the present study were as follows:-

1) There would be significant differences in selected
personality variables between the participants of mass and class sports.

2) The participants of mass and class sports would differ significantly on adjustment, i.e. mass athletes would be better adjusted than class athletes.

3) There would exist significant differences between the participants in mass and class sports with regard to socio-economic status, i.e. class athletes would be having higher socio-economic status than the mass sports athletes.

4) There would be significant differences in adjustment variables between successful and unsuccessful athletes of mass and class sports, i.e. successful athletes would be better adjusted than the unsuccessful athletes.

6) There would be significant differences in socio-economic status of successful athletes would be better in socio-economic status than the unsuccessful athletes.

7) There would be significant interaction effect of the factors of mass and class and performance (success and unsuccess) on selected personality variables, adjustment and socio-economic status variables.
There would be significant inter-correlation among the selected personality variables, adjustment and socio-economic status. 

There would be significant differences on the said variables among the participants of different sports disciplines.

**SAMPLE**

This study was conducted on a sample of 400 male athletes (200 mass and 200 class) selected randomly from five universities of North-West India. This sample was further subdivided into two groups of successful and unsuccessful athletes of N=100 each in mass and class sports ranging between 17 to 23 years of age. The following mass sports basketball, football, handball, volleyball and class sports presumably i.e. cricket, badminton and lawn-tennis were selected for the study.

**TOOLS OF DATA COLLECTION**

The following tools were used to collect the data:

1. Selected factors of Cattell's 16 PF Questionnaire (1967).

2. Adjustment Inventory for college students (Sinha and Singh 1980).

3. Socio-Economic Status Scale (urban) (Gyanendra P. Srivastava, 1982).
STATISTICAL DESIGN

Analysis of variance ANOVA (2 x 2 factorial design) was computed to find out the significance of differences and the inter-action of mass-class and success-unsuccess factors. Mean, standard deviation and 't' test were also computed to find out the significance of inter-sport differences. Inter-correlation among fifteen variables were also computed.

FINDINGS

The mass sports athletes scored significantly higher on the personality factors H+ (Shy vs. Venturesome), and O- (placid vs. apprehensive) whereas, class sports athletes scored higher on the factors B+ (less intelligent vs. more intelligent), Q1+ (Conservative vs. Experimenting). These groups were not found significantly different in the remaining factors. The successful athletes scored significantly better than unsuccessful athletes on the factor C+ (emotionally less stable vs. emotionally stable), E+ (humble vs. assertive) and O+ (placid vs. apprehensive). However, these two categories of athletes were not found significantly different on other factors.

The mass sports athletes performed significantly better than class sports athletes on adjustment variables i.e. home, health, social, emotional and educational. The results with regard to successful and unsuccessful categories of athletes have not been found to be significantly different
on adjustment variables except on health adjustment.

The class sports group has been found significantly better than mass sports group on socio-economic status variable. Significant differences have not been found between successful and unsuccessful categories of athletes on the variable of socio-economic status. The interaction effect between mass-class x success-unsuccess on various personality variables adjustment, and socio-economic status have not been found significant.

The results with regard to the selected personality variable of various sports groups (successful and unsuccessful) revealed significant differences among some of them while the other were not found significantly different from each other.

The results relating to adjustment of successful sports groups indicated inter-group differences on various subscales of adjustment. The handball group and the basketball group were found better adjusted than all other sports groups on home and health adjustment. All the groups except badminton, demonstrated average level of social adjustment. The basketball group was found to be superior to all other groups on emotional and educational adjustment. However, the differences were significant among some sports groups whereas these were not significant among other sports groups. The result with regard to unsuccessful categories of
athletes indicated inter-group differences on various factors of adjustment scale. All sports groups were found better adjusted on home adjustment whereas lawn-tennis groups showed average level of it. All sports groups were found better adjusted on remaining factors, except lawn-tennis, which recorded unsatisfactory levels of social adjustment.

The results relating to socio-economic status of various sports groups indicated that class sports athletes belonged to upper SES class except cricket in successful sports group while mass sports groups belong to middle SES class. Significant correlations were obtained between some the studied variables whereas there was no significant relation between other variables.

CONCLUSIONS

The following conclusions may be drawn on the basis of the results of this study: differences between mass and class athletes.

(1) Personality

The mass sports athletes have been found to be venturesome and placid whereas class sports athletes to be more intelligent and experimenting.

The hypothesis number 1 has been partially retained that the mass and class sports athletes differed significantly on selected personality variables.
(2) Adjustment

The mass sports athletes have been found to be significantly better than class sports athletes on adjustment variables i.e. home, health, social, emotional and educational.

The hypothesis number 2, has been retained.

(3) Socio-Economic Status

The class sports athletes have shown significantly better socio-economic status level i.e. they belong to upper SES class whereas mass sports athletes belong to middle SES class.

The hypothesis number 3 has been supported that class sports athletes have higher socio-economic status than mass sports athletes.

DIFFERENCES BETWEEN SUCCESSFUL AND UNSUCCESSFUL CATEGORIES OF ATHLETES.

(1) Personality

The successful categories of athletes were significantly better than unsuccessful athletes on emotional stability, assertiveness here and placidity.

The hypothesis number 4 has been partially retained.

(2) Adjustment

The successful and unsuccessful categories of athletes have not been found to be significantly different on adjustment variables except on health adjustment.
(3) **Socio-Economic Status**

The successful and unsuccessful categories of athletes have not been found to be significantly different on socio-economic status.

The hypothesis number 6 has been rejected because significant differences have not been observed between successful and unsuccessful categories of athletes with regard to the variable in question.

(7) The interaction effects of mass-class x success-unsuccess on selected personality variables, adjustment and socio-economic status have not been found significant.

The hypothesis number 7 has been rejected that interaction effects of mass-class x success-unsuccess have not been found to be significant.

**Inter-Sports Differences**

Differences between various sports groups (successful) on selected personality variables, adjustment and socio-economic status

**Personality**

(1) The lawn-tennis and badminton groups have been found to be reserved and differed significantly from basketball, football, handball and cricket except volleyball. The handball group was found to be more outgoing than other sports groups followed by basketball, football, volleyball and cricket.
The lawn-tennis and badminton groups have been found to be reserved and differed significantly from basketball, football, handball and cricket except volleyball. The handball group was found to be more outgoing than other sports groups followed by basketball, football, volleyball and cricket. The class sports groups i.e. cricket, badminton, and lawn-tennis tended to be significantly more intelligent than mass sports groups i.e. basketball, football, handball and volleyball.

The basketball group tended to be emotionally stable followed by lawn-tennis and volleyball, and differed significantly from football and badminton groups. The cricket group has been found to be neither emotionally less stable nor emotionally stable. The football, handball and badminton groups demonstrated a similar tendency. Cricket and football groups differed significantly from lawn-tennis groups. Other groups did not differ significantly with one another on this variable.

Significant differences were not observed among various sports groups on the personality variable humble vs assertive. However, cricket groups was found to be more aggressive as compared with others.

The basketball groups has been found to be the most venturesome followed by handball and football and differed significantly from volleyball, cricket, badminton and lawn-
tennis sports groups. The latter groups were found to be neither shy nor venturesome. The handball group differed significantly from volleyball and badminton. Football, cricket, badminton and lawn-tennis groups did not differ significantly from one another.

(6) All the sports groups were found to be tender-minded except basketball which was neither tough-minded nor tender-minded and differed significantly from football, handball, volleyball, cricket and badminton.

(7) The badminton group was found to be the most apprehensive followed by football, cricket, volleyball groups were neither placid nor apprehensive. Football, handball, volleyball, cricket and lawn-tennis groups did not record significant differences from one another.

(8) The cricket, badminton and lawn-tennis groups were found to be experimenting, whereas, basketball, handball, football and volleyball groups were neither conservative nor experimenting. The Cricket and badminton groups recorded significant differences with basketball, handball, football and volleyball and the lawn-tennis group recorded significant difference with football group.

(9) The badminton, lawn-tennis football and volleyball groups were neither dependent nor self-sufficient. The basketball group differed significantly from football, volleyball, cricket, badminton and lawn-tennis groups. The
football, handball and volleyball groups also differed significantly from one another. The cricket, badminton and lawn-tennis groups did not differ significantly from one another.

Adjustment

(10) The handball group was found to be 'above average' on home adjustment and differed significantly from cricket and badminton groups which showed the lowest level of home adjustment. The badminton group differed significantly from handball, basketball, volleyball and lawn-tennis. The volleyball group recorded 'above average' level of adjustment whereas, cricket, badminton and lawn-tennis groups fell in the category of 'average' level of home adjustment.

(11) The basketball, football, handball, volleyball and cricket groups have recorded 'above average' level of health adjustment while badminton and lawn-tennis groups have shown 'average' level of health adjustment. The badminton group recorded significant differences with basketball, football, handball, volleyball and cricket. The lawn-tennis group differed significantly from basketball.

(12) The badminton group has registered unsatisfactory level of social adjustment while all other sports groups have been found to be 'average' in social adjustment. The basketball group differed significantly from handball, volleyball, cricket, badminton and lawn-tennis. The badminton
group recorded significant differences with volleyball, football, handball, cricket and lawn-tennis.

(13) The basketball group has been found to be the most stable. It differed significantly from cricket, badminton and lawn-tennis groups. The badminton group was found to be the least stable as compared to other sports groups. All groups have registered 'average' level on emotional adjustment.

(14) The basketball group has been found to be more interested in educational activities followed by football, handball, cricket, lawn-tennis volleyball and badminton in that order. Badminton, lawn-tennis, cricket and volleyball groups recorded 'average' level of educational adjustment. Basketball, football and handball recorded 'above average' level of educational adjustment. The badminton group differed significantly from basketball, football, handball, volleyball, cricket and lawn-tennis groups on the variable of educational adjustment.

Socio-Economic Status

(15) The lawn-tennis group differed significantly from basketball, football, handball, volleyball, cricket and badminton. The volleyball group, differed significantly from basketball, handball, cricket, badminton and lawn-tennis. The football group also recorded significant differences with handball and badminton, and badminton with cricket.
Differences among various sports groups (unsuccessful) on selected personality variables, adjustment and socio-economic status.

PERSONALITY

(1) The handball group was found to be the most easygoing. All sports groups were found to be neither reserved nor outgoing except lawn-tennis which was found to be reserved. The lawn-tennis group recorded significant differences with basketball, handball, cricket and badminton groups.

(2) Cricket, badminton and lawn-tennis sports groups have been found to be more intelligent whereas basketball, volleyball and handball were found to be less intelligent. The football group was found to be neither less intelligent nor more intelligent and differed significantly from basketball, football and handball groups. The lawn-tennis group recorded significant differences with all other sports groups. Cricket and badminton differed significantly from basketball, handball and volleyball.

(3) The basketball group has recorded more emotional stability than other groups. The other groups were found to be emotionally less stable. Significant differences were observed only between basketball and football groups.

(4) The handball group with low mea score has been found to be submissive whereas basketball, football, volleyball, cricket, badminton and lawn-tennis were neither humble nor
assertive. Significant differences were not observed among various sports groups.

(5) The basketball, football, handball and volleyball groups have been found to be venturesome, while cricket, badminton and lawn-tennis groups were found to be neither shy nor venturesome. The football, handball, and volleyball groups differed significantly from badminton and lawn-tennis groups. Other groups did not show significant differences between themselves.

(6) The football group has been found to be neither tough minded nor tender minded, whereas, all sports groups has been found to be tender-minded. The groups demonstrated significant differences between themselves.

(7) All groups have been found to be apprehensive. Both volleyball and basketball groups differed significantly from cricket and lawn-tennis. No significant differences were observed among other sports groups.

(8) All groups have been found to be experimenting, except basketball group which is found to be neither conservative nor experimenting. The lawn-tennis group recorded significant differences with basketball, football, handball, volleyball and badminton. The cricket group differed significantly from basketball and handball.

(9) Handball and volleyball groups have been found to be self-sufficient whereas, basketball, football, cricket,
badminton and lawn-tennis groups were found to be neither group-dependent nor self-sufficient. Significant Differences were observed between football and volleyball groups, and the handball group differed significantly from football, cricket and basketball ones. Also, the basketball group differed significantly from volleyball group.

Adjustment

(10) All group have recorded 'above average' level of home adjustment except lawn-tennis which recorded 'average' level of home adjustment and differed significantly from basketball, football, handball, volleyball, cricket and badminton groups.

(11) All groups registered 'average' level of health adjustment. The football group differed significantly from handball, badminton and lawn-tennis groups. Significant differences were also observed between lawn-tennis and volleyball groups.

(12) All groups have recorded 'average' level of social adjustment except lawn-tennis group which recorded unsatisfactory level of social adjustment and differed significantly from all other sports groups.

(13) All the groups have recorded 'average' level of emotional adjustment. The lawn-tennis group recorded significant differences with all other sports groups. Both the handball and badminton groups also showed significant
differences with basketball and football.

(14) All the groups have registered 'average' level of educational adjustment except volleyball which recorded 'above average' level of educational adjustment. Significant differences were observed between volleyball and lawn-tennis groups.

Socio-Economic Status

(15) The basketball, football, handball and volleyball groups belonged to middle class category while cricket, badminton and lawn-tennis groups belonged to upper class category. The lawn-tennis group recorded significant differences with all other sports groups. The badminton group differed significantly from basketball, football, volleyball and handball. The cricket group also differed significantly from football, handball and volleyball.

The hypothesis number 9 has been proved to be partially correct that significant differences do exist among various sports groups on selected personality variables, adjustment and socio-economic status.

Inter-Correlation Among Variables

Significant correlation has been obtained between emotional adjustment with home adjustment followed by emotional adjustment with educational adjustment, educational with home adjustment, emotional with health adjustment. Significant correlation has been also found between social
adjustment with shy vs. venturesome followed by placid vs. apprehensive with emotionally less stable vs. emotionally stable, emotional with social adjustment, educational with health adjustment, educational with social adjustment, educational adjustment with emotionally less stable vs. venturesome, social adjustment with home adjustment, social adjustment with placid vs. apprehensive, emotional adjustment with shy vs. venturesome, social adjustment with group dependendnt vs. self-sufficient, shy vs. venturesome with emotionally less stable vs. emotionally stable. Further significant correlation has been observed between educational adjustment with emotionally stable followed by health adjustment with placid vs. a apprehensive and least correlation has been found between social adjustment with emotionally less stable vs. emotionally stable.

The hypothesis number 8 has been partially retained that significant inter-correlations do exist among personality variables, adjustment and socio-economic status.

IMPLICATIONS

In the light of the findings of this study, the following recommendations are made:

(1) This study has revealed that socio-economic status is an important determinant of activity preference. Efforts should be made to weaken the class barriers to provide equal opportunity to the participants irrespective of his class
status.

(2) Mass sports athletes were found to be better adjusted than class sports athletes as indicated by this study. Successful athletes were found to be better adjusted on health adjustment than class sports athletes as indicated by this study. It is therefore recommended that appropriate steps should be taken to improve the adjustment level of the class sports athletes as well as unsuccessful athletes.

(3) Inter-sports differences have also been recorded on some of the studied variables. It is therefore recommended that the sports and other conditions promoting positive personality traits should be facilitated to develop the personality of an individual. For example, differences in intelligence have been found among man and class athletes testifying the role of environment on the development of intelligent.

(4) Excellence in sports seems to contribute positively various socio-psychology traits since the successful athletes were found better in most of the desirable traits. Measures should be taken to help the low performers in understanding more objectively their own potential and to feel adjusted to the situation to which they have been exposed.

(5) To achieve the above objectives, sports psychologists should be attached to the sports teams at various levels of performance.
SUGGESTIONS FOR FURTHER RESEARCH

(1) A similar study may be undertaken on women athletes.
(2) A similar study may be undertaken at different levels and performance levels athletes.
(3) The scope of the study may be widened to include more sports, institutions, and states.
(4) The socio-psychological variables which have not been included in this study may be studied to gain a broader understanding of athletes belonging to various sports groups.
(5) Further studies are also recommended with regard to the class factors that influence sports participation.
(6) Mass athletes have been found better adjusted and less intelligent compared to class athletes, further research is needed to investigate how adjustment and intelligence are related to each other.
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