CHAPTER - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS
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The present study was undertaken to identify the personality factors of various varsity players. The human personality is a product of nature and nurture/of heredity and environment. The personality of an individual is therefore shaped by these two major factors but the concept of personality is not a simple one; it is a complicated one involving several influences and innate potentialities. It has been clearly observed that the personality factors of players have a decisive influence on their choice of sports. All players do not like all games; temperamentally some players like certain games, and the player who favours cricket may not like to play football. This difference is noticeable in their choice of various sports and games. To a large extent it is the personality of the player that determines the choice.

But at the same time it should be realised that being the personality factor there is more compulsive force impelling the players to choose certain sports and games and this factor is the socio-economic background. Players of different social level choose different sports and games; the players from the rural areas favour certain games and those from urban area choose other games. Moreover the very act of participation in sports is determined by the socio-economic background. Youngsters of the poorer families are of the lower social level, cannot participate in sports because they cannot afford it. Participation in sports is beyond their economic means. They do not have leisure. They cannot buy the necessary play-things and equipment's, including dress and tracksuits. So the socio-economic background exercises a more decisive influence on the
very act of youngsters participating in sports and games as well as in the choice of various games and sports.

These two are the crucial factors which determine the act of participation of youngsters and also their choice of different sports and games. The present study has attempted to identify these factors and to establish their relationship with sports activities. It was also aimed at identifying the differences in the personality traits of those participating in different sports activities. The importance of individual options and levels of performance in different sports activities has been recognised by the previous researchers. Hence, in this study an attempt has been made to compare these factors in the Indian urban and rural sectors.

The findings of the present study indicate that there are differences in the personality traits across different sports groups as well as across different levels of socio-economic status. The differences observed in the personality traits were obtained using the catells 16 P.F. which is a self-report inventory.

Similar studies using 16 P.F. for the different sports groups both in the west and in India are inconclusive. The nature of the variables under study namely the personality is purely subjective and hence it may not be meaningful if the aggregate profile is taken for comparison.

However, the importance of personality and its impact on the performance of the sportsmen has been well established. The suitable personality traits and the temperament, augment the level of performance of the sportsmen. The studies of this kind tend to throw light on the common
parameters shared by a majority of the sportsmen. Participating in particular sports activities which could be used later on in the selection of sports personnel in designing the individual-based coaching programmes and in moulding the temperament of players to bring out the maximum performance of given individuals. In other words the nature of the personality and the socio-economic background can be used as basis for the selection of players for various sports and for enabling them to achieve maximum level of performance.

The development of sports and the excellence of performance in sports at different levels of competition by the Indian sportsmen is being influenced by the poor economic and social factors. Under representation and under utilisation of talents of youngsters especially of the rural base is one of the vital factors identified in the present study. Moreover, the result of the present study also are concerned with the above statement. Only 78 out of 270 sports persons selected for all India inter university competition were from the rural areas, whereas 192 persons were from the urban areas. This finding reveals that the socio-economic background exercises a decisive influence on the participation of youngsters in sports activities. The youngsters from urban areas because of their higher socio-economic level find it easy to participate in sports, whereas the rural youth are deterred by poverty and other socio-economic factors from participating in sports. The rural youth do not have time and means to participate in sports. To them it is a luxury which they cannot afford.

It was also interesting to note that among the subjects representing rural sector, a majority of players tended to opt for those games which do not
required large amount of money, materials and other sophisticated elements of the infrastructure.

Such is the finding of this study. Studies were carried out among samples chosen from different sectors such as rural, urban, rich, poor etc. A study also made of the factors relating to personality and all these studies have clearly revealed that there are strong relationships between the personality of the players and the socio-economic background on the one hand and the choice of certain sports and games by players and the degree of excellence which they achieve in various sports on the other hand.

RECOMMENDATIONS

On the basis of the findings of the present study some recommendations can be framed highlighting the importance of psychological, socio-economic factors in the achievement of excellence in sports.

(1) The performance of the sports persons is dependent on a perfect match between his physical and motor skills with certain specific temperamental factors. That means the personality traits of a sportsmen impel him to choose certain games and they also exercise a decisive influence on the level of performance of the player. So any coaching and training programme devised for sportsmen should take into account the individual personality factors and their appropriateness to the excellence of performance in certain games. Studies using personality as a variable in sports psychology are limited to describe the personality profiles on the games. Moreover the present study has attempted to draw personality profiles of different sports persons separately.
Further research on the same lines would enable us to identify the predictions of sportsmen and their relationship with the level of success in the game of their choice.

(2) Professionalism in sports:- The participation in sports as a career has its initial bearing on the late childhood and early adolescence. We speak of availability of avenues in sports from the economic point of view and from the point of view of infrastructure. We should recognise the vital point that the psychological factors are equally significant in the present Indian context. Hence, it is strongly recommended that the young talent must be screened and tested at the appropriate stage of development not only in respect of physical and motor quantities but also on the basis on the equally important temperamental suitability. Some players play excellently in some sports. From this it can be gathered that a particular player has a natural aptitude for that game or those games and the coaches after noticing it must train that player in the sports for which he has aptitude or a psychological bent. This process implies careful observation, intelligent selection and discipline, training. If the psychological are ignored that can lead to a stunting of natural potentialities or undesirable aberrations. Psychological testing therefore is of vital importance in sports and games. It may be wrong to assume that all can perform equally well in all games and sports. Moreover, there are some sports situations in which some sportsmen excel. This factor must be carefully observed and explained for training sportsmen and athletes.

(3) The psychological impact for sports is essential at several stages of one's sports career. Psychological intervention (individually based) during the coaching camp to identify and to overcome the stresses or the blocks
preventing one’s performance to motivate, to maintain the level of motivation has been recognised as a vital factor in the west. Utilising such psychological factors in the Indian context is strongly recommended to achieve the objectives mentioned above; players are likely to experience psychological intervention whose nature cannot be easily identified but the ideal thing would be to study the psychology of the player and to utilise his psychological potentialities and profensities to train him any sports activity. Just as in the sphere of education psychology is given importance today it is essential that psychology should be given important even in the sphere of sports. It is wrong to think that the coach gives training in a sports activity, it is to be realised that the coach gives training in a sports activity to a particular individual who has his own personality, individuality and psychological makeup.

(4) The participation of an individuals in sports activity has been found to be more in urban rather than the rural area. In other words more youngsters come forward in urban areas to participate in sports, but in the rural areas the youngsters are not so ready or eager to participate in sports. There are countless causes for this; they can be summed up roughly as economic factors, social factors and personality related factors. Moreover the encouragement available for the rural youth is negligible. The rural youth are being neglected; we do not realised that “Full many a gem of purest ray serene. The dark unfathomed cares of ocean bear”. In other words there may be among the rural youth some who are endowed with extraordinary potentialities but for want of opportunities. They remain unrecognised, therefore providing the necessary infrastructure facilities, motivating the rural youth to participate in sports by organising tournaments, sponsoring sports materials, organising matches, instituting incentives, awards, scholarships and the like is absolutely essential
to remove the disparity between the rural participants and the urban participants. In other words it is strongly recommended that arrangements should be made to provide all necessary opportunities and encouragement's to the rural youth to participate in sports activities. Thus the gap between the urban and the rural participants must be bridged otherwise the rural youth remain a neglected lot, steeped in frustration and dejection.

(5) In the west the development of sports has received support and encouragement both from the government and from the private entrepreneurs. It has to be admitted that in India the involvement of private entrepreneurs in encouraging sports activities in general and in rural areas, in particular is very poor. Moreover in Indian nurturing and encouragement through sponsorship are limited to a few games, that too in urban area. With the result that in the present Indian context it is difficult to pursue sports as career since it requires a higher level of economic, competence and independence.

Economic stability and a feeling of economic security are essential for sportsmen and if sports persons are oppressed with the fear of economic uncertainty and insecurity they will not be able to pursue a sports career and they may also drop out with a feeling of frustration. It is for this reason that it is recommended that those who are endowed with sports talents in the rural areas, must be given all necessary opportunities and encouragement. This is a matter regarding which the state and the private entrepreneurs must render whatever help they can to the rural youth to enable them to exercise their innate talents and potentialities.
Further keeping the above factors in view it is recommended that private entrepreneurs must extend whatever aid they can to encourage, shape and mould and uplift the youth and to impel them to involve themselves in the sports activities of their choice without any hitch or hindrance at the university level. This will enable our youngsters at the university level to pursue sports as a career.

(6) It is really unfortunate at present, at the university level private sponsorship to sports is not permitted for some technical reasons, which are not very valid. In fact the U.G.C. must ignore this technical objections and permit private entrepreneurs to sponsor sports. Private sponsorships will be of utmost advantage at the university level though it is advantage at all levels. It is specially advantage at the university level because it is the university team that plays at national and international levels. In the west private sponsorship is widely prevalent. In India if the authorities concerned permit private sponsorship of sports at the university level that would go a long way in encouraging national sports and in enabling talented sportsmen to emerge to eminence at the national and at the international levels.

Private sponsorship improves and strengthens the economic level of sportsmen and would also help the establishment of the necessary infrastructure. It goes without saying that this kind of private sponsorship is the only ideal way to encourage the talented youth especially of the rural areas to reach lofty levels of excellence in sports.