Summary, Conclusion and Recommendation

Summary:

The present study deals with the comparison of mental health and intelligence status of Highly Skilled Kho-Kho and Kabaddi Players their age ranged between 17 to 25 years who was participated at university level. Only two psychological variables for present study like mental health and emotional intelligence were selected. The data was collected with the help of emotional intelligence scale adopted by aunukool hyde et al. This inventavory provides ten emotional dimension, viz. self awarness empathy, self motivation, emotional srability, maraging relations, integrity, self development, value orientation, cvommitment and attruistic behaviour, meanwhile universal supreme helth for all well being of Bal Kishan (2004) provides physical health well being related to de medication, De-adication, exercise, nutrition, hygiene and safty their mental health well being commected to the factor at learning, self esteem, ethics, happiness, kindness and empathy and for their spiritual well being the contributing factors were found to be faith & devotion, awarners, harmlessness, lirgness and transcendence and joy.

In this study total 200 Kabaddi players and 200 Kho-Kho Players were randomly selected who had participated university level tournaments belongs to maharashtra.

The data was treated statically by employing ‘t’ test to determine the significant of mental health and intelligence status between Kabaddi and Kho-Kho Players.
The mean (SD) age of Kho-Kho Players was 22.23 (2.33) years their weight was 55.3 (7.23) kg, their height was 167.25 (14.12) cm, their training was 3.47 (1.02) day (in week) their training duration was 2.08 (.78) hours and competition was 7.09 (2.33) in one year.

Mean while the mean (SD) age of Kabaddi players 22.70 (2.47) years their weight was 56.02 (7.99) kg, their height was 166.33 (13.12) cm, their training was 3.33 (.99) day in week, their training duration was 2.10 (.66) hours and competition was 6.33 (2.01) in one year.

It has been hypothesized that there would be no statically significant difference of intelligence scale of Highly Skilled Kho-Kho and Kabaddi Players with respect to self awareness. The results of the study reveals that (table 2.1) statistically significant difference of self awareness emotional intelligence between Kabaddi and Kho-Kho Players was found (t= 6.09, p<.05) Kho-Kho Players was found to have got more self awareness emotional intelligence as compared to their counterparts. Thus the results failed to reject the null hypothesis of the presents study.

It has been hypothesized that there would be no statically significant difference of intelligence scale of Highly Skilled Kho-Kho and Kabaddi Players with respect to empathy. The results of the study reveals that (table 2.2) statistically significant difference of empathy emotional intelligence between Kabaddi and Kho-Kho Players was found t= (6.21, p<.05). Kho-Kho Players was found to have got more empathy emotional intelligence as compared to their counterparts. Thus the results failed to reject the null hypothesis of the presents study.

It has been hypothesized that there would be no statically significant difference of intelligence scale of Highly Skilled Kho-Kho and Kabaddi Players with respect to self motivation. The results of the study reveals that (table 2.3) statistically significant difference of self motivation emotional
intelligence between Kabaddi and Kho-Kho Players was found (t= 6.24, p<.05). Kho-Kho Players was found to have got more self motivation emotional intelligence as compared to their counterparts. Thus the results failed to reject the null hypothesis of the presents study.

It has been hypothesized that there would be no statically significant difference of intelligence scale of Highly Skilled Kho-Kho and Kabaddi Players with respect to emotional stability. The results of the study reveals that (table 2.4) statistically significant difference of emotional stability of emotional intelligence between Kabaddi and Kho-Kho Players was found (t= 3.03, p<.05). Kho-Kho Players was found to have got more emotional stability. Emotional intelligence as compared to their counterparts. Thus the results failed to reject the null hypothesis of the presents study.

It has been hypothesized that there would be no statically significant difference of intelligence scale of Highly Skilled Kho-Kho and Kabaddi Players with respect to managing relation. The results of the study reveals that (table 2.5) statistically significant difference of managing relation emotional intelligence between Kabaddi and Kho-Kho Players was found (t= 3.39, p<.05). Kho-Kho Players was found to have got more managing relation emotional intelligence as compared to their counterparts. Thus the results failed to reject the null hypothesis of the presents study.

It has been hypothesized that there would be no statically significant difference of intelligence scale of Highly Skilled Kho-Kho and Kabaddi Players with respect to integrity. The results of the study reveals that (table 2.6) statistically significant difference of integrity emotional intelligence between Kabaddi and Kho-Kho Players was found (t= 1.68, p<.05). Kho-Kho Players.
It has been hypothesized that there would be no statistically significant difference of intelligence scale of Highly Skilled Kho-Kho and Kabaddi Players with respect to developmental. The results of the study reveals that (table 2.7) statistically significant difference at self developmental emotional intelligence between Kabaddi and Kho-Kho Players was found (t= 4.17, p<.05). Kho-Kho Players was found to have got more self developmental emotional intelligence as compared to their counterparts. Thus, the results failed to reject the null hypothesis of the presents study.

It has been hypothesized that there would be no statistically significant difference of intelligence scale of Highly Skilled Kho-Kho and Kabaddi Players with respect to value orientation. The results of the study reveals that (table 2.8) statistically significant difference of value orientation emotional intelligence between Kabaddi and Kho-Kho Players was found (t= 6.20, p<.05). Kho-Kho Players was found to have got more value orientation emotional intelligence as compared to their counterparts. Thus, the results failed to reject the null hypothesis of the presents study.

It has been hypothesized that there would be no statically significant difference of intelligence scale of Highly Skilled Kho-Kho and Kabaddi Players with respect to commitment. The results of the study reveals that (table 2.9) statistically significant difference of commitment emotional intelligence between Kabaddi and Kho-Kho Players was found (t= 3.70, p<.05). Kho-Kho Players was found to have got more commitment emotional intelligence as compared to their counterparts. Thus, the results failed to reject the null hypothesis of the presents study.

It has been hypothesized that there would be no statically significant difference of intelligence scale of Highly Skilled Kho-Kho and Kabaddi Players with respect to Altruistic behavior. The results of the study reveals
that (table 2.10) statistically significant difference of Altruistic behavior emotional intelligence between Kabaddi and Kho-Kho Players was found (t= 1.03).

It had been hypothesized that there would be no statistically significant difference between the mean scores on the sub dimension of universal supreme health for all physical well being of Highly Skilled Kho-Kho and Kabaddi Players with respect to exercise. The results of the study (table3.1) reveals the existence of statistically significant difference was found (t=4.81, P<.05) of exercise aspect of universal supreme health for all physical well being score of Highly Skilled Kho-Kho and Kabaddi Players. Kho-Kho Players was found to have got more exercise aspect of universal supreme health for all physical well being. The results have failed to reject the statistical hypothesis of the present study.

It had been hypothesized that there would be no statistically significant difference between the mean scores on the sub dimension of universal supreme health for all physical well being of Highly Skilled Kho-Kho and Kabaddi Players with respect to nutrition. The results of the study (table3.2) reveals no statistically significant difference was found (t=4.81, P<.05) of nutrition aspect of universal supreme health for all physical well being score of Highly Skilled Kho-Kho and Kabaddi Players. Thus, the hypothesis was accepted.

It had been hypothesized that there would be no statistically significant difference between the mean scores on the sub dimension at universal supreme health for all physical well being of Highly Skilled Kho-Kho and Kabaddi Players with respect to hygiene and safety. The results of the study (table3.3) reveals the existence of statistically significant difference was found (t=2.98, P<.05) of hygiene and safety aspect of universal supreme
health for all physical well being score of Highly Skilled Kho-Kho and Kabaddi Players. Kho-Kho Players was found to have got more hygiene and safety aspect of universal supreme health for all physical well being. The results have failed to reject the statistical hypothesis of the present study.

It had been hypothesized that there would be no statistically significant difference between the mean scores on the sub dimension at universal supreme health for all physical well being of Highly Skilled Kho-Kho and Kabaddi Players with respect to De-adication. The results of the study (table 3.4) reveals no statistically significant difference was found (t=00) of De-adication aspect of universal supreme health for all physical well being score of Highly Skilled Kho-Kho and Kabaddi Players. Thus, the hypothesis was accepted.

It had been hypothesized that there would be no statistically significant difference between the mean scores on the sub dimension at universal supreme health for all physical well being of Highly Skilled Kho-Kho and Kabaddi Players with respect to de-medication. The results of the study (table 3.5) reveals no statistically significant difference was found (t=.85) of de-medication aspect of universal supreme health for all physical well being score of Highly Skilled Kho-Kho and Kabaddi Players. Thus, the hypothesis was accepted.
It had been hypothesized that there would be no statistically significant difference between the mean scores on the sub dimension of universal supreme health for all mental well being of Highly Skilled Kho-Kho and Kabaddi Players with respect to happiness. The results of the study (table 3.6) reveals the existence of statistically significant difference was found ($t=2.79$, $P<.05$) of happiness aspect of universal supreme health for all mental well being score of Highly Skilled Kho-Kho and Kabaddi Players. Kho-Kho Players was found to have got more happiness aspect of universal supreme health for all mental well being. The results have failed to reject the statistical hypothesis of the present study.

It had been hypothesized that there would be no statistically significant difference between the mean scores on the mental sub dimension of universal supreme health for all well mental being of Highly Skilled Kho-Kho and Kabaddi Players with respect to kindness and empathy. The results of the study (table 3.7) reveals the existence of statistically significant difference was found ($t=2.52$, $P<.05$) of kindness and empathy aspect of universal supreme health for all mental well being score of Highly Skilled Kho-Kho and Kabaddi Players. Kho-Kho Players was found to have got more kindness and empathy aspect of universal supreme health for all mental well being. The results have failed to reject the statistical hypothesis of the present study.

It had been hypothesized that there would be no statistically significant difference between the mean scores on the sub dimension of universal supreme health for all well mental being of Highly Skilled Kho-Kho and Kabaddi Players with respect to learning. The results of the study (table 3.8) reveals no statistically significant difference was found ($t=1.48$) of learning aspect of universal supreme health for all mental well being score of Highly Skilled Kho-Kho and Kabaddi Players. Thus, the hypothesis was accepted.
It had been hypothesized that there would be no statistically significant difference between the mean scores on the sub dimension of universal supreme health for all mental well being of Highly Skilled Kho-Kho and Kabaddi Players with respect to self-esteem. The results of the study (table 3.9) reveals no statistically significant difference was found (t=.31) of self-esteem aspect of universal supreme health for all mental well being score of Highly Skilled Kho-Kho and Kabaddi Players. Thus, the hypothesis was accepted.

It had been hypothesized that there would be no statistically significant difference between the mean scores on the sub dimension of universal supreme health for all mental well being of Highly Skilled Kho-Kho and Kabaddi Players with respect to ethics. The results of the study (table 3.10) reveals the existence of statistically significant difference was found (t=2.70, P<.05) of ethics aspect of universal supreme health for all mental well being score of Highly Skilled Kho-Kho and Kabaddi Players. Kho-Kho Players was found to have got less ethics aspect of universal supreme health for all mental well being. The results have failed to reject the statistical hypothesis of the present study.

It had been hypothesized that there would be no statistically significant difference between the mean scores on the sub dimension of universal supreme health for all well spiritual being of Highly Skilled Kho-Kho and Kabaddi Players with respect to harmlessness. The results of the study (table 3.11) reveals the existence of statistically significant difference was found (t=3.64, P<.05) of harmlessness aspect of universal supreme health for all spiritual well being score of Highly Skilled Kho-Kho and Kabaddi Players. Kho-Kho Players was found to have got more harmlessness aspect of universal supreme health for all spiritual well being. The results have failed to reject the statistical hypothesis of the present study.
It had been hypothesized that there would be no statistically significant difference between the mean scores on the sub dimension of universal supreme health for all spiritual well being of Highly Skilled Kho-Kho and Kabaddi Players with respect to awarness. The results of the study (table 3.12) reveals the existence of statistically significant difference was found ($t=7.34$, $P<.05$) of awarness aspect of universal supreme health for all spiritual well being score of Highly Skilled Kho-Kho and Kabaddi Players. Kho-Kho Players was found to have got more awarness aspect of universal supreme health for all spiritual well being. The results have failed to reject the statistical hypothesis of the present study.

It had been hypothesized that there would be no statistically significant difference between the mean scores on the sub dimension of universal supreme health for all spiritual well being of Highly Skilled Kho-Kho and Kabaddi Players with respect to lovingness. The results of the study (table 3.13) reveals the existence of statistically significant difference was found ($t=7.50$, $P<.05$) of lovinging aspect of universal supreme health for all spiritual well being score of Highly Skilled Kho-Kho and Kabaddi Players. Kabaddi game players was found to have got more lovinging aspect of universal supreme health for all spiritual well being. The results have failed to reject the statistical hypothesis of the present study.

It had been hypothesized that there would be no statistically significant difference between the mean scores on the sub dimension of universal supreme health for all spiritual well being of Highly Skilled Kho-Kho and Kabaddi Players with respect to faith and devotion. The results of the study (table 3.14) reveals no statistically significant difference was found ($t=1.36$) of faith and devotion aspect of universal supreme health for all spiritual well being score of Highly Skilled Kho-Kho and Kabaddi Players. Thus, the hypothesis was accepted.
It had been hypothesized that there would be no statistically significant difference between the mean scores on the sub dimension of universal supreme health for all spiritual well being of Highly Skilled Kho-Kho and Kabaddi Players with respect to trancendence and joy. The results of the study (table 3.15) reveals no statistically significant difference was found (t=1.43) of trancendence and joy aspect of universal supreme health for all spiritual well being score of Highly Skilled Kho-Kho and Kabaddi Players. Thus, the hypothesis was accepted.
Conclusion:

Finally the following conclusions were drawn in the present study.

1. Statistically significant difference of self awareness emotional intelligent of Kho-Kho and Kabaddi players was found.
2. Kho-Kho Players was found to have got more self awareness emotional intelligence as compared to Kabaddi players.
3. Statistically significant difference of self empathy emotional intelligent of Kho-Kho and Kabaddi players was found.
4. Kho-Kho Players was found to have got more self awareness emotional intelligence as compared to Kabaddi players.
5. Statistically significant difference of self motivation emotional intelligent of Kho-Kho and Kabaddi players was found.
6. Kho-Kho Players was found to have got more self motivation emotional intelligence as compared to Kabaddi players.
7. Statistically significant difference of value orientation emotional intelligent of Kho-Kho and Kabaddi players was found.
8. Kho-Kho Players was found to have got more value orientation emotional intelligence as compared to Kabaddi players.
9. Statistically significant difference of emotional stability emotional intelligent of Kho-Kho and Kabaddi players was found.
10. Kho-Kho Players was found to have got more emotional stability emotional intelligence as compared to Kabaddi players.
11. Statistically significant difference of managing relation emotional intelligent of Kho-Kho and Kabaddi players was found.
12. Kho-Kho Players was found to have got more managing relation emotional intelligence as compared to Kabaddi players.
13. Statistically significant difference of integrity emotional intelligence of Kho-Kho and Kabaddi players was found.
14. Kho-Kho Players were found to have got more integrity emotional intelligence as compared to Kabaddi players.

15. Statistically significant difference of self development emotional intelligent of Kho-Kho and Kabaddi players was found.

16. Kho-Kho Players were found to have got more self development emotional intelligence as compared to Kabaddi players.

17. Statistically significant difference of commitment emotional intelligent Kabaddi and Kho-Kho and Kabaddi players was found.

18. Kho-Kho Players were found to have got more commitment emotional intelligence as compared to Kabaddi players.

19. No statistically significant difference of altruistic behavior intelligence of Highly Skilled Kho-Kho and Kabaddi Players.

20. Statistically significant difference of the exercise aspect of universal supreme health for all physical well being between Kho-Kho and Kabaddi player was found.

21. Kabaddi players incur significantly less exercise aspect of universal supreme health for all physical well being as compared to Kho-Khoplays.

22. Statistically significant difference of the nutritution aspect of universal supreme health for all physical well being between Kho-Kho and Kabaddi player was found.

23. Statistically significant difference of the hygiene and safety aspect of universal supreme health for all physical well being between Kho-Kho and Kabaddi player was found.

24. Kabaddi players incur significantly less hygiene and safety aspect of universal supreme health for all physical well being as compared to Kho-Khoplays.

25. No Statistically significant difference of the de-adication aspect of universal supreme health for all physical well being between Kho-Kho and Kabaddi player was found.
26. Statistically significant difference of the de medication aspect of universal supreme health for all physical well being between Kho-Kho and Kabaddi player was found.

27. Statistically significant difference of the happiness aspect of universal supreme health for all mental well being between Kho-Kho and Kabaddi player was found.

28. Kabaddi players incur significantly less happiness aspect of universal supreme health for all mental well being as compared to Kho-Khoplays

29. Statistically significant difference of the kindness and empathy aspect of universal supreme health for all mental well being between Kho-Kho and Kabaddi player was found.

30. Kabaddi players incur significantly less kindness and empathy aspect of universal supreme health for all mental well being as compared to Kho-Khoplays

31. Statistically significant difference of the learning aspect of universal supreme health for all mental well being between Kho-Kho and Kabaddi player was found.

32. No statistically significant difference of the self esteem aspect of universal supreme health for all mental well being between Kho-Kho and Kabaddi player was found.

33. Statistically significant difference of the ethics aspect of universal supreme health for all mental well being between Kho-Kho and Kabaddi player was found.

34. Kabaddi players incur significantly less ethics aspect of universal supreme health for all mental well being as compared to Kho-Khoplays

35. Statistically significant difference of the harmlessness aspect of universal supreme health for all spiritual well being between Kho-Kho and Kabaddi player was found.
36. Kabaddi players incur significantly less harmlessness aspect of universal supreme health for all spiritual well being as compared to Kho-Khoplays

37. Statistically significant difference of the awareness aspect of universal supreme health for all spiritual well being between Kho-Kho and Kabaddi player was found.

38. Kabaddi players incur significantly less awareness aspect of universal supreme health for all spiritual well being as compared to Kho-Khoplays

39. Statistically significant difference of the lovingness aspect of universal supreme health for all spiritual well being between Kho-Kho and Kabaddi player was found.

40. Kabaddi players incur significantly less exercise aspect of universal supreme health for all physical well being as compared to Kho-Khoplays

41. Statistically significant difference of the faith and devotion aspect of universal supreme health for all spiritual well being between Kho-Kho and Kabaddi player was found.

42. Kabaddi players incur significantly less faith and devotion aspect of universal supreme health for all spiritual well being as compared to Kho-Khoplays.

43. No statistically significant difference of transcendence and joy aspect of universal supreme health for all spiritual well being was found.