CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

Sport has a very prominent role in modern society. It is important to an individual, a group, a nation indeed to the whole world. Sport is an institutionalized competitive activity that involves physical and mental exertion or the use of relatively complex skills by individuals whose participation is motivated by a combination of the intrinsic satisfaction associated with the activity itself and external rewards earned through participation. The essential component of sport is competition, the striving to achieve a prescribed goal. This competition must be under rules and standardized conditions (Howell, et al., 1994).

Chess is the one of the most popular game throughout the world. Millions of people participate in this sport at all levels of competition. Keeping in view that high level of performance of chess players might be depend upon psychological factors like aggression, intelligent, self-confidence, etc. which were
considered as most important factors of chess players for higher performance.

Chess is a test of patience, nerves, will power and concentration. It enhances your ability to interact with other people. It tests your sportsmanship in a competitive environment. It gives you an experience how to handle situations even if you are a bit losing. It improves you will power and determination to succeed.

Personality, though a highly ambiguous term, can be interpreted as representing the total psychological structure of the individual. The personality of a person is integration or merging of all the parts of one’s psychological life. It is the combination that distinguish a person from other people and that represents the more permanent or enduring aspects of one’s behavioural patterns. Research on personality of sportsmen has been aimed at the identification of personality traits. The study of personality is a very recent phenomenon. These investigations are directed towards determining traits which could be correlated significantly with outstanding ability of sportsmen. (Joshi, 2008).
The study was designed to find out the psychological profiles of All India Inter-university Chess players. For this purpose, 60 subjects each have been selected based on their the achievement level such as high achievers, moderate achievers and low achievers to a total strength of 180 subjects from All India Inter-university Chess tournament organised by Chhatrapati Sahu Ji Maharaj University, Kanpur, Uttra Pradesh, India in the year 2007-2008. The age of the subjects ranged from 18 to 25 years. To assess the psychological profiles of chess players, Cattlle’s 16PF Questionnaire was used to collect the data from the subjects.

The obtained data from the subjects were statistically analysed by using descriptive and differential analyses. Mean and SD were calculated for descriptive analysis and the one way Analysis of variance (ANOVA) was used for differential analysis. Whenever ‘F’ ratio was found to be significant, the Scheffe’s test was applied as post-hoc test to determine the differences among the paired means. The level of confidence was fixed at .05 level for all the cases to test the hypothesis.
CONCLUSIONS

Psychological Profiles of High Achievers

The high achievers are *Schiothymia* (Impersonal, distant, cool, reserved, detached, formal, aloof) and have *Higher Scholastic Mental Capacity* (Abstract-thinking, more intelligent, bright, higher general mental capacity, fast learner). They are *Dominant* (Dominant, forceful, assertive, aggressive, competitive, stubborn, bossy), *Desurgent* (Serious, restrained, prudent, taciturn, introspective, silent) and possess *Higher Ego Strength* (Emotionally stable, adaptive, mature, faces reality calmly) and *High Super Ego Strength* (Rule-conscious, dutiful, conscientious, conforming, moralistic, staid, rule bound).

They are identified to be *Parmia* (Socially bold, venturesome, thick skinned, uninhibited), *Harria* (Utilitarian, objective, unsentimental, tough minded, self-reliant, no-nonsense, rough), *Autia* (Abstract, imaginative, absent minded, impractical, absorbed in ideas) *Untroubled* (Self-Assured, unworried, complacent, secure, free of guilt, confident, self satisfied) and have *Protention* (Vigilant, suspicious, skeptical, distrustful, oppositional) and *Shrewdness* (Private, discreet, nondisclosing, shrewd, polished, worldly, astute, diplomatic).
They also have **High Self Concept Control** (Perfectionistic, organized, compulsive, self-disciplined, socially precise, exacting will power, control, self-sentimental), **Self-Sufficient** (Self-reliant, solitary, resourceful, individualistic, self-sufficient), **Radical** (Open to change, experimental, liberal, analytical, critical, free thinking, flexibility) and have **Low Ergic Tension** (Relaxed, placid, tranquil, torpid, patient, composed low drive).

**Psychological Profiles of Low Achievers**

The low achievers of chess are **Affectothymia** (Warm, outgoing, attentive to others, kindly, easy-going, participating, likes people) and have **Lower Scholastic Mental Capacity** (Concrete thinking, lower general mental capacity, less intelligent, unable to handle abstract problems). They are **Submissive** (Deferential, cooperative, avoids conflict, submissive, humble, obedient, easily led, docile, accommodating), **Surgent** (Lively, animated, spontaneous, enthusiastic, happy go lucky, cheerful, expressive, impulsive) and possess **Lower Ego Strength** (Reactive emotionally, changeable, affected by feelings, emotionally less stable, easily upset), **Low Super Ego Strength** (Expedient, nonconforming, disregards rules, self indulgent).
They are identified to be **Threctia** (Shy, threat-sensitive, timid, hesitant, intimidated), **Premsia** (Sensitive, aesthetic, sentimental, tender minded, intuitive, refined), **Praxernia** (Grounded, practical, prosaic, solution oriented, steady, conventional), **Alexia** (Trusting, unsuspecting, accepting, unconditional, easy) **Guilt Prone** (Apprehensive, self doubting, worried, guilt prone, insecure, worrying, self blaming) **Group Adherent** (Group-oriented, affiliative, a joiner and follower dependent) and **Artlessness** (Forthright, genuine, artless, open, guileless, naive, unpretentious, involved). They have **Low Integration** (Tolerates disorder, unexacting, flexible, undisciplined, lax, self-conflict, impulsive, careless of social rules, uncontrolled), **Conservative** (Traditional, attached to familiar, conservative, respecting traditional ideas) with **High Ergic Tension** (Tense, high energy, impatient, driven, frustrated, over wrought, time driven).

**Psychological Profiles of Moderate Achievers**

The moderate achievers are identified to be the combination of both high and low achievers. The traits from both high and low achievers are identified to be the traits of moderate achievers. The traits are not separately identified for moderate
achievers. However the moderate achievers of chess players, with their responses to individual traits of each category under 16 Personality Factors, believed to possess predominantly greater traits as were in the case of high achievers. Whenever the psychological traits of low achievers are predominant among the moderate achievers, they tend to lose the move or game resulting poor performance.

Of all the Sten scores of Cattell’s 16 Personality Factors, the moderate achievers are dominant with the psychological traits of low achievers in five personality factors such as 

- **Factor B**–Reasoning,  
- **Factor H**–Social Boldness,  
- **Factor M**–Abstractedness,  
- **Factor N**–Privateness and  
- **Factor Q4**–Tension. The moderate achievers significantly differed from neither the high achievers nor the low achievers in **Factor A** – **Warmth** and were identified with the high achievers in two factors such as **Factor F**–Liveliness and **Factor L**–Vigilance.

The moderate achievers significantly differed from both high and low achievers of Inter university chess players in eight different factors namely,  

- **Factor C** – Emotional Stability,  
- **Factor E**–Dominance,  
- **Factor G**–Rule-Consciousness,  
- **Factor I**–Sensitivity,  
- **Factor O**–Apprehension,  
- **Factor Q1**–Openness to
Change, Factor Q2-Self-Reliance and Factor Q3-Perfectionism of Cattell’s 16 Personality Factors. However the bi-polar psychological traits of Cattell’s 16PF ensures the dominant factors only in analyzing the moderate players and do not exactly categorize the psychological traits meant for moderate category such as Parmia, Harria, Autia, Threctia, Alexia, Premsia, Desurgent, Dominant, Submissive, etc.

RECOMMENDATIONS

Based on the results of the study, the following recommendations are suggested.

1. From the present study, it is recommended for the trainers and physical educators to adopt psychological training for the Chess players to improve their personality and performance.

2. A similar study may be conducted by selecting children at various age groups at various levels.

3. A similar study may be attempted by extending the psychological profiles.

4. A similar study may be initiated using players of different disciplines.