CHAPTER - 5

CONCLUSIONS AND IMPORTANT FINDINGS

Basketball has become one of the most popular games in India. Psychological variables are the most important contributing factors for better performance in all sports and games. The game of basketball requires considerable amount of mental alertness and mastery of skill.

The modern sport training lays a greater emphasis on preparing the players psychologically. A lot of emphasis is being given to the psychological research dealing with psychological characteristics and mental rehearsals of the training of the top level players. No training in the sports field is complete without reference to the psychological study and psychological training. All other factors like biological and sociological being equal, psychological conditioning of a players decidedly determines his chances of success or failure in the competition. The present chapter covers summary, conclusions, and recommendations of the study.

SUMMARY

Physical activity and sports have emerged from a long historical background. It is a process that has taken place, and still takes place in various informal and formal ways. It is very culture from the time of primitive man to the present either directly and indirectly physical activity has played a vital role in the lives of all people.

Today in the modern competitive sports every sports man and woman is in a race to excel other and competition has become a fundamental mode human expression, as competitive sports are one of
the very important factors by which and international recognition and prestige is gained.

In fact, achievement motivation is the motivation to achieve; this idea has been emphasized by Barrow and Rosemary Mc. Gee (1979) when they state that the basis of achievement motivation is achievement motive that is a motive to achieve. Those who engage themselves in a task on account of an achievement motive are said to work under the spirit of achievement motivation.

Every age has its monsters and this century is no exception. Stress is one of the biggest monsters of the present century. There are enormous environmental demands before every person. Whenever a person finds that he is unable to cope up with the environmental demands of the time, he feels stressed. In the case of players; prospects, performance, energy and being left out of the team creates stressful for him/her. The stress may be of three types; acute, episodic, and chronic. In the case of sports person’s mostly episodic stress is experienced. It is at the time of playing a match or participation in a tournament or going for championship, this stress occurs. It may become weaker or go away after the competition is over, but the other two types are sustainable and can affect episodic stress. According to Sandhu (2002), “Sports competitions, involving individuals and teams, are full of stress encounters. While physical work may produce some stress in an individual; the psychic aspect of sport may indeed be the most powerful stressor operating in the situation.”

The level of stress varies from training session to actual performance session. Crisfield (1976) reported the fact that there is a need to develop psychic stress tolerance in the players on the one hand, and on the other, we need a method to reduce it, if possible without any loss to performance.

Ferris (1981) asserts that the sports, besides requiring certain physical attributes on the part of the players, also require specific psychological characteristics. To be able to take part in sporting activity,
a sportsperson needs to manifest competitiveness. Self-assertion, independence, controlled aggression, the will to win and the ability to dominate his or her opponent. These attributes are the same as those that are designated stereotypically ‘masculine’ that is normal desirable and appropriate in the male and by contrast, abnormal, undesirable and in appropriate in the female.

**Netto (1979)** conducted a study to assess the attitude of graduate trainees toward physical education. She prepared an opinionative constructing of 70 statements based on the model of Likert and distributed those opinionative to 578 teachers trainee studying in the six training colleges in Madras. The analysis of the data revealed that graduate teacher trainees, men and women did have a positive attitude towards physical education. Thus, one’s attitude towards sport activities is one of the important factors for performance.

**STATEMENT OF THE PROBLEM**

Analysis of selected psychological variables between College Men and Women, Basketball players.

**AIM OF THE STUDY**

The aim of the study was to analyses the selected psychological variables between College men and women Basketball players.

**DELIMITATIONS**

- The study was delimitated to the selected psychological variables i.e. Achievement Motivation, Aggression, Anxiety, Attitude and Stress.
- The study was again delimitated to the 50 Men College Basketball and 50 Women Collage Basketball Players, making total of 100 players.
- The study was again delimited to the state of Uttar Pradesh only.
- The study was again delimited to the Basketball players of 18-25 years of age group.
LIMITATIONS

- Questionnaire research has its limitations. As such bias if any pertaining to the subject be considered as a limitation of the study.
- The tests were administered at different points considering the availability of the subjects, their mood states which might have had influenced their response pattern on a particular scale/instrument. This was another limitation imposed on the investigation inadvertently.
- Certain factors like diet, rest, sleep etc. were beyond the control of the investigation and were considered as limitations of the study.
- As the subject come from different socio-economic groups their dietary habits, life style, routine of study and play were different which were considered as limitations of the study.
- No special motivation technique was used during the test, therefore the difference that may have occurred in performance due to lack of motivation was recorded as the limitation of the study.

HYPOTHESIS

Keeping in the view the objectives of this study, it is hypothesized that there will be significant difference between college men and women Basketball players on all the five selected psychological variables.

The purpose of this study is an analysis of selected psychological variables between men and Women college basketball players. For this study 100 Basketball players were selected as subjects. Among 100 subjects selected for this purpose 50 were college men and 50 college Women Basketball players who had participated in the Inter collegiate tournaments. The Players were selected purposely.

The selected variables for the study have been assessed by making use of standard tools. The variable-wise tools are as follows:
1. **Achievement Motivation:** This was assessed by Sports Achievement Motivation Test which was developed by M. L. Kamlesh.

2. **Aggression:** This was assessed by Smith’s Aggressive Questionnaire which was developed by Smith.

3. **Anxiety:** This was assessed by Sports Competition Anxiety Test (SCAT) Questionnaire which was developed by Rainer Marten.

4. **Attitude:** This was assessed by Sodhi Attitude Scale (SAS)

5. **Stress:** This was assessed by Sports Stress Test which was developed by Everly & Girdano.

Data for the study were collected by the investigator. For this purpose players were administered by various tools in natural settings. To establish a rapport with player’s purpose of the study was explained before administering various tools. Help was also taken from the respective Managers for this purpose.

The findings of the study showed significant differences in aggression and stress between men and women basketball players.

To compare the level of achievement motivation, aggression, anxiety, attitude and stress t-test was used. The test showed that there was no significant difference between men and Women players of basketball in relation to achievement motivation, anxiety and attitude as ‘t’ value was not found significant (0.938), (1.11) and (0.929) respectively, whereas required value was (2.009) at 0.05 level of significance. Hence the hypothesis is rejected. Moreover there was significance difference in case of aggression and stress between men and Women basketball players as ‘t’ value was found to be significant (2.76) and (2.89) respectively. Hence the hypothesis is accepted.
CONCLUSION

Within the limitations of the present study, the following conclusions may be drawn:

In relation to achievement motivation, anxiety and attitude no significant difference was found in men and Women basketball players.

It shows significance difference between men and Women basketball players in relation to aggression and stress.

The further conclusion may be as follows:-

1. The level of Achievement Motivation of the sample has been assessed and a comparison has been made among various groups; taking two groups together.

2. The level of Aggression of the sample has been assessed and a comparison has been made among various groups; taking two groups together.

3. The level of Anxiety of the sample has been assessed and a comparison has been made among various groups; taking two groups together.

4. The level of Attitude of the sample has been assessed and a comparison has been made among various groups; taking two groups together.

5. The level of Stress of the samples has been assessed and a comparison has been made among various groups; taking two groups together.