CHAPTER - V

SUMMARY, CONCLUSION AND
RECOMMENDATIONS

5.1 Introduction

In chapter 4, we provided the detailed statistical analysis of each variable studied. In this chapter we summarize the findings obtained in the previous chapter with reference to the Physical education perspective. In the end, we briefly discuss the conclusions and the recommendations for future research work.

5.2 Summary

Football is India's second most popular sport, next to the game of cricket. Traditionally it has enjoyed popularity in the regions such as West Bengal, Goa, Kerala, and the entire north-eastern part of India, especially Assam, Manipur, Meghalaya, Mizoram, Nagaland and Sikkim. Dr. T. Ao, the Captain of the Indian Football Team Played at the London Olympics, 1948, and Captain of the Mohun Bagan Athletic Club in 1948 and 1949 hailed from Nagaland.

India's current top domestic league, I-League, was formed in the year 2007 in an attempt to professionalize domestic football and in 2013 Indian super league was formed by incorporating 8 teams across India. The main objective however was to promote Indian football to an International level. Also contested is Santosh
Trophy, a knock-out competition between states (provinces) and government institutions. The current captain of the Indian national team is Sunil Chhetri and the team was coached by Wim Koevermans, who recently completed his term. India is currently ranked 171\textsuperscript{th} in the FIFA World Rankings.

Football (as well as rugby and soccer) are believed to have descended from the ancient Greek game of \textit{harpaston}. Harpaston is mentioned frequently in classical literature, where it is often referred to as a “very rough and brutal game”. The rules of this ancient sport were quite simple: Points were awarded when a player would cross a goal line by either, kicking the ball, running with it across the goal line, or throwing it across the line to another player. The other team’s objective is simply to stop them by any means possible. There was no specific field length, no side line boundaries, no specified number of players per team, only a glaring lack of rules.

Psychology is an academic and extensively applied study of the relatively complex human mind and behavior. In the present information age and the marketing driven global economy the comprehensive understanding of how learning takes place and what predicts and determines human behavior has been an important objective of several research studies undertaken across the globe. The present study is a sort of primer, which mean to provide a structured and comprehensive content through which to understand the human condition and to inspire students to continue their learning and growth related to sports activities at the college level as a part of their curriculum.
The current study was conducted on three hundred (300) men football players which were selected through simple random sampling (SRS) method. The data was categorized into three main groups: inter collegiate (n=100), west zone intervarsity (n=100), and all India intervarsity (n=100) men football players. The sample representing the intercollegiate men football players who participated in inter collegiate football championship during the academic year 2014-2015 held at football ground of All India Shri Shivaji Memorial Society’s (AISSMS) educational complex, Pune between 23/09/2014 to 30/09/2014. The sample representing the west zone Inter-University football players who participated in the west zone Inter-University football championship, 2014-2015 held at Lakshmibai National Institute of Physical Education, Gwalior, M.P. between 22/12/2014 to 27/12/2014 and all India Inter-University football championship, 2014-2015 held at Lakshmibai National Institute of Physical Education, Gwalior, M.P. between 29/12/2014 to 05/01/2015.

In this study, three main psychological variables such as 1) Sports aggression 2) Sports competition anxiety and 3) Mental toughness of the participants are assessed through structured questionnaires. These variables measured through various tests and inventories are more relevant for the study population since they have been standardized by considering their relevance for the present study. In the present study proper care was taken to selection of the above mentioned psychological aspects of sports for investigation, which may not be relevant to the athletic samples but are closely related to the purpose of the study. It is understood that the cultural milieu in which a player is born and
brought up is a great influencing force, which moulds his/her psyche towards the game. In the sports literature, the various psychological variables have influenced the critical athletic performance through several research studies and the choice of variables was guided by the aims and objectives of the respective research study.

There are mainly two levels at which data are presented, categorized and analyzed statistically in this study. At level one, the data pertaining to intercollegiate football players (n = 100) west zone intervarsity football players (n = 100) has discussed, at level two, psychological status of all India intervarsity has been compared with selected sample of 100 west zone intervarsity and 100 intercollegiate men football players.

The result indicated that significant difference between all India, west zone intervarsity and intercollegiate men football players was seen in the sports aggression level. On par-wise analysis it was proved that all India intervarsity players have higher aggressive as compared to west zone intervarsity and intercollegiate players. Moreover, there is no significant difference between all India intervarsity and west zone intervarsity players; west zone intervarsity and intercollegiate players on the level of sports aggression.

The result also indicated the significance of difference between all India, west zone intervarsity and intercollegiate men football players was seen in the sports competition anxiety level. On pair-wise analysis, it was proved that all India intervarsity players have higher ability to sports competition anxiety as compared to west zone intervarsity and intercollegiate players. Moreover, there is
no significant difference between all India intervarsity and west zone intervarsity; and west zone intervarsity and intercollegiate players on the level of sports competition anxiety.

Further, the result indicated the significance of difference between all India, west zone intervarsity and intercollegiate men football players in the mental toughness level. On pair-wise analysis, it is obvious that there is significant difference among all India intervarsity and west zone intervarsity; all India intervarsity and intercollegiate player on mental toughness. But the difference between west zone intervarsity and intercollegiate players is insignificant.

Also, the result indicated the significance of difference between all India, west zone intervarsity and intercollegiate men football players in the handling pressure level. On pair-wise analysis, it is obvious that there is a significant difference exists between all India intervarsity and intercollegiate players; and west zone intervarsity and intercollegiate players. This means that all India intervarsity men football players have higher ability of handling pressure as compared to west zone and intercollegiate football players. Moreover, the difference between all India intervarsity and west zone intervarsity players is insignificant.

The result also indicated the significance of difference between all India, West zone intervarsity and intercollegiate men football players in the concentration level. On pair-wise analysis, it is obvious that there is a significant difference exists between all India intervarsity and west zone intervarsity players;
and west zone intervarsity and intercollegiate players. Hence it was proved that west zone intervarsity players have higher ability to concentrate as compared to all India intervarsity and intercollegiate players. Moreover, there is no significant difference between all India intervarsity and intercollegiate players on the level of concentration.

The result further indicated that the significance of difference between all India, west zone intervarsity and intercollegiate men football players in the mental rebounding level. On pair-wise analysis, it is obvious that there is a significant difference exists between all India intervarsity and intercollegiate; and west zone intervarsity and intercollegiate players on the level of mental rebounding. Hence it was proved that all India intervarsity players have higher ability to mental rebounding as compared to west zone intervarsity and intercollegiate players. Moreover, there is no significant difference between all India intervarsity and west zone intervarsity players on the level of mental rebounding.

Finally, the result indicated that the insignificant difference between all India, west zone intervarsity and intercollegiate men football players exists for the winning attitude level.
5.3 Conclusions

In view of the constraints and the limitations of the present study the following conclusions were drawn.

1. All India intervarsity men football players had significantly high level of sports aggression, sports competition anxiety and mental toughness as compared to the west zone intervarsity and intercollegiate men football players.

2. West zone intervarsity men football players have moderate sports aggression, moderate sport competition anxiety and low mental toughness and need mental toughness exercise.

3. Intercollegiate men football player have low sports aggression, moderate sports competition anxiety and low mental toughness and need to undergo rigorous mental toughness exercise.

4. All India intervarsity men football players have significantly high level of handling pressure as compared to west zone intervarsity and intercollegiate men football players.

5. All India intervarsity men football players have significantly high level of concentration as compared to west zone intervarsity and intercollegiate men football players.

6. All India intervarsity men football players have significantly high level of mental rebounding as compared to west zone intervarsity and intercollegiate men football players.
7. All India intervarsity men football players, west zone intervarsity and intercollegiate men football players had approximately similar level of winning attitude.

5.4 Recommendations

On the basis of investigators self-experience and the findings of the study, some recommendations are offered hereunder which hopefully may go a long way in helping all concerned with the game of football in particular and sports in general:

1. There is an urgent need to support rigorously the football players at the Inter collegiate level in order to enhance their performance in the game by highly strengthening their psychological profile.

2. There is also an urgent need to support the football players at the West zone Intervarsity level in order to enhance their performance in the game by moderately strengthening their psychological profile.

3. Every coach should sketch the psychological profile of his team and find out what psychological factors are most conducive to their performance and what factors impeded.

4. An organized effort may be made to take up the similar type of study on female football players.

5. Also the same study may be conducted among player of different age groups.
6. In fact there is the strong necessity to sketch the psychological profile of all the football players who attend the substantive camps and at the time of the selection trials the psychological makeup of the players must be given due consideration. A less skillful but highly motivated and mentally resolute player will definitely bring about success than the player who is highly skillful but with under pressure.

7. Football players may never give optimum performance in football unless in depth studies are made into their physical and physiological characteristics coupled with their psychological nature and status. The future researchers need to investigate into the overall profile of the players.

8. Same study may be conducted by taking beginners, advanced and professional players as a subject.

9. Similar study may be repeated by dividing the subjects into different level i.e. District level, National level and International level.

10. There is need to collect psychometric data on a large scale and develop sports specific tests an inventories in the country. The psychological tests and inventories and tests standardized on foreign samples do not suit the Indian sample unless they are suitably modified.