CHAPTER-V

Conclusions, Suggestions & Recommendations
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On the basis of results obtained from the present investigation, following conclusions have been drawn.

1. High performance athletes had lower level of competitive state anxiety, cognitive anxiety, somatic anxiety and higher level of self-confidence in comparison to low performance athletes.

2. High performance track athletes had same level of competitive state anxiety, cognitive anxiety and self-confidence but they had higher somatic anxiety in comparison to high performance field athletes.

3. Insignificant differences were found between low performance track and field athletes on competitive state anxiety and its sub-variables (cognitive anxiety, somatic anxiety and self-confidence).

4. High performance track athletes had lower level of competitive state anxiety and its sub-variables i.e. cognitive anxiety, somatic anxiety with high level of self-confidence when compared to low performance track athletes.
5. Male high performance track athletes had higher level of competitive state anxiety and self-confidence as compared to female high performance track athletes. Further male and female high performance track athletes had same level of cognitive and somatic anxiety.

6. Male and female low performance track athletes had same level of competitive state anxiety and its sub-variables i.e. cognitive anxiety, somatic anxiety and self-confidence.

7. High and low performance field athletes had same level of competitive state anxiety, self-confidence and lower level of cognitive anxiety and somatic anxiety.

8. Male and female high performance field athletes had same level competitive state anxiety and its sub-variable (cognitive anxiety, somatic anxiety, and self-confidence).

9. Low performance male and female field athletes had same level competitive state anxiety and its sub-variables (cognitive anxiety, somatic anxiety, and self-confidence).

10. High performance athletes had higher level of self-efficacy when compared to low performance athletes.

11. High Performance field athletes had higher level of self-efficacy as compared to high performance track athletes.
12. Low Performance track and field athletes reported same level of self-efficacy.

13. High performance track athletes had higher level of self-efficacy when compared to low performance track athletes.

14. Male and female high performance track athletes had same level of self-efficacy.

15. Male and female low performance track athletes had same level of self-efficacy.

16. High performance field athletes had higher level of self-efficacy when compared to low performance field athletes.

17. Male and female high performance field athletes had same level of self-efficacy.

18. Male and female low performance field athletes had same level of self-efficacy.
Suggestions and Recommendations

The present investigation was conducted on Indian Universities track and field athletes to determine the role of these psychological variables. The findings of this study would be helpful and provide a direction for the future researcher in the field of psychological behaviour as related to sports and games, following suggestions are being put forward for future research.

1. Performance is a continuous process, it is suggested that sport performance should be more extensively and intensively perused at different level of competition.

2. Similar study may be conducted among these psychological variables at different levels of participation, such as Nation, International and Intercollegiate athletes.

3. Further, it is suggested that some physiological dimensions must be collaborated along with these psychological variables to predict performance in different games and sport in future studies.

4. In future a series of studies need to be conducted considering the important psychological variables and their relationship with performance.

5. In the present scenario demographic such as socio economic status, parent’s income, positive or negative support of family,
environmental condition, and available sports facilities play a significant role in performance of athletes. Hence, there is a need to consider these variables for making meaningful prediction in future studies.

6. Coaches, teachers and athletes should be made aware about the role of anxiety and self-efficacy which can help to the athletes at high level of competition.

Therefore, these suggestions and recommendations are sustainable for the further investigations. It can also make a number of good studies for the different psychological interventions and variables to have a greater impact on athlete’s performance.