CHAPTER-V  
SUMMARY AND CONCLUSION

Sports psychology is the branch of psychology which is intimately connected with human behaviour on the play field, both under practice and competitive situations, with a view to bring about qualitative improvement in performance. It is the study of human behaviour in sports settings with an emphasis on the mental aspect of behaviour. Sports psychology is an important ingredient of sports training programmer and deals with the way in which various psychological states and traits influence sports performance.

The main purpose of Sports psychology is to understand the behaviour of an athlete, to modify it according to the demands of situations, and to optimize the benefits for elite performance and excellence. Sports psychologists are striving hard to investigate athletic performance, to stabilize it, and to improve sports performance by seeking an appropriate balance between physiological and psychological dimensions of performance.

Sports psychology is a science in which the principles of psychology are applied in a sports or exercise setting. These principles are often applied to enhance the performance. Sports psychology is the scientific study of people and their behaviour in sports and exercise activities and the practical application of knowledge. Sports psychology concerns with both psychological factors that influence participation and performance in sports and exercise as well as psychological effects derived from them. Sports psychologists are involved in
performance enhancements of athletes at the elite level. The personality of an athlete’s is one of the determining factors in the performance of an event. Depending up on the nature of the sports events the personality of the athletes also will vary. The other psychological factors such as Mental health, depression Anxiety, Self-confidence, etc will also affect the performance.

Anxiety means a disturbed state of mind; emotional reactivity; arousal; nervousness; and unrealistic and unpleasant state of mind. Anxiety is an essential ingredient of any competitive situation. Unless sports persons learn to cope up with stressful competitive situation by managing anxiety, they would fail to achieve their best performance. Depending upon the level of competition and competitive experience of an athlete, each person will have certain level of anxiety. However, too much anxiety will adversely affect the quality of performance.

Sports is the only field where sportsman’s behaviour is moulded, modified and studied. Every aspect of sportsman’s behaviour becomes a subject of study under Sports Psychology. Many branches of psychology contribute to understanding and modification of behaviour of sportsman.

❖ Major Findings

➢ The group game players having the better mental health than the individual game players of the Hyderabad Karnataka region.

➢ The group game players are having high self confidence than the individual game players.

➢ The group game players less depressed than the individual game players.
Group game players having less anxiety than the individual game players.

The group game male players having better mental health than the group game female players.

The group game male players having higher self confidence than the group game female players.

The male players having mild depression than the female players of the group game.

The female players having the higher anxiety than the male players of the group games.

Age Cat-II players having the better mental health than the Age Cat-I players in the group game male players.

The group game male players having the difference in their self confidence due to age difference.

The group game male Age Cat-II players less depressed than the Age Cat-I players.

The group game male players less anxious than the Age Cat-I players of the group game.

Group game female Age Cat-II players having the higher mental health than the Age Cat-I players.

Group game Age Cat-II female players having the higher in the self confidence than the Age Cat-I players.
➢ Group game Age Cat-II female players having the less depression than the Age Cat-I players.

➢ Group game Age Cat-II female players having the less anxiety than the Age Cat-I female players.

➢ There is significance difference in the mental health among individual game male and female players.

➢ There is better self confidence in male players than the female players of individual game players.

➢ Individual game female players are more depressed than the male players.

➢ Individual game female players are more anxious than the male players.

➢ There is significance difference in the mental health among individual game male Age Cat-II and Age Cat-I players.

➢ There is difference in the self confidence among individual game male Age Cat-II and Age Cat-I players.

➢ The individual game Age Cat-II male players are less depressed than the Age Cat-I male players.

➢ The Age Cat-II male players are less anxious than the Age Cat-I players of the individual game players.

➢ The individual game female Age Cat-II and Age Cat-I players are differ in the mental health.

➢ There is difference in the self confidence among individual game female Age Cat-II and Age Cat-I players.
- The Age Cat-I female players are more depressed than the Age Cat-II players of the individual group players.
- The individual group female Age Cat-II and Age Cat-I players differ in the anxiety level.
- The group game male players and individual game male players are significantly differ in the psychological variables like mental health, self confidence, depression and anxiety, its showing that the group game players are better in all psychological variables of the study.
- In all four psychological factor difference between group and individual game female players due to difference in the nature of the game.
- There significant difference in all four psychological factor differ between group game Age Cat-II male and individual game Age Cat-II male players due to differ in their nature of games.
- There is statically difference in all four psychological factor differ between group game Age Cat-I male and individual game Age Cat-I male players due to differ in their nature of games.
- In all four psychological factors differ between group game Age Cat-II female and individual game Age Cat-II female players due to differ in their nature of games.
- There is significant difference in the psychological factors differ between group game Age Cat-I female and individual game Age Cat-I female players due to differ in their nature of playing games.
**Recommendation:**

On the basis of the result of the present study the following recommendations are made.

1) In training male and female players, equal emphasis has to be given for Psychological preparation.

2) For best performance in sports, the Aggression level of the athletes and players has to be kept at its optimum.

3) In individual sports, more emphasis has to be given in building Self confidence as compared to group events

4) Providing the psychological Training for the sports players both male and female and focus on the rural area sports players.

5) By boosting the mental health of the sports players one can achieve the best in the sports fields.