Chapter V
Summary, Conclusions and Recommendations
CHAPTER - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

Sports is a dynamic, creative, continuous process of shared activities, which give meaning to life and reflect and embody the values, beliefs, and ethics of participants. Sports is a chief component in promoting friendship, peace and understanding between people, society and country.

Sports psychology as a sub-field of psychology may be considered in its existing form as an applied science working for the ultimate improvement of performance and satisfaction in sport.

Sports psychology is the science of applying psychology to sport. It is a study of behaviour science in sports setting.

Sport psychology, as an emerging field of psychology, is viewed as an attempt to understand, describe and explain the behaviour of sports persons in athletic setting - both practice and competitive - with a view to enhance performance.

Social influence remains an important concern because virtually all sport activity is social activity. Sport activity involves competition, which is by definition a 'social situation'.
Sports competition alone does not have a role in character development. Sport involves co-operation besides competition. Many competitive sports, especially team games, involve a group effort, that is, team work. By participating in a team and working together with the team mates, an individual strives to achieve the success in the game.

The purpose of the study was to analyse the differences, if any, in the psychological and sociological factors among men and women players of the selected university teams in Andhra Pradesh.

Out of the fourteen universities in Andhra Pradesh, based on the literature available, as the investigator felt that Andhra University, Osmania University, Sri Venkateswara University and Nagarjuna University were functioning for the past many years and have been participating in the inter university tournaments more actively, the subjects were selected only from these universities.

Andhra University, Osmania University, Sri Venkateswara University and Nagarjuna University were selected as the sample units of the Andhra Pradesh Universities as they prove themselves to be worthy of being included as sample units on the basis of their credibility. They have participated in a number of sports events in the inter-university tournaments with contingents of strength and have created creditable records in many of these events.
The following independent and dependent variables were selected for the study.

**Dependent Variables**

The following psychological and sociological variables were selected as dependent variables for the study:

Psychological Variables - a) Pre competition anxiety, b) Trait anxiety and c) Aggression.

Sociological Variables - a) Courage, b) Sportsmanship, c) Leadership, d) Cooperation and e) Sociability

**Independent Variables**

The data on the psychological variables and sociological variables were collected from men and women university players of various games and athletics. The following were the independent variables in the study:

I  Sex - a) Male and b) Female

II  Game

Questionnaire was used as a tool to collect data on psychological variables for this investigation. The following standard questionnaires were responded by university players:
Variable | Tool | Author
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1. Pre competition anxiety | Sports Competition Anxiety Test Questionnaire (SCAT) | Rainer Martens
2. Trait Anxiety | Competition State Anxiety Test Inventory - 2 (CSAI - 2) | Rainer Martens
3. Aggression | Sports Aggression Questionnaire | Anand Kumar and PS. Shukla

The following questionnaire, standardised and adopted by V. Perumal (2000), was responded by university players to collect data on sociological variables.

**Sociological Variables**

| Variable | Tool | Author |
--- | --- | ---
1. Courage |  |  |
2. Sportsmanship | Social Attitude Scale | V. Perumal |
3. Leadership |  |  |
4. Cooperation |  |  |
5. Sociability |  |  |

The experimental design used in this study was 2 x 7 factorial design. The first factor was sex namely male and female. The second factor was games and athletics of selected universities of Andhra Pradesh. This design was used to find out the influence of each factor independently and also their combined influence on each of the selected variables.

Two - way analysis of variance was used to find out any significant difference on selected psychological and sociological variables between male and female players among different games of different universities of Andhra
Pradesh. If the obtained ‘F’ ratio was significant for rows (sex) of only two means compared and columns (games and athletes), the Scheffe’s test was used as a post hoc test of significance to find out any significant difference between any two paired means. If the interaction (sex and games) was significant, “simple effect test” was used as a post hoc test of significance.

The data were analysed using SPSS statistical package.

CONCLUSIONS

On the basis of the results obtained and by statistically analysing the data on psychological and sociological variables among sex, games and their interactions, the following conclusions were drawn.

1. There were significant differences in somatic anxiety, self confidence, aggression, courage, sportsmanship, leadership, cooperation, sociability and were no significant differences in sports competitive anxiety and cognitive anxiety between male and female players irrespective of games.

2. Male players had better control of somatic anxiety and aggression than female players.

3. Male players had better self confidence, courage, sportsmanship, leadership, cooperation and sociability than female players.

4. In all the games, there were significant differences in selected dependent variables except sports competitive anxiety, cognitive anxiety,
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sportsmenship, leadership, cooperation and sociability among male and female players.

5. Male players of Volley ball and Hand ball, and athletes had less sports competitive anxiety than female players.

6. Female athletes had less sports competitive anxiety than female Hand ball players.

7. Male players in Volley ball and Ball badminton had less cognitive anxiety than female players.

8. Among males, athletes and Hand ball players had less cognitive anxiety than Ball badminton players.

9. Among females, athletes had less cognitive anxiety than Volley ball players.

10. Male players in Basket ball and Badminton had less somatic anxiety than female players.

11. Among females, Volley ball and Hand ball players and athletes had less somatic anxiety than Ball badminton, Basket ball and Table Tennis players.

12. Male players in Ball badminton had better self confidence than female players.
13. Among males, Ball badminton players had better self confidence than Basket ball and Hand ball players.

14. Among females, Volley ball players and athletes had better self confidence than the Ball badminton and Table Tennis players.

15. Male players in Volley ball, Basket ball, Ball badminton and Table Tennis had better control of aggression than the female players.

16. Among females, Volley ball players had lesser aggression than the Ball badminton, Basket ball and Table Tennis players.

17. Male players in Volley ball, Hand ball, Ball badminton, Basket ball, Table Tennis and Badminton possessed greater courage than the female players.

18. Among males, Hand ball, Ball badminton, Basket ball, Table Tennis and Badminton possessed greater courage than athletes.

**RECOMMENDATIONS**

1. A similar study may be conducted on men and women players of other games in these universities.

2. A similar study may be conducted selecting men and women players of universities of other states to make a comparison at the Zonal and All India level.
3. A study may be conducted to find out the relationship between the psychological variables and performance among players and necessary psych up strategies be recommended to control the variables if need be.

4. Based on the findings of the study, the university authorities may take necessary steps to provide counselling to players to control and modify their psychological and sociological make up.

5. Similar studies on psychological and sociological variables may be conducted among school and college team players.

6. Similar studies may be conducted among players and athletes of national teams to assess their status on these variables and the impact on competitions.