Chapter V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

Summary

The purpose of the study was to investigate the relationship of Group-Cohesion, Self-Esteem and Ego-Strength with the performance in contact and non-contact sports.

Four hundred forty eight (448) subjects were selected from contact and non-contact sports for this study. Their age ranged from 18 to 25 years. These subjects belonged to All India Inter-University first four-position holders and for relay events who finished in first eight positions.

The scholar chose the 224 male subjects from Hockey, Football, Basketball and Handball as contact sports. In the same way the scholar chose 224 male subjects from Cricket, Volleyball, Track & Field (relay events) and Swimming (relay events) as non-contact sports.
To determine the performance of the contact and non-contact sportsmen, subjective judgment was made with the help of three judges (Coach/Trainer of the particular team and other experts of the game concerned).

The Group Environmental Questionnaire framed by A.V. Carron, Self-Esteem Questionnaire by Roggers, and Ego-Strength Questionnaire by Barron were administered to each team separately during their rest period one day before their first match in the All India Inter-University Tournaments. The research scholar personally met the team in charge and all the subjects and explained the purpose of the study clearly along with the method of answering the questionnaire.

For statistical analysis of the data, the Pearson’s Moment Correlation was used in order to find out the relationship between Group-Cohesion, Self-Esteem and Ego-Strength with the performance in contact sports and non-contact sports.
Conclusion

With in the limitation of the present study the following conclusions are drawn.

Contact Sports

1. The Attraction to Group Task (Aspect of Cohesiveness) has significant relationship with the performance.

2. There is a significant correlation between Attraction to Group Social (Aspect of Cohesiveness) and performance.

3. The Cohesive Aspect of Group Integration Task shows less significant correlation with the performance.

4. There is less significant relationship between Cohesive Aspects, Group Integration Social with the performance.

5. The Cohesiveness of the team in general has a significant relationship with performance in contact sports.

6. The Self-Esteem has a significant relationship with the performance and there is a significant correlation between the Ego-Strength and the performance.
**Non-contact sports**

1. The Cohesive Aspects, Attraction to Group Task and Attraction to Group Social have significant correlation with the performance.

2. The Cohesive Aspect, Group Integration Task and Group Integration Social have less significant correlation with the performance.

3. The Cohesiveness of the teams in general has high significant correlation with the performance in non-contact sports.

4. There is significant correlation between the Self-Esteem and performance.

5. Ego-Strength has less significant relationship with performance.

**Recommendations**

1. It is recommended that the coaches and other concerned team personnel may give due importance to develop Cohesiveness, Self-Esteem and Ego-Strength in as far as contact sports are concerned.

2. It is recommended that the coaches and other concerned team personnel may give due importance to develop the cohesiveness and Self-Esteem for the non-contact sports.
3. Similar study may be conducted on opposite sex and at different age levels.

4. Study may be undertaken to compare cohesiveness and Self-Esteem among different team sports.

5. The influence of cohesiveness, Self-Esteem may be studied for the whole competitive season.

6. Similar study may be conducted on other team games.

7. It is recommended that the results of the present study may be included in the study material of the various National Institute of sports coaching centres, so that the would be coaches will be made aware of the importance of Group-Cohesion, Self-Esteem and Ego-Strength.