Chapter-VI
CONCLUSION, FINDINGS AND IMPLICATIONS

Conclusion

Wrestling is the most important game since the ancient times. It is one of the oldest sports not only in India but also in the world. When Olympic started, there were only two events were conducted i.e. wrestling and athletics. Wrestling is the father of all other sports and games. Wrestling makes a man healthy, active and smart. Pluto’s statement “Sound mind in a sound body” can comes into play only by doing wrestling. It is also a big fact wrestling is the cheapest among all the games. Hercules was a famous wrestler of Greece and even today his name is treated as the pride of the common man, a necessity for the soldier and life-breath of the nation. Even now its popularity is immense in the International Sport as it forms part of the world and Olympic Games. With the rise of education many new terms in sports have been found which directly or indirectly influence the performance of wrestlers. They also influence the participation and performance of wrestlers in competitive tournaments. There are many factors which affect the sports performance those include Physical Factors, Psychological Factors, and Social Factors As there was found a lack of literature focusing on the factors affecting sports performance, so the researcher decided to conduct a research in this area and the topic was decided “Comparison of attitude towards sports, personality, and socio-economic status of performer and non-performer wrestlers of Haryana”. The objectives of the present research were: (i) To study the role of socio-economic status of attitude towards better sports performance of wrestlers of Haryana, (ii) To study the role of socio-economic status on sports personality towards better performance of wrestlers of Haryana, and (iii) To study the relationship between attitude and sports personality belonging to three socio-
economic groups of wrestlers of Haryana. To achieve these objectives the hypotheses were formulated: (i) There would be no significant difference in the attitude among the wrestlers of Haryana belonging to various socio-economic status groups, (ii) There would be no significant difference in the sports personality among the wrestlers of Haryana belonging to various socio-economic status groups, and (iii) There would be no significant relationship between attitude and sports personality of wrestlers of Haryana belonging to the various socio-economic status groups. The study was conducted on 204 performer and non-performer wrestlers belonging to various places of Haryana by employing 3x2 factorial design. The tools used for the study were: (i) Attitude Scale by Chauhan, Singh, Aurora, Bhardwaj, Mathur, and Chauhan (1985), (ii) Sixteen Personality Factor (16 PF) Questionnaire- Indian adaptations by Kapoor (1982), and (iii) Socio Economic Status Scale by Singh, Radhey Shyam, Sheoran (2008). After collecting the data, the Two-way ANOVA was employed. The F-values for various attitude factors for between SES groups being mostly not significant are supporting the hypothesis of the first objective. The F-values for Social Change (0.18), Social Distance (0.92), Liberalism (2.38), Nationalism (0.55), and Untouchability (0.32) were found insignificant. Only the F-value for social revolution was found to be significant which was significant at 0.05 level being 3.93. Furthermore, when the mean scores on social revolution of all the SES groups of both types of wrestlers were compared, then it was found that both types of wrestlers from high SES groups showed decline of this attitude. The mean scores on social revolution of performers were 111.18, 111.24, and 108.89 respectively for low, middle, and high SES levels and the mean scores of non-performers were 110.80, 111.15, and 108.70 for low, middle, and high SES levels respectively. In this way it is clear that the mean scores of performers and non-performers of high SES groups were less than the wrestlers of other two SES groups. So it can be said on the basis of these findings that there exists no
difference in attitude factors excluding social revolution amongst performers and non-performer wrestlers on the basis of various SES groups.

While the groups were compared on the basis of performer-non-performer, there was found a significant difference between performer and non-performers was found on social change, social distance, and liberalism as being F-values 5.65, 8.13, and 5.66 respectively which all were significant at 0.01 level. But the F-values of the performers and non-performers were not found to be significant on nationalism, social revolution, and untouchability as being 1.27, 0.08, and 0.32.

When the mean scores of the various groups on significantly differing attitude factors were considered, then the picture was become clear. The mean score of performer wrestlers belonging to high SES (124.24) was having much difference and it was higher than the mean scores of non-performer wrestlers belonging to same SES group i.e. 120.85. The wrestlers from other SES groups were also having much difference in mean scores in terms of performers and non-performers but their difference was lower than the wrestlers from high SES. This shows that the performer wrestlers belonging to high SES group showed more desire of social change than the non-performer wrestlers of same SES group. The same phenomenon was also found in the case of social distance attitude factor. The more difference between mean scores of wrestlers in terms of performers and non-performers was found in high SES group than the low and middle SES groups. Here, the higher mean score was of non-performer wrestlers than the performer wrestlers. The mean score of performer wrestlers was 117.47 and it was 122.75 in the case of non-performer wrestlers. In this way the non-performer wrestlers from high SES group showed more social distance in their attitudes than the performer wrestlers of same SES group. On liberalism attitude factor, the wrestlers belonging to low SES group showed more difference in mean scores than the mean scores of middle and high SES groups in terms of performers and
non-performers. The mean score of performer wrestlers belonging to low SES was 124.10 and it was higher than the mean score of non-performer wrestlers belonging to same SES group which was 121.02. The wrestlers belonging to middle and high SES groups also showed difference in terms of performers and non-performers but that was lower than the low SES group’s difference. So, on the basis of this finding, it can be said that there exists a significant difference between performer and non-performer wrestlers on liberalism and the performers have more liberal attitude than the non-performers. In this way it can be concluded on the basis of these findings that performer and non-performer wrestlers have different attitudes on social change, social distance, and liberalism.

There were significant F-values of the performer and non-performer wrestlers belonging to various SES groups on various **personality factors of 16 PF** i.e. warmth (F=16.88, significant at 0.01 level and the mean scores of middle SES groups were higher than other SES groups), reasoning (F=6.96, significant at 0.01 level and the mean scores of high SES groups were higher than others), emotional stability (F=6.44, significant at 0.01 level and the mean scores of high SES groups were high than others), dominance (F=3.65, significant at 0.05 level and the mean scores of middle SES groups were higher than other SES groups), liveliness (F=4.16, significant at 0.05 level and the mean scores of high SES groups were higher than other SES groups), sensitivity (F=3.47, significant at 0.05 level and the mean scores of high SES groups were higher than the other SES groups), vigilance (F=10.71, significant at 0.01 level and the mean scores of middle SES groups were higher than the others), abstractedness (F=7.73, significant at 0.01 level and the mean scores of low SES groups were higher than the other SES groups), privateness (F=4.48, significant at 0.05 level and the mean scores of high SES groups were higher than the other SES groups), openness to change (F=22.47, significant at 0.01 level and the mean scores of high SES groups were higher than the other SES groups), self-reliance (F=6.80, significant at 0.01
level and the mean scores of high SES groups were higher than the other SES groups), and perfectionism (F=8.46, significant at 0.01 level and the mean scores of high SES groups were higher than the others). But the F-values on rule consciousness, social boldness, apprehensiveness, and tension being 0.93, 0.42, 0.07, and 1.38 were not significant at any level of the significance. This shows that the second hypothesis of the present study has been partially proved. In this way, on the basis of these findings, it can be said that there exists much difference in the personality of the performer and non-performer wrestlers on the basis of SES groups. Further, the personality of the wrestlers was also compared on the basis of performance of them.

Most of the F-values of the wrestlers in terms of performers and non-performers were found to be insignificant excluding liveliness (4.00, significant at 0.05 level and the wrestlers belonging to middle SES groups showed more difference in terms of performers and non-performers), abstractedness (8.53, significant at 0.01 level and the wrestlers from low SES groups showed more difference in terms of performers and non-performers), openness to change (11.08, significant at 0.01 level and the wrestlers from low SES groups showed more difference in terms of performers and non-performers), and self-reliance (3.71, significant at 0.05 level and the wrestlers belonging to low SES groups showed more difference in terms of performers and non-performers). Other all personality factors were having insignificant F-values of the wrestlers. This shows that there is not much difference in the personality of performer and non-performer wrestlers.

The raw scores of Big Five factors of 16 PF were also analyzed. It was found that the wrestlers on the basis of SES groups were found to be significantly differing on extraversion, anxiety, and self control factors while they were found to be not significant on tough-mindedness, and self control factors. The F-values of the performer and non-performer wrestlers on the basis of SES groups were
4.73, 2.12, 2.80, 7.89, and 0.86 for extraversion, anxiety, tough-mindedness, independence, and self control respectively. Further, while the mean scores of the wrestlers belonging to various SES groups were compared in terms of SES groups, then it was found that the wrestlers belonging to high SES groups were having higher mean scores on extraversion, and wrestlers belonging to middle SES groups were having higher mean scores than other SES groups on anxiety, and self control.

It can be said that there was not much difference in the Big Five factors of the performer and non-performers as the F-values for anxiety, independence, and self control were not significant on being 2.20, 0.19, and 0.55 respectively. The significant difference between the Big Five factors of the performer and non-performer wrestlers was found only in context to extraversion (F=87.32, significant at 0.01 level), and tough mindedness (F=4.02, significant at 0.05 level). Furthermore, it was found that the wrestlers belonging to middle SES groups showed more difference in mean scores on extraversion and tough mindedness factors than other wrestlers belonging to other SES groups while comparison was done on the basis of performers and non-performers. On the basis of the findings, it can be concluded that the second hypothesis has been partially proved as there are many personality factors and some Big Five factors which were found to be significantly differed whereas some others factors did not differ.

In response to the third objective of the present research it was that there was no any interaction F-value of performer and non-performer wrestlers on the basis of SES groups was found to be significant at any level of significance. Interaction F-value is the indicator of inter-relationship or correlation of the factors. All the interaction F-values of various SES groups being insignificant are indicating towards no inter-relationship of the SES and attitude factors. This is indicating that SES is having no correlation with attitude factors of performer and
non-performer wrestlers. Further, the interaction F-value of the performers and non-performers belonging to various SES groups is also revealing such fact in the case of Sixteen Personality factors. There was found no correlation between the various SES levels and the Sixteen Personality factors of the performer and non-performer wrestlers excepting openness to change factor where F-value being 5.21 is significant at 0.01 level. The same trend was also found to be continued in the case of Big Five factors. There is no any significant interaction F-value of the groups. This shows that there was found no inter-relationship between the SES and the Big Five factors of the performer and non-performer wrestlers. In this way there was found no correlation between these two variables. In this way, third and the last hypothesis of the present study has been proved. On the basis of these findings it can be concluded that there exists no inter-relationship between the SES, attitudes, and personality factors of the performer and non-performer wrestlers of Haryana.

**Findings:**

The findings of the present research are as given below:

1. No significant difference was found between the attitude factors excluding social revolution of performers and non-performer wrestlers on the basis of SES groups.
2. There was found significant difference between the performer and non-performer wrestlers while compared on the basis of performer-non-performer on social change, social distance, and liberalism attitude factors.
3. There was found significant difference in the personality of the performer and non-performer wrestlers on the basis of SES groups.
4. There was found significant difference in the groups on liveliness, abstractedness, openness to change, and self-reliance personality
factors. Other all F-values of wrestlers on personality factors were found to be insignificant. This shows that there is not much difference in the personality of wrestlers on the basis of performers and non-performers.

5. The performer and non-performer wrestlers were found to be significantly differing on extraversion, anxiety, and self control factors while they were found to be not significant on tough-mindedness, and self control factors on the basis of SES groups.

6. There was not much difference found in context to the Big Five factors of the performer and non-performer wrestlers on anxiety, independence, and self control factors on the basis of SES group comparison.

7. The significant difference on the basis of performer-non-performer between groups on Big Five factors was found only in context to extraversion and tough mindedness.

8. As there was found no any significant interaction F-value of performer and non-performer wrestlers on attitude factors on the basis of SES groups, this shows that there exists no relationship between SES and attitude factors.

9. The same trend was also found to be followed in the case of sixteen personality factors as there was found no significant interaction F-value excepting openness to change factor of the performer and non-performer wrestlers belonging to various SES groups. This shows that there exists no correlation between the various SES levels and the Sixteen Personality factors except openness to change factor.

10. There was found no any significant interaction F-value on Big Five factors of the performer and non-performer wrestlers of various SES groups. This shows that there was found no inter-relationship between the SES and the Big Five factors.

11. Finally, it can be concluded on the basis of the findings of the present research that there exists no relationship between the socio-economic-
status, attitudes, and personality factors of the performer and non-performer wrestlers in Haryana.

**Implications of the Present Study**

1. The findings of the study may be beneficial for the coaches or trainers in training the wrestlers belonging to high SES groups for including social revolution factor in their attitude as this SES type of wrestlers were showing decrease of this phenomenon.

2. The research finding may also be beneficial to train the non-performers to remove the social distance from their attitude and to include social change and liberalism factors in their attitudes.

3. The findings of the present research may also be beneficial to the researchers to conduct more researches in the area of personality of wrestlers because the performers and non-performers were found differing on various personality factors.

4. The findings of the research also indicating towards the need of applying suitable anxiety relaxing techniques for the wrestlers belonging to middle SES group of performers because they were found having more anxiety than the other groups.

5. The findings of the present research may also be helpful in applying personality development strategies for the performer and non-performers. The performers were found having more extraversion personality and having more independence factor than the non-performers. This shows that there is a need to introducing any effective personality development strategy to the non-performers.