

CHAPTER – V

SUMMARY, CONCLUSIONS, RECOMMENDATIONS AND SUGGESTIONS

5.1 SUMMARY

Experts of personality theories like Allport and Eysenck, who have made substantial studies, consider that every individual is unique in himself. Personality has been called as a mirror of the culture. For the growth and development of an individual's mind and personality, genetic and environmental circumstances play major roles. Eventually, personality development is the outcome of a process of interaction between genetic inclinations and environmental conditions. The human being by nature first tries to accommodate himself with the environment around him and then he starts striving to establish his superiority over it.

Sigmund.S. Freud, Allport and others have shown the way in this regard. Therefore an attempt is made in this research work to study a sport personality in detail to understand the working dominant patterns of thoughts, emotions, values, etc. To know the sportsmen's personality in the sense that it depends on many psychological factors like self confidence, achievement motivation, personality traits, locus of control and self esteem etc.

CASE STUDY

The case study is concerned with everything that is significant in the history or development of the case, the case may be individual person, a family, a group, a social institution or any entire community.

“Case study method may be defined as small inclusive and intensive study of an individual in which the investigator brings all his skills to gather enough information about a person to permit one to understand how he or she functions as a unit for society.

CHARACTERISTICS OF A GOOD CASE STUDY

1. It should be based on adequate data.
2. Data should be valid and continuous.
3. Data should be kept confidential.

INTERVIEW TECHNIQUE

The interview or visit is a better method of obtaining survey information than using a mailed questionnaire. Rather than rely on the personal approach inherent in the latter technique, the interviewer gathers data directly from individuals in face to face contacts. The interview has been linked to an oral questionnaire it has the obvious advantage of nursing a greater return.

Nicholas L. Holt (2003), the purpose of this article was to examine the coping responses employed by an athlete to manage the daily hassles he experienced in professional sport. Adopting a phenomenological orientation, data were gathered via four in depth interviews with an experienced professional volleyball player. Findings indicated that stress appraisals were related to endangerment of personal performance goals. Coping strategies deployed to deal with these stressors were evaluation and planning (learning about opponents, reading (new) opponents, and understanding conditions) proactive psychological skills (confidence building and maintaining concentration) and reactive psychological skills (resilience and self talk). Results are discussed in the context of previous situation specific research on appraisal and coping. Finally, implications for researchers and applied sport psychologists are outlined.

This study is an attempt made to investigate and analyze a data collected by using various psychological tests and questionnaires from Mr. Ranveer Singh himself and his close associates. To know about and get a comprehensive

personality profile of Mr.Ranveer Singh the following objectives were set.

1. To find out the Personality traits of Mr. Ranveer Singh.
2. To find out the levels of Self confidence and Locus of control of Mr. Ranveer Singh.
3. To find out the Achievement motivation level of Mr. Ranveer Singh.
4. To analyze interrelation within the variables.
5. To assess the relation between the variables.
6. To explore the inter relationship and differences between the opinion of relatives and friends and also Volleyball players, Umpires, Administrators and Spectators towards the Mr. Ranveer Singh.

Keeping the above objectives and review of literature an attempt was made to hypothesize about the personality of Mr. Ranveer Singh. The hypotheses are as follows:

1. There would be high level of Locus of control, Self confidence and Achievement motivation of Mr.Ranveer Singh.
2. There would be positive inter correlation between Sixteen Primary Personality, Locus of control factors of Mr. Ranveer Singh.
3. There would be positive relationship between Sixteen Primary Personality factors and Locus of control factors, Achievement motivation and Self confidence scores of Mr. Ranveer Singh.
4. There would be positive relationship between Locus of control factors, Achievement motivation and Self confidence scores of Mr. Ranveer Singh.
5. There would be positive relationship between Achievement motivation and Self confidence scores of Mr. Ranveer Singh.
6. There would be positive relationship between opinion scores of relatives and friends and also Volleyball players, Umpires, Administrations and Spectators

towards the Volleyball player of Mr. Ranveer Singh.

7. There would be significant differences between opinion scores of relatives and friends and also Volleyball players, Umpires, Administrators and Spectators towards the Mr. Ranveer Singh.

The data was collected with the help of standardized tests from Mr. Ranveer Singh and his associates. The responses given by the participants were scored according to the set procedures of the test constructors. Descriptive statistical analysis, t-test, correlation and multiple correlations were used to analyze the data.

An attempt is made to find out the correlation between different variables such as personality (16 PF), locus of control, achievement motivation and self confidence. Secondly an attempt is also made to find out the correlation between different factors of each variable and also between the factors of other variables. The study also assesses the relationship and differences in the opinion relatives and friends, Volleyball players, Umpires, Administrators and Spectators about Mr. Ranveer Singh. All these have discussed in detail to obtain a complete and comprehensive personality profile of Mr. Ranveer Singh.

The Achievements of Mr. Ranveer Singh in volleyball were collected through Medals, award certificate, publication, news paper. The findings of the study are given in the following conclusions.

5.2 CONCLUSION

Mr. Ranveer Singh is good natured, easy going, emotionally expressive, ready to co-operate, attentive to people, softhearted, kindly, adaptable, quick to grasp ideas, a fast learner, intelligent, emotionally mature, stable, realistic about life, unruffled, possessing ego strength, better able to maintain solid group morale,

assertive, self assured, independent minded, cheerful, active, talkative, frank, expressive, effervescent and carefree.

1. He is exacting in character, dominated by sense of duty, preserving, responsible, thoughtful, “fill the unforgiving minute, sociable, bold, ready to try new things, spontaneous and abundant in emotional response. His “thick skinned” enables them to face wear and tear in dealing with people and grueling emotional situations, without fatigue.
2. He is tough, realistic, “down to earth”, independent, responsible but skeptical of subjective, cultural elaborations, free of jealous tendencies, adaptable, cheerful, uncompetitive, concerned about others, a good team worker, anxious to do the right things, attentive to practical matters, polished, experimental and shrewd, unruffled and to have unshakable nerve. He has a mature, unanimous confidence in themselves and their capacity to deal with things.
3. He is experimenting, interested in intellectual matters, he has doubts on fundamental issues, prefers to work and make decisions with other people and like and depend on social approval and administration.
4. He has undisciplined self conflict and significant control of his emotions and general behavior. Inclination to be socially aware, careful and he has lot of self respect and high regard for social reputation. He is sedate, relaxed, composed and satisfied person.
5. He has high level of Self confidence, high level of Achievement motivation and he has greater strength of Locus of control.
6. He has positive goal discrepancy and attainment discrepancy and also he was under aspirant i.e., does more and expects less.
7. Positive and significant interrelationship between the Sixteen Primary

Personality factors scores of Mr. Ranveer Singh.

8. Positive and significant relationship between LOC factors like powerful by others and chance control scores of Mr. Ranveer Singh.
9. No significant relationship between LOC factors like chance control and individual control, powerful by others and individual control scores of Mr. Ranveer Singh.
10. Positive and significant relationship between Sixteen Primary Personality factors and Locus of control factors and Self confidence.
11. Positive and significant relationship between Sixteen Primary Personality factors like A-outgoing, B-More Intelligent, C-Emotionally Stable, E-Dominant, F-Enthusiastic, G-Conscientious, H-Bold, N-Shrewd, Q1-Experimenting, Q3-Self Image and Achievement motivation scores of Mr. Ranveer Singh.
12. No significant relationship between Sixteen Primary Personality factors like I-Tough Minded, L-Trusting, M-Practical, O-Self assured, Q2-Group oriented and Q4-Relaxed and Achievement motivation scores of Mr. Ranveer Singh.
13. Positive and significant relationship between Locus of control factors, and Self confidence scores of Mr. Ranveer Singh.
14. Positive and significant relationship between Locus of control factors, Self confidence and Achievement motivation scores of Mr. Ranveer Singh.
15. Positive and significant relationship between Achievement motivation and Self confidence scores of Mr. Ranveer Singh.
16. Positive and significant relationship between opinion of relatives, friends, Volleyball players, Umpires, Administrators and Spectators i.e., respondents shown similar and favorable opinion towards Mr. Ranveer Singh.

17. No significant differences in the opinion of relatives, friends, Volleyball players, Umpires, Administrators and Spectators about Mr. Ranveer Singh.

5.3 RECOMMENDATIONS

1. A further study may be conducted on the same subject about the anatomical, Physical or Physiological and genetic aspects and their influence on his performance.
2. A comparative study involving our subject and other volleyball player at national and international levels may be undertaken.
3. Measures to improve the sport of volleyball and popularizing the sport may be analyzed.
4. Facilities provided for volleyball and training in the various volleyball players of Uttar Pradesh and Tamil Nadu states may be studied and facilities provided by two states may be evaluated.
5. Provision of suitable facilities may be made to encourage volleyball and attract youth towards this Olympic Sport.
6. Mass media should project the sport to popularize it and create awareness among youngsters in particular and public in general.
7. Volleyball players should be made to gain an adequate knowledge of skills and techniques and other associated aspects of sports like diet and nutrition habits, training and competitions, etc.
8. More and more literature regarding volleyball sport should be published to create a knowledge and awareness among the public.
9. The importance of balanced diet and personality in enhancing sports performance must be taught at school and college levels.

10. The coaches and trainers should convince young volleyball players about the importance of favourable behaviour habits, nature, attitude, etc., in sporting Performances.
11. The volleyball players should be made to realize the importance of concentration, hard work, discipline, punctuality, regularity, sincerity, self interest, diehard attitude and optimistic approach and sincere efforts and their positive influence on performance and emphasis to train volleyball players for developing. Such qualities must be given along with training for emotional control and regulation.
12. The coaches and trainers should cater to all aspects of training.
13. Through feed backs it may help the sportsman to realise or overcome his weakness during training.

5.4 SUGGESTIONS

1. The study may be repeated on other present international volleyball player including many other biogenic and psychogenic variables.
2. The study may be extended to find out and verify personality traits, and locus of control relationship with other variables like anxiety, aggression and other psycho motor variables.
3. Similar studies on individual front ranking athletes and players to document their personality and achievement may be conducted.
4. Finding of this study may be incorporated in the syllabus of Physical Education courses.
5. A comparative study of the best individual players in different games on their life and personality may be undertaken.