CHAPTER 5

SUMMARY, CONCLUSIONS AND IMPLICATIONS
CHAPTER V

SUMMARY, CONCLUSIONS, IMPLICATIONS AND RECOMMENDATIONS

SUMMARY

Competitive performance is not the outcome of physical fitness and advanced bio-mechanical features alone but psychological characteristics also play a vital role in training, developing and enhancing the top level sports performance. Sports psychology is now at the stage of maturity where it can stand alone as a scientific discipline. It need to be afforded considerable time in training programmes and must be emphasized when maximum performance discussed. The sports training programmes are no longer adequate if they only emphasize skill and physical development. The inclusion of sound psychological principles and practices in training and competition are necessary component of modern sports.

Thus analyzing the implication of psychological principles, the investigator tried to explore few of these attributes. Mental health is a realization of self formed values; a degree of maturity of mind, judgments about what is good, true and beautiful in the society as well as in the human being. Mental health includes absence from mental illness, physical well being, emotional adjustment, social adjustment, sense of security, intellectual power of an individual. To achieve the top level sports performance mental health play an imperative role. It is true that mentally healthy individual will have positive and high self-esteem as well as moderate anxiety level.

Self-esteem is the feeling of self-worth that determines how valuable and competent an athlete feels. Sports experiences can positively or negatively affect a player’s self-esteem. Critical periods/situations that boost or reduce self-esteem occur in players before and during competitions. Self-esteem can be enhanced by positive experiences in sports. Coaches,
physical education teachers, and sports psychologists are central role models for young athletes. Relationships with coaches and teammates can also affect self-esteem. A positive self-esteem is a key to psychological well-being. Players who have a positive self-esteem are better able to cope with wins and losses in sports and life. Coaches, sports psychologists and teammates can reinforce an athlete’s self-esteem by creating a supportive environment that improves the athlete’s skill development and positive social relationships. On the other hand, athlete’s self-esteem can crash down when he or she feel inadequate, unfit or unpopular. Being positive, respectful, inclusive and keeping sport in perspective are key aspects of a positive sports environment. These factors can enhance coach-athlete relationships and can be helpful to build up positive self-esteem. Wins and losses can be more important to some athletes than the physical abilities they develop by being involved in the sports.

Competition can cause athletes to react both physically (somatic) and mentally (cognitive) in a manner which can positively or negatively influence their performance abilities. Stress, arousal and anxiety are terms used to describe this condition. The major problem in competition is letting your mind work against you rather than for you. One must accept anxiety symptoms as part and parcel of the competition experience only then anxiety will begin to facilitate your competitive performance. The psychologists described the relationship of competitive anxiety and sports performance, the state anxiety registered by a player in a competitive situation is determined by the player’s perception of the likelihood of success. When sports outcomes are contingent on lower levels of anxiety, players who are uncertain about their abilities and thus more likely to feel anxious are also more likely to perform poorly. On the other hand, a player who had the moderate level of anxiety feels moderately anxious which will help him or her to perform better in the competitive situations.
STATEMENT OF THE PROBLEM

The problem selected for research stated as “A Study of Mental Health, Self-Esteem and Competitive Anxiety among players as related to the level of performance”.

OBJECTIVES OF THE STUDY

The present study had the following objectives:

1. To investigate the differences between male medalist and non-medalist inter-university softball players on the variables: mental health, self-esteem and sports competitive anxiety.

2. To examine the differences between female medalist and non-medalist inter-university softball players on the variables: mental health, self-esteem and sports competitive anxiety.

3. To assess the differences between male medalist and non-medalist inter-college softball players on the selected variables.

4. To ascertain the differences between female medalist and non-medalist inter-college softball players on the selected variables.

5. To ascertain the differences between inter-university male medalist and inter-college male medalist softball players on the variables: mental health, self-esteem and sports competitive anxiety.

6. To find out the differences between inter-university female medalist and inter-college female medalist softball players on the selected variables.

7. To examine the differences between inter-college male and inter-college female medalist inter-college softball players on the variables mental health, self-esteem and sports competitive anxiety.

8. To find out the differences between inter-university male and
inter-university female medalist softball players on the variables:
mental health, self-esteem and sports competitive anxiety.

9. To assess the relationship among three variables namely mental
health, self-esteem and sports competitive anxiety.

HYPOTHESES OF THE STUDY

The present study had the following hypotheses:

1. There would be significant differences between male medalist and
non-medalist inter-university softball players on the variables mental
health, self-esteem and sports competitive anxiety.

2. There would be significant differences between female medalist and
non-medalist inter-university softball players on the variables mental
health, self-esteem and sports competitive anxiety.

3. There would be significant differences between male medalist and
non-medalist inter-college softball players on the variables mental
health, self-esteem and sports competitive anxiety.

4. There would be significant differences between female medalist and
non-medalist inter-college softball players on the selected variables.

5. There would be significant differences between inter-university male
and inter-college male medalist softball players on the variables:
mental health, self-esteem and sports competitive anxiety.

6. There would be significant differences between inter-university female
and inter-college female medalist softball players on the variables:
mental health, self-esteem and sports competitive anxiety.

7. There would be significant differences between Inter-college male
medalist and inter-college female medalist softball players on the
selected variables.
8. There would be significant differences between inter-university male medalist and inter-university female medalist softball players on the variables: mental health, self-esteem and sports competitive anxiety.

9. There would be significant relationship among three variables namely mental health, self-esteem and sports competitive anxiety.

DELIMITATIONS OF THE STUDY

Following were the delimitations of this study:

1. The study was delimited to softball game.

2. The study was delimited to the male and female medalist and non-medalist softball players who took part in Panjab University Inter-College and All India Inter-University softball competitions.

3. The study was also delimited to the age group of 17 to 25 years.

4. The study was further delimited to the investigation of variables mental health, self-esteem and sports competitive anxiety.

LIMITATIONS OF THE STUDY

While the study provides some initial insights regarding the mental health, self-esteem and competitive anxiety among softball players, it is subjected to a number of limitations which also provide opportunities for future research. The study had the following limitations:

1. The present study is based on survey conducted with the help of questionnaire. Any study based on a survey through pre-designed questionnaire suffers from the basic limitation of the possibility of difference between what is recorded and what is truth, no matter how carefully the questionnaire has been designed and field investigation has been undertaken. This is because the respondents may not deliberately report their true responses, and even if they want to do
so, there are bound to be differences, owing to the well known problems of filters in communication process.

2. No specific motivational techniques were used during the administration of the tests.

3. No special apparatus or equipment was used to obtain data for the present study.

4. The investigator was unable to control their daily routine, training and competition schedules.

5. The investigator did not control other variables such as interest, attitude, co-operation, home environment, daily routine, motivation, genetic makeup, socio-economic, cultural, religious, educational background and diet.

Statistical Design

The data obtained from the subjects was scored after scoring the respective questionnaires. The data was then computed and analyzed by applying statistical values such as Mean, S.D and ‘t’ test to compare the male and female as well as medalist and non-medalist softball players. Inter co-relation was obtained to find out significant relationship among three variables i.e. Mental health, Self-esteem and Competitive anxiety. To test the hypothesis, the level of significance was set at .05 levels.

FINDINGS OF THE STUDY

FINDINGS REGARDING DIFFERENCES BETWEEN MALE MEDALIST AND NON-MEDALIST INTER-UNIVERSITY SOFTBALL PLAYERS ON THE VARIABLES: MENTAL HEALTH, SELF-ESTEEM AND SPORTS COMPETITIVE ANXIETY

It is clear from the results presented in Table-1 that there were significant differences on the sub scales i.e. Emotional Stability, Overall...
Adjustment, Autonomy, Intelligence, Security-Insecurity, Self-Concept, and Overall Mental Health \( (t>0.05) \) between male inter-university medalist and non-medalist softball players. The results revealed that male Inter-university medalist had performed significantly better than non-medalist softball players.

From the Table-2 significant differences were noticed on the sub variable; Socially Perceived Self-Esteem and Self-Esteem (Total) \( (t>0.05) \) between male inter-university medalist and non-medalist softball players. It is revealed from the results that male Inter-university medalist had performed significantly better than non-medalist softball players. Whereas, no significant differences were found on the sub variable Personally Perceived Self-Esteem between male inter-university medalist and non-medalist softball players.

It is evident from the Table-3 that there were significant differences on the variable Sports Competitive Anxiety \( (t>0.05) \) between male inter-university medalist and non-medalist softball players. It is revealed from the results that male Inter-university medalist players were found to be significantly better than non-medalist softball players.

FINDINGS REGARDING DIFFERENCES BETWEEN FEMALE MEDALIST AND NON-MEDALIST INTER-UNIVERSITY SOFTBALL PLAYERS ON THE VARIABLES: MENTAL HEALTH, SELF-ESTEEM AND SPORTS COMPETITIVE ANXIETY

It is noticed from the results presented in Table-4 that there were significant differences on the sub variables i.e. Emotional Stability, Overall Adjustment, Autonomy, Intelligence, Security-Insecurity, Self-Concept, and Overall Mental Health \( (t>0.05) \) between female inter-university medalist and non-medalist softball players. It is found that female Inter-university medalist had performed significantly better than non-medalist softball players.
Table-5 significant differences have been observed on the sub variable; **Personally Perceived Self-Esteem, Socially Perceived Self-Esteem and Self-Esteem (Total)** (>0.05) between female inter-university medalist and non-medalist softball players. The results revealed that female Inter-university medalist had performed significantly better than non-medalist softball players.

It is evident from the Table-6 that there were significant differences on the variable **Sports Competitive Anxiety** (>0.05) between female inter-university medalist and non-medalist softball players. The female Inter-university medalist were found to be significantly better than non-medalist softball players.

**FINDINGS REGARDING DIFFERENCES BETWEEN MALE MEDALIST AND NON-MEDALIST INTER-COLLEGE SOFTBALL PLAYERS ON THE VARIABLES: MENTAL HEALTH, SELF-ESTEEM AND SPORTS COMPETITIVE ANXIETY**

It is noticed from the results presented in Table-7 that there have been significant differences on the sub variables i.e. **Security-Insecurity, Self-Concept, Intelligence and Overall mental health** (>0.05) between the two performance groups i.e. male medalist and non-medalist inter-college softball players. The results revealed that male Inter-college medalist had performed significantly better than non-medalist softball players. However, no significant differences were noticed regarding the sub variables i.e. **Emotional Stability, Overall Adjustment and Autonomy**.

Table-8 reveals insignificant differences on the sub variables i.e. **Personally Perceived Self-Esteem, Socially Perceived Self-Esteem and Self-Esteem (Total)** between male inter-college medalist and non-medalist softball players.

Table-9 demonstrates significant differences on the variable **Sports Competitive Anxiety** (>0.05) between male inter-college medalist and
non-medalist softball players. The results revealed that male Inter-college medalist players were found to be significantly better than non-medalist softball players.

**FINDINGS REGARDING DIFFERENCES BETWEEN FEMALE MEDALIST AND NON-MEDALIST INTER-COLLEGE SOFTBALL PLAYERS ON THE SELECTED VARIABLES**

It is noticed from the Table-10 that there were significant differences on the sub variables i.e. Emotional Stability, Overall Adjustment, Self-Concept, Intelligence and Overall mental health (t>0.05) between female medalist and non-medalist inter-college softball players. The female medalist softball players had performed better on the above said variables. However, no significant differences were noticed regarding sub variables i.e. Autonomy and Security-Insecurity.

Table-11 revealed insignificant differences on the sub variables; Personally Perceived Self-Esteem, Socially Perceived Self-Esteem and Self-Esteem (Total) between female inter-college medalist and non-medalist softball players.

Table-12 demonstrated significant differences on the variable Sports Competitive Anxiety (t>0.05) between female inter-college medalist and non-medalist softball players. The female Inter-college medalist softball players were found to be significantly better than non-medalist softball players.

**FINDINGS REGARDING DIFFERENCES BETWEEN INTER-UNIVERSITY MALE MEDALIST AND INTER-COLLEGE MALE MEDALIST SOFTBALL PLAYERS ON THE SELECTED VARIABLES**

Table-13 significant differences were observed on the sub variables i.e. Emotional Stability, Overall Adjustment, autonomy, Intelligence, Security-Insecurity, Self-Concept and overall Mental Health (t>0.05) between male inter-university medalist and inter-college male medalist
softball players. The results revealed that male inter-university medalist players were significantly better than inter-college medalist softball players. The Table-14 revealed significant differences on the sub variables i.e. Socially Perceived Self-Esteem and Self-Esteem (Total) (t>0.05) between inter-university male medalist and inter-college male medalist softball players. The male inter-university medalist players were found to be significantly better than inter-college male medalist softball players. Whereas, no significant differences were observed between male inter-university medalist and inter-college male medalist softball players on the sub variable Personally Perceived Self-Esteem.

The Table-15 shown significant differences on the variable Sports Competitive Anxiety (t>0.05) between male inter-university medalist and inter-college male medalist softball players. The male inter-university medalist players were found to be significantly better than inter-college medalist softball players.

FINDINGS REGARDING DIFFERENCES BETWEEN INTER-UNIVERSITY FEMALE MEDALIST AND INTER-COLLEGE FEMALE MEDALIST SOFTBALL PLAYERS ON THE VARIABLES: MENTAL HEALTH, SELF-ESTEEM AND SPORTS COMPETITIVE ANXIETY

It is noticed from the results presented in Table-16 that there were significant differences on the sub variables i.e. Emotional Stability, Overall Adjustment, Security-Insecurity, Self-Concept, and Overall Mental Health (t>0.05) between inter-university female medalist and inter-college female medalist softball players. The results revealed that the inter-university female medalist had performed significantly better than inter-college female medalist softball players on the above said sub variables. However, no significant differences were noticed with regard to sub variable Autonomy and Intelligence.

The Table-17 projected significant differences on the sub variable i.e. Socially Perceived Self-Esteem and Self-Esteem (Total) (t>0.05)
between inter-university female medalist and inter-college female medalist softball players. The inter-university female medalist had performed significantly better than inter-college female medalist softball players on the above said sub variables. However, no significant differences were noticed regarding the sub variable Personally Perceived Self-Esteem.

The Table-18 demonstrated significant differences on the variable Sports Competitive Anxiety (t>0.05) between inter-university female medalist and inter-college female medalist softball players. The inter-university female medalist had exhibited significantly better than inter-college female medalist softball players.

FINDINGS REGARDING DIFFERENCES BETWEEN MALE AND FEMALE MEDALIST INTER-COLLEGE SOFTBALL PLAYERS ON THE VARIABLES: MENTAL HEALTH, SELF-ESTEEM AND SPORTS COMPETITIVE ANXIETY

It is observed from the Table-19 that there were significant differences on the sub variables i.e. Emotional Stability, Overall Adjustment, Security-Insecurity, Self-Concept, Autonomy, Intelligence and Overall mental health (t>0.05) between inter-college male medalist and inter-college female medalist softball players. The inter-college male medalist had performed significantly better than inter-college female medalist softball players on the above said sub variables. However, the inter-college female medalist softball players had significantly better autonomy level than the inter-college medalist male softball players.

The Table-20 projected significant differences on the sub variables Personally Perceived self-esteem, Socially Perceived self-esteem and Self-Esteem (Total) (t>0.05) between inter-college male medalist and inter-college female medalist softball players. The inter-college male medalist and inter-college female medalist softball players had same level of self esteem.
The Table-21 revealed significant differences on the variable **Sports Competitive Anxiety** \((t>0.05)\) between inter-college male medalist and inter-college female medalist softball players. The inter-college male medalist had performed significantly better than inter-college female medalist softball players.

**FINDINGS REGARDING DIFFERENCES BETWEEN MALE AND FEMALE MEDALIST INTER-UNIVERSITY SOFTBALL PLAYERS ON THE VARIABLES: MENTAL HEALTH, SELF-ESTEEM AND SPORTS COMPETITIVE ANXIETY**

It is noticed from the results presented in Table-22 that there were significant differences on the sub variables i.e. **Emotional Stability, Overall Adjustment, Self-Concept, Intelligence and Overall mental health** \((t>0.05)\) between male and female medalist inter-university softball players. The results revealed that the inter-university male medalist softball players had performed significantly better than inter-university female medalist softball players. However, no significant differences were noticed regarding the sub variables **Autonomy** and **Security-Insecurity** between male and female medalist inter-university softball players.

The Table-23 depicted significant differences on the sub variables **Socially Perceived Self-Esteem and Self-Esteem (Total)** \((t>0.05)\) between inter-university male medalist and inter-university female medalist softball players. The results revealed that the inter-university male medalist softball players had performed significantly better than inter-university female medalist softball players. Whereas, no significant differences were found with regard to **Personally Perceived Self-Esteem** between male and female medalist inter-university softball players.

It is demonstrated from the Table-24 that there have been no significant differences observed with regard to the variable **Sports Competitive Anxiety** between inter-university male and inter-university female medalist softball players.
FINDINGS REGARDING RELATIONSHIP AMONG THREE VARIABLES NAMELY MENTAL HEALTH, SELF-ESTEEM AND SPORTS COMPETITIVE ANXIETY ON THE TOTAL SAMPLE

It is clear from the results presented in Table-25 that there have been significant relationship with regard to Mental health and Sports Competitive Anxiety ($r>0.05$) among the total sample which includes medalist (inter-college and inter-university) male and female softball players and non-medalist (inter-college and inter-university) male and female softball players. However, the results with regard to the relationship between Mental health and Self-esteem as well as Self-esteem and Sports Competitive Anxiety on the total sample observed no significant correlation.

FINDINGS REGARDING RELATIONSHIP AMONG THREE VARIABLES NAMELY MENTAL HEALTH, SELF-ESTEEM AND SPORTS COMPETITIVE ANXIETY ON MALE SAMPLE

It is noticed from the results presented in Table-26 that there have been significant relationship with regard to the relationship between Mental health and Sports Competitive Anxiety ($r>0.05$) on the total male sample which includes medalist male (inter-college and inter-university) and non-medalist male (inter-college and inter-university) softball players. However, it has been found that relationship between Mental health and Self-esteem as well as Self-esteem and Sports Competitive Anxiety shows no significant correlation for the total male sample.

FINDINGS REGARDING RELATIONSHIP AMONG THREE VARIABLES NAMELY MENTAL HEALTH, SELF-ESTEEM AND SPORTS COMPETITIVE ANXIETY ON FEMALE SAMPLE

It is clear from the results presented in Table-27 that there have been significant relationship with regard to the variables of Mental health and Sports Competitive Anxiety as well as Self-Esteem and Sports Competitive Anxiety ($r>0.05$) on the total sample which includes medalist (inter-college and inter-university) and non-medalist (inter-college and inter-
university) female softball players. However, the results on the variables of Mental health and Self-Esteem demonstrated no significant correlation between medalist and non-medalist female softball players.

CONCLUSIONS OF THE STUDY

On the basis of the findings the following conclusions have been drawn:

1. It is concluded from the above findings that significant differences were found between male inter-university medalist and non-medalist softball players on the variable Mental Health including all its sub variables i.e. Emotional Stability, Overall Adjustment, Autonomy, Intelligence, Security-Insecurity, Self-Concept, and Overall Mental Health. The results with regard to the variable Self-Esteem and its sub variables i.e. Socially Perceived Self-Esteem and Self-Esteem (Total) have been found to be significant. However, the results with regard to the sub variable Personally Perceived Self-Esteem found insignificant. The results with regard to the variable Sports Competitive Anxiety have also been found significant.

2. The significant differences were observed between female inter-university medalist and non-medalist softball players on the variable Mental Health including all its sub variables. The results on the variable Self-Esteem including all its sub variables have been found significant. The results with regard to the variable Sports Competitive Anxiety have also been found significant.

3. The significant differences were found on the variable Mental Health including its sub variables i.e. Security-Insecurity, Self-Concept, Intelligence and Overall mental health between the two performance groups’ i.e. male medalist and non-medalist inter-college softball players. However, no significant differences were noticed regarding
Emotional Stability, Overall Adjustment and Autonomy. No significant differences were found on the variable **Self-Esteem** including all its sub variables between male inter-college medalist and non-medalist softball players. The results with regard to the variable **Sports Competitive Anxiety** have also been found significant.

4. The significant differences were found on the variable **Mental health** including its sub variables i.e. Emotional Stability, Overall Adjustment, Self-Concept, Intelligence and Overall mental health between female medalist and non-medalist inter-college softball players. However, no significant differences were noticed on the sub variables Autonomy and Security-Insecurity. No significant differences were found between female inter-college medalist and non-medalist softball players on the variable **Self-Esteem** including all its sub variables i.e. Personally Perceived Self-esteem, Socially Perceived Self-esteem and Self-Esteem (Total). The results on the variable **Sports Competitive Anxiety** were found significant.

5. Significant differences were observed between male inter-university medalist and inter-college medalist softball players with regard to the **Mental Health** including all its sub variables. The variable **Self-Esteem** including its sub variables Socially Perceived Self-esteem and Self-Esteem (Total) found significant. Whereas on the sub variable Personally Perceived Self-Esteem insignificant differences were detected. Significant differences were observed on the variable **Sports Competitive Anxiety**.

6. The significant differences were found between inter-university female medalist and inter-college female medalist softball players on the variable **Mental Health** which including its sub variables i.e. Emotional Stability, Overall Adjustment, Security-Insecurity, Self-Concept, Intelligence and Overall mental health. However, no significant differences were found with regard to the sub variable...
Autonomy. The results on the variable Self-Esteem which including its sub variables Socially Perceived Self-Esteem and Self-Esteem (Total) significant differences were found between female inter-university medalist and female inter-college medalist softball players. However, no significant differences were noticed with regard to the sub variable Personally Perceived Self-Esteem. The results with regard to the variable Sports Competitive Anxiety were found significant.

7. The significant differences were found between inter-college male medalist and inter-college female medalist softball players on the variable Mental Health which including all its sub variables. The results on the variable Self-Esteem including all its sub variables were found insignificant. The results with regard to variable Sports Competitive Anxiety were found significant.

8. The significant differences were found between male and female medalist inter-university softball players on the variable Mental Health including its sub variables i.e. Emotional Stability, Overall Adjustment, Autonomy, Self-Concept, Intelligence and Overall mental health were found significant. Whereas no significant differences were found on the sub variable Security-Insecurity. The results on the variable Self-Esteem including its sub variables i.e. Socially Perceived self-esteem and Self-Esteem (Total) were found significant. However, no significant differences were found with regard to the sub variable Personally Perceived self-esteem. The results on the variable Sports Competitive Anxiety were not found significant.

9. It is concluded from the findings that no significant relationship were found between Mental Health and Self-Esteem as well as Self-Esteem and Sports Competitive Anxiety on the total sample which includes medalist (inter-college and inter-university) male and female
softball players and non-medalist (inter-college and inter-university) male and female softball players. The result with regard to relationship between the variables of Mental Health and Sports Competitive Anxiety was found significant.

No significant relationship was found between the variables of Mental Health and Self-esteem as well as Self-Esteem and Sports Competitive Anxiety on male sample which includes medalist (inter-college and inter-university) softball players and non-medalist (inter-college and inter-university) softball players. The relationship with regard to the variables Mental Health and Sports Competitive Anxiety on male sample was found significant.

No significant relationship was found between Mental Health and Self-Esteem on the total female sample which includes medalist (inter-college and inter-university) and non-medalist (inter-college and inter-university) softball players. The results with regard to relationship between Mental Health and Sports Competitive Anxiety as well as Self-Esteem and Sports Competitive Anxiety found significant.

IMPLICATIONS OF THE STUDY

The present study revealed that the psychological variables i.e. Mental health, Self-esteem and Competitive Anxiety would be useful to enhance the top level sports performance. The results of this study indicated that medalist (male and female) softball players were found to be significantly better than non-medalist (male and female) softball players on almost all the selected variables. The study further found that male medalist softball players were having comparatively better than their counterpart female medalist softball players. It might be because female players face certain problems peculiar to their gender, which many times, unduly disturbs them mentally, emotionally and socially having adverse affect on their sports performance.
Mental health plays an important role to achieve better adjustment, security and independence for players. The present investigator has found that medalist (male and female) softball players have better mental health than the non-medalist (male and female) softball players on almost all the sub variables. The results further indicate that male softball players were having comparatively better mental health than their female counterpart.

Self-esteem provides a mental set that prepares the players to respond according to expectations of success, acceptance, personal and social strength. The present investigator has found that medalist (male and female) softball players were having comparatively better self-esteem than non-medalist male and female on almost all the sub variables. The results further demonstrate that medalist male softball players have better self-esteem than the female softball players more or less on all the sub variables.

Sports competitive anxiety and sports performance have a close relationship; sports performance will be optimal under a moderate level of anxiety, and anxiety level that are either very low or very high will degrade the sports performance. The present research revealed moderate level of anxiety between medalist (male and female) and non-medalist (male and female) softball players as well as between medalist male softball players and medalist female softball players.

It is therefore suggested that to enhance the performance of male and female non-medalist softball players, psychological training programmes should be pre-arranged accordingly. It implies that non-medalist male and female should have positive attitude, emotional stability, overall adjustment, independence, Intellectual power, positive self-esteem and moderately sports competitive anxiety to enhance the sports performance. Thus during sports training, coaching camps and competitions psychological principles and practices are necessary component along with physical and fundamental skills.
SUGGESTIONS FOR FURTHER RESEARCH

1. Follow-up study may be undertaken to find out the long term effects of the age, environment and experience on the selected variables.

2. Scope of the present study may be widened by studying these variables along with other variables as well as in tandem with physiological and anthropometrical variables.

3. Factors like daily routine, home environment, family background, and socio-economic status which could not be controlled in the present study may be controlled.

4. The study can be broadened by involving players of other regions and other performance levels i.e. National, International.

5. To extend the scope of the present study, specific profiles of medalist players may be constructed.