

## DECLARATION

I do hereby declare that the dissertation entitled "*RELATIONSHIP OF SOCIAL MATURITY WITH SELF-EXPRESSION AMONG SPORTS PERSONS*", submitted in partial fulfillment of the requirement for the award of the degree of M.P. Ed is entirely my original work, and all ideas and references have been duly acknowledged. It does not contain any work that has been submitted for the award of any other degree or diploma of any university.

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## **CERTIFICATE**

This is to certify that Miss Bikramjeet Kaur has completed dissertation titled “RELATIONSHIP OF SOCIAL MATURITY WITH SELF-EXPRESSION AMONG SPORTS PERSONS” under my guidance and supervision. To the best of my knowledge, the present work is the result of his original investigation and study. No part of the dissertation has been submitted for any other degree or diploma to any other university. The dissertation is fit for submission for the partial fulfillment of the requirement for the award of M. Ped degree.

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Everyone can't be mentioned but none is forgotten...

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## ***ABSTRACT***

*Education is the development of all those capacities in the individual which will enable him to control his environment and fulfill the possibilities, humanizes and make the life of the people progressive, cultured and civilized. The present study was conducted to study the relationship of social maturity with self-expression among sports persons. Descriptive survey method was used in this study to obtain pertinent and precise information. The objectives of the study were to explore the level of social maturity and self-expression among sports persons, to find out the relationship social maturity and self-expression among sports persons and to find out the difference in social maturity and self-expression among sports persons on the basis of gender. The sample of the study consisted of 100 sports persons, 50 male and 50 female students selected by using purposive sampling technique. Social maturity scale by Dr. Nalini Rao and self-expression inventory by Dr. R.P. Verma (2011) and Dr. Usha Mishra. (2011) were used by the investigator to find the results of social maturity and self-expression. The data was analyzed by using t-test and Pearson's coefficient of correlation. The conclusions of this study are that there is insignificant relationship between social maturity and self-expression among sports persons, there lies an insignificant difference in social maturity of male and female sports persons, there exist no insignificant difference in self-expression among sports persons and there exists no significant relationship between social maturity of sports persons with self-expression.*

***Keywords: Social maturity, Self-expression, Sports Persons***

## TABLE OF CONTENTS

DESCRIPTION	PAGE NO.
Declaration	i
Certificate	ii
Acknowledgement	iii
Abstract	iv
Table of Contents	v-vi
List of Tables	vi
List of Figures	vii
List of Abbreviations	xiii
List of Appendices	ix

CHAPTER NO.	DESCRIPTION	PAGE NO.
<b>CHAPTER-I</b>	<b>INTRODUCTION OF THE PROBLEM</b>	1-11
1.1	Social maturity	3-6
1.2	Self-expression	6-9
1.3	Significance of the problem	9-10
1.4	Statement of the problem	10
1.5	Operational definition of terms	10
1.6	Objectives	10-11
1.7	Hypotheses	11
1.8	Delimitations	11
<b>CHAPTER-II</b>	<b>REVIEW OF LITERATURE</b>	<b>12-15</b>
<b>CHAPTER-III</b>	<b>RESEACH METHODOLOGY</b>	<b>16-21</b>
3.1	Research method	16-17
3.2	Sampling Technique and Design	17
3.3	Procedure of data collection	17
3.4	Tools used	18
3.5	Description of the tools	18
3.5.1	Social maturity scale	18
3.5.2	Administration of the test	19

3.5.3	Reliability of the test	19
3.5.4	Validity of the Test	19
3.6	Self-Expression Inventory	19
3.6.1	Administration of the Inventory	19
3.6.2	Reliability of the Inventory	20
3.6.3	Validity of the Inventory	20
3.7	Statistical techniques	21
<b>CHAPTER-IV</b>	<b>ANALYSIS AND INTERPRETATION</b>	<b>22-31</b>
4.1	Results pertaining to levels of social maturity and self-expression among sports persons.	22
4.1.1	Levels of social maturity among sports persons.	23
4.1.2	Levels of self-expression among sports persons.	24
4.2	Results pertaining to difference of social maturity and self-expression of male and female sports persons.	26
4.2.1	Difference in social maturity between male and female sports persons.	27
4.2.2	Difference in self-expression between male and female sports persons.	28-29
4.3	Result pertaining to correlation of social maturity with self-expression of sports persons.	31-31
<b>CHAPTER-IV</b>	<b>CONCLUSIONS,RECOMMENDATIONS AND SUGGESTIONS</b>	<b>33-36</b>
<b>5.1</b>	Conclusions	34
<b>5.2</b>	Limitations	34
<b>5.3</b>	Suggestions	34-35
<b>5.4</b>	Recommendations	35-36
	<b>BIBLIOGRAPHY</b>	
	<b>APPENDICES</b>	



## List of Tables

<b>Table No.</b>	<b>DESCRIPTION</b>	<b>Page No.</b>
3.1	Scoring Procedure for Positive Items	18
3.2	Scoring Procedure for Negative Items	18
3.3	Coefficients of correlation between First and Second Administration of all Sub-scales	19
3.4	Showing the reliability of the Test	20
3.5	Validity of the test	21
4.1.1	Levels of Social Maturity among sports persons	23
4.1.2	Levels of self-expression among sports persons	24
4.2.1	Difference in social maturity between male and female sports persons	26
4.2.2	Difference in self-expression between male and female sports persons	27
4.3	Relationship of social maturity with self-expression of sports persons	29



## **List of Graphs**

<b>Figure No.</b>	<b>DESCRIPTION</b>	<b>Page No.</b>
2.1	Design of the sample	17
4.1.1	Levels of Social Maturity among sports persons	23
4.1.2	Levels of self-expression among sports persons	24
4.2.1	Showing Mean Score of social maturity of Male and Female Students	26
4.2.2	Showing Mean Score of social maturity of Male and Female Students	27

Appendix A

Appendix B

**LIST OF APPENDICES**

Social maturity scale

Self-Expression Inventory

# CHAPTER-1

## INTRODUCTION

In current scenario, physical education is playing an incredibly key responsibility and this occupation can be categorized into six diverse aspects of daily routines viz playing games and sports, teaching, evaluation, planning, counseling, administrative and various unspecified works. A person who is in physical education must have a superior multiplicity of capabilities than the other discipline. The duties of the physical education persons are different and the community looks up to him as an organizer who can make and sustain common strength of the inactive person in the present age. Physical education sector perceives their heavier workload, difficult and strenuous too. Physical education discipline faces a lot of troubles due to enough working hours, clerical work, inadequate materials/facilities, and not having eco-friendly working conditions in sports playgrounds and in organizations. In amount to the prospect of the community, the physical educators are not providing good position and acknowledgment. This caters to dissatisfaction and stress. In order to improve the whole prevailing situation it is very important to assess the self-expression and social maturity among sports persons. So that, these professionals are able to contribute maximum to improve the profession. In current scenario's situation in common the sports persons face increasing pressures that will add damage their capacities and reduce ability to provide stakeholder requirements. The games and sports at competitive stage grow to be more of emotional events compared to the physical one. Achievement in aggressive sports carries elevated psycho-physical difficulty on the competitors. They are to be bodily fit, officially expert and strategically sound to encompass a solid clutch over the aggressive condition. Nevertheless, their mental aliveness to the condition has been painstaking by numerous to be of dominant significance. At the instance of sports fight, it is the psychosomatic factor of the players which stir them to their best physical strength, scientific and planned awareness. The sportsman has to be extremely emotionally stable, vigilant, socially mature and capable to organize their stress in arrange to execute at games competitions. It becomes moderately noticeable that psychological suitability also requirements to be reserved similarly in psyche to attain towering outcome in games contest. Sports and games and are the psycho-social actions. It has together psychosomatic and societal proportions, as well as bodily, physiological and scientific components. In this machineage of contest, the psychological training of a squad is as greatly significant as instruction the diverse techniques of a

competition on the technical lines. The squad is organized not merely to participate in competition, but to triumph in the sports competition. For endearing the sports competition, it is merely the ability in the skills which convey conquest but further significant is the mental structure of the sports players which facilitate them to participate and carry out the most excellent in the contest. Accomplishment and victory in games command a definite behaviour from a human being. These conditions differ; depending on the category of movement that competitor has preferred to focus. There has happened to be an all the time more significant region in sports education, as attempts are prepared to comprehend, elucidate and expect levels of sports participation and achievement.

The ability of a person to perform in any sports/game is obviously limited by his/her physical characteristics, but beyond these broad restrictions, psychological factors play a decisive role. Many coaches and psychologists believe that future records will be broken primarily because of increased focusing to psychological features of the personality more than physiological and mechanical aspects of performance (Cratty, 1973).

Sports psychology has emerged as a front runner discipline in shaping athletes in world beaters. It has many psychological aspects which assist an athlete for better performance in every sport. The psychological preparation is planned and carried out with the aim of enabling the sports person to have an optimum psychological state at the time of competition so that the athlete can achieve his/her maximum possible performance in the competition.

Sports psychology in many ways is a scientific field of enquiry. Researchers are afforded with ample opportunity to observe, describe and explain the various psychological factors that influence diverse aspects of sport and physical activity. Athletes and coaches have often described the crucial 'Psychological factors' that resulted in momentum shift during a game, or explained an important loss on the road as a function of the influential force of game location. Through scientific methods we can test our hunches about new psychological facts that influence sports performance or new sport participation that may influence the athlete's psychological development (Silva & Weinberg 1984).

Singh and Saini (1993) viewed that the application of psychological principles for the improvement of sport performance has received greater attention these days. There are certain accepted psychological principles which have to be applied so that the athletes/players are able to show their best performance. It is important to know about the role of emotions like incentive

motivation, achievement motivation, state and trait anxiety and sport competition anxiety of the players during training as well as competitive situations. Players who participate in various inter-school competitions came from a training background where psychological training hardly exists. Whatever psychological factors that the players of this level possess are mostly acquired or inherited by the players themselves.

### **1.1 SOCIAL MATURITY**

The social growth is one of the key progressive condition in which young people go by throughout their intermediary age from infancy to maturity. The groundwork of socialization is laid throughout the early days and the teenage is predictable to assemble on these basics and the behaviour and attitudes components that will robust him to obtain his position in the grown-up world. The societal cluster expects him to be communally full-grown when he becomes a young person by developing more mature connection with age-mates, needs to accomplish collectively accountable behaviour, inculcate rational concepts and skills essential for public capability and gets a more independent position throughout achieving arousing autonomy from parents and further adults (Athanimath & Yengi, 2011).

Man is a societal animal and his survival devoid of societal set up can barely be anticipated. Parents, relative members, peer groups, neighbors, culture, etc. imagine him to perform in a generally satisfactory way and to study the habits to interrelate with them. This capability to purpose in a properly accountable approach while accepting the societal regulations and rules in lay in an agreed society and the aptitude to employ that information efficiently is recognized as social maturity. It is the capability to stand and regulate to disturbance with anxiety while getting liberal viewpoint, a suitable life viewpoint that provides to assure bodily as well as emotional requirements. Social maturity inculcates an atmosphere of belief, agreement, vigorous collaboration and calm co-existence, whereas social irresponsibility on the further hand develops an atmosphere of horror, disagreement, conflict and one's hostility after another (Nagra & Kaur, 2013).

In sports psychology, social maturity is a stage of societal skills and consciousness that a person has accomplished comparative to scrupulous norms connected to an age crowd. It is a gauge of the expansion proficiency of a person with look upon to interpersonal associations, behaviour suitability, collective difficulty solving and judgement. Social maturity painstaking achievement in numerous of aspects together with performance, efficient interpersonal

communiqué, and accountability i.e. contributing the psychological well-being of civilization (Greenberg et al., 1995).

Social maturity has to perform with how sound people recognize the environment of the societal globe as they exist surrounded by. Social maturity is what performs us to utility as vigorous adults. Lacking it, we end up, having a complicated time ourselves or providing a lot of complicated times for other natives. A high amount of social maturity has incredible to do with a towering level of social proficiency (Dorothy & Barbara, 2009).

Social maturity is a word usually used in two traditions like with orientation to the behaviour that assures to the standard and opportunity of the younger population and secondly, with orientation to the behaviour that is suitable to the period of the person beneath surveillance (Srivastava, 1987). Therefore, the societal maturation admits more comprehensive insight of the community milieu which provides young people to the social situation and expands constant aspect of shared behaviour. If any human being is sluggish to take up these aspects of community behaviour, he is predicted as being mentally retarded in societal enlargement. Consequently, it is essential for young people to obtain more developed blueprint of behaviour to be acknowledged by culture and to be collectively matured. It has been originate that the exceedingly preferred learner join more repeatedly in societal skills than the inadequately acknowledged learners (Bretsch, 1952). among the further societal skills that are extensively associated to social development are understanding to the community requirements of companion tendency and societal skill to assure their requirements and convinced character qualities such as optimistic social assertiveness, responsiveness etc. are harmonious with societal understanding and conformity. All these go ahead to acceptable interpersonal alteration whereas disliked young people lack such emotional adjustment as they are collectively insensible or disturbed. From some instances, games and sports have been component of culture, but its significance has full-grown a lot of folds in present civilization. Sporting behavior has a particular satisfaction of position inside the educational life of present society. At mutually, local and countrywide levels, games and sports have the potential to bind a sense of society among games players, games enthusiasts and audiences (Athanimath & Yengi, 2011). Social principles are dominant for present culture; sports competition and sports contribution assist one to learn community adjustments. Accomplishment thrills or risks are

anelement of contribution in gameand all these developsconfidence. Social adjustments such as compassion, pleasure, disappointmentare all urbanizedin clusters.

A precious characteristic of sports education is to facilitateand has thecapability in developing jointly a diversity of citizens from diverseracial and communal backgrounds. The contemporarycivilization which is flatteringmore and more diverse, there is a hazard of minority societyflatteringinaccessible from the chieftributary of the civilization. Games and sports are a medium for communiqué, integrationand exchange amid such groups. In a multifaceted modernculture, the relations between persons are of enormoussignificance. Sports competition and sports behaviorpresentadequate opportunities to enlargeassociation between persons. In anautonomouscivilization, the clustercollaboration is critical. In sports education we activate in groups, we articulate our expressions, listen to others, examination our thoughts over alongside theirs, come to an accord and shift on. The component of process in sports and games education is typically the team, clubor class. It is the conditions that players learn to respond to the fractious currents of additionalpersonalities.Social maturity impliesmeaningful what to do and determined for it by subsequentresponsibility to attain the preferred level of satisfactorycommunal behaviour. It is anextendedprocedure to be communally mature. The community maturity has to act with how glowingcitizenscomprehend the environment of the social globe. Physical behavior, are asignificantelement of instruction, have provideas obligatoryresponsibility in the mental physical, and social maturity of the sports persons. In 24th January 2005 (London), national summit on physical Education was held as it was re-emphasized on it. Mahdi Majlesi et al (2011) exposed that before taking aerobic module there was no significant difference among control and test groups on social maturity but after performing aerobic instructional design, theyfound significantvariationon social maturity and its three components. This implies that aerobic module has a positive effect on raising the intensity of participant's social maturity. Brown (1967) discovered that individuals were taking exercise had more goodsocial maturity than their other counterparts.

In addition, Ewing (1977) analyzed in his research that parents could cause their children's social growth by given them with honorable opportunities. Physical educators can assiststudent'ssocial development by giving them constructiveadvice. Moreover, by providinghigh-qualityteaching, using heartening speech, having a rationalpoint of view in correcting mistakes, physical educators can make sure children's maintenance of work out and preparation. In addition to

growing community requirement, captivating workout can guide to the enlargement of other aspects of self-assurance among the sports persons. Psycho-social aspects provide a crucial role in the existence of all the persons. They facilitate an individual to organize his/her intellect, emotions as well as regulation prototype competently as he/she can complete or take out his/her schedule work efficiently. Consequently, psycho-social aspects act as a precondition for a successful presentation. General mental capability is the competence to gain information which is necessary for making consideration, to make exact judgment evaluations and to create sentimental regulation in the established situations to bring out the action efficiently. Therefore, the current investigation has been undertaken to find out the relationship of self-expression with emotional maturity.

## **1.2 SELF –EXPRESSION**

Self-expression is an idea of one's own personality traits, ideas or feelings. (Kim & Chu, 2011). Self-expression among sports persons varies in diverse forms. For instances, some persons use social media as their way of self-expression (Argamon & Schler, 2007) and various use tattoos as an expression of their individuality (Tiggeman & Golder, 2006). The right to autonomy of expression is necessary first of all as the right of a person purely in his capability as a human being. It derives from the broadly established basis of western thinking that the appropriate end of man is the awareness of his temperament and potentialities as an individual (Thomas, 1963). Self-expression is a concept that is intimately connected with optimistic concepts, such as style, courage, freedom, creativity, self-assurance, and even remedial and religious studies. Thus, persons are urged to articulate themselves at any time possible, and self-expression is predictable to be, by and large, beneficial and good. The liberty to communicate one's view, the freedom of communication, is one of the lawfully sheltered basic human being rights. This social thoughtfulness of self-expression and its psychosomatic consequences have been provided by methodical confirmation as well. Generally saying, psychosomatic findings sustain the idea that self-expression influence an individual in positive ways (Freud, 1996; Pennebaker, 1990). Yet numerous studies in sports psychology showed that the concept of personality varies significantly across diverse civilizing contexts, and to the amount that the connotation of the self differ, how natives connect in any self-actions, such as self-expression, and their emotional consequences might vary as well. The precise environment of how group express them and how diverse forms of



appearance, influence people seem to vary significantly depending on the assumptions about the identity and its association in a socio-cultural background.

Many well-known theorists have argued that precise perceptions of the self, the world, and the future are necessary for psychological well-being. Yet substantial research evidence tells that exaggeratedly exaggerated perceptions of control or mastery, positive self evaluations, and impracticable optimism are characteristic of ordinary human being thought (Taylor, Shelley E.; Brown, Jonathon D. (1988)). Moreover, these illusions emerge to support other criteria of mental health, counting the capacity to care concerning others, the capability to be cheerful or pleased, and the capability to connect in creative and resourceful work. These strategies may be successful, in large division because both the cognitive processing mechanisms and social world and impose filters on incoming knowledge that deform it in an optimistic direction; negative knowledge may be inaccessible and represented in as not threatening a way as possible. These constructive illusions may be particularly helpful when a person receives negative criticism or is otherwise endangered and may be particularly adaptive under these conditions. To describe the self-expression of one's own feelings, personality, ideas, as or art or through speech. Self-expression must overtake into message for its completion (Pearl S. Buck).

Self-expression is the expression of one's personality, appearance style, a way of expressing something that is quality of a scrupulous individual or cluster of populace or age. Self-expression can affect the person's psychological processes, as well as mental performance, inclination, self-respect, and interpersonal demonstration of a contemplation, emotion, or feeling that is a component of a human being. Most educationalists can perhaps consent on an explanation of feeling, e.g., what situation to include in a dialogue of sentiment. These mechanisms are well-known on the origin of psychological or physiological aspects and embrace sentiment faces, feeling elicitors, and sentiment neural processes.

Cheerful expressions are generally and simply documented, and are conveyed as communication associated to satisfaction, happiness, a constructive character, and responsiveness. Depressing expressions are frequently conceived as contradictory to contented ones, but this examination is too straightforward, though the act of the lips comers is contrary. Heartbreaking expressions communicate messages interrelated to defeat, remembrance, embarrassment, hurting, defenselessness, etc. annoyance expressions are seen more and more frequently in

present civilization, as every day frustrations and stresses primary annoyance appear to augment, but the anticipation of reprisals reduce with the elevated logic of individual safety.

From past several years, many researchers have argued that efficiency and wisdom of achievement are main ingredients in the procedure of victorious aging (Rowe and Kahn 1998; Nuland 2007). Nevertheless, there are numerous habits in which an elder individual may turn into stay creative. One technique was assessed in recent times by Krause (2007), who paying attention on articulateness. Nevertheless this concept complicated to describe, articulateness has to complete with judgment an channel for whatsoever stage of capacity or talent an elder individual may acquire. Contrasting originality, which encompasses the capacity to create a little that is new and of elevated excellence (Lubart and Sternberg 2001), self-expression is a bit that is accessible to practically all elder citizens since it encompasses the appearance of all capabilities and intellect, no issue how humble they may be. In arrange to more elucidate how self-expressiveness is explored in the present study; it may be supportive to reminder what is not included inside the contented area of this assemble. More purposely, self-expressiveness does not pass on to the enunciation of emotions, as frequently takes consign in the replace of arousing support (Bertera 2005).

The lessons of articulateness are significant because investigators are launch to evaluate whether the capability to completely develop abilities and talents tends to improve the emotional happiness of citizens. The investigation by Krause (2007), for instance, suggests that elder people who are capable to utilize their abilities and talents be apt to understand smaller quantity symptoms of melancholy than elder natives who have not establish a feasible path for articulateness. Even though the result from this effort is supportive, investigate on self-expression can be enhanced in a numeral habits. Two habits to develop study in this region are particularly significant for the present research. The first has to do with necessitate classifying the community aspects that assist support articulateness in belatedly existence. In dissimilarity, the next approach to go forward study on self-expression is new practical in procedure, and articulates necessitate evaluating the association between psychological well-being and self-expression with information that has been collected at supplementary than single position in time. After examine these problems below, a concise argument is presented on why it is significant to discover self-expression purposely among elder populace.

Self-expression can be developing wellbeing and happiness in life, then it is crucial for investigators to categorize the aspects that support citizens to completely develop their abilities and talents. Some development is creature made in this observe. For instance, a different of researchers has devised instructions that are intended to observe if aspects like communicative script look up physical condition and happiness (Smyth et al. 1999; Chung and Pennebaker 2008). Even though these modules have met with some achievement, it is not understandable whether the subjects in these researches think that they had an extraordinary ability for inscription, and as a outcome, it is hard to conclude whether they believe they were developing their individual distinctive abilities and talent. Other researchers have argued wider societal structural predictors of self-expression. Particularly, the mechanisms connecting physical education with self-expression have not been recognized and evaluated empirically. It is probable that physical education exerts an additional distal pressure in the procedure of self-expression and that more instant aspects in the societal setting use a better result. even though there are probable to be a figure of proximal influences, a middle principle in the present research is that the ancestry of self-expression may be examined in element to the shared associations that sports persons preserve with others.

### **1.3 STATEMENT OF THE PROBLEM**

The problem has been stated as follows, “RELATIONSHIP OF SOCIAL MATURITY WITH SELF-EXPRESSION AMONG SPORTS PERSONS.”

### **1.4 OPERATIONAL DEFINITION OF TERMS**

#### **SOCIAL MATURITY**

Social maturity refers of general characteristics which characterize the most common types of demands made by all societies on the persons and at the same time definite categories which are culture specific attributes of persons that facilitate them to assemble these demands.

#### **SELF-EXPRESSION**

Self-expression refers to the expression of one's individuality usually through creative activities, expression style or style a way of expressing something.

#### **1.4 SIGNIFICANCE OF THE STUDY**

Participation in games and sports painstakingly distinctive and diverse milieu which divide sports personnel from others. Untiring efforts are being made in the sports arena to create new records, to achieve new heights and to set new standards of excellence. The increase in stress of competitions can cause an athlete to react both physically and mentally in a manner that can affect their performance ability. So, now-a-days, coaches/trainers have known the significance of psychological and sociological factors which play an important role to achieve success in sports. Therefore, there is no doubt that psychological and sociological make-up of a player and physical aspects locate in by him/her, both play an important role in achieving excellence in sports. Social maturity helps in the adjustment and is important in the field of sports and learning in the environment of system. It is based on the responsibility that is according to the working manner. It helps in understanding of the relations and about the friends and also in relation with friends. Also it is related to mutual respect among the peer group on the basis of maturity on social basis and which in turn is related to the academic enhancement of the student or child. According to details when the self-centeredness is replaced by the thoughts placed on the societal intensity than there is progression in the expansion on ethical foundation. Self-expression is a conception that is intimately connected with optimistic concept, such as creativity, freedom, style, self-assurance, courage, and even curative and theology. Thus, persons are urged to articulate themselves every timelike and self-expression is predictable to be, by and large, high-quality and advantageous. Self-expression and social maturity equally are the fundamentals of holistic enlargement of persona of the sports persons. It is stuff of enormous alarm for both physical educators and the relative's members that how it is probable to up boost social maturity on self-expression basis of the sports persons. Consequently it becomes necessary to investigate self-expression and social maturity of among sports persons. So the judgment of the investigation can be used in diverse aspects and can be supportive for physical educators, parents, and games and sports persons. This is the contemporary dilemma of current day in Indian society and there is a powerfully felt need of increasing social maturity and self-expression among players of sports. Therefore, the current study is an effort on the ingredient of researcher to fill the accessible research gap. Keeping all the points in mind the investigator resolved to undertake the present study.

## **1.5 OBJECTIVES**

1. To explore the level of social maturity and self-expression among sports persons.
2. To find out the relationship social maturity and self-expression among sports persons.
3. To find out the difference in social maturity and self-expression among sports persons on the basis of gender.

## **1.6 HYPOTHESES**

1. There exists no significant relationship between social maturity and self-expression among sports persons.
2. There exists no significant difference in social maturity among male and female sports persons.
3. There exists no significant difference in self-expression among male and female sports persons.

## **1.7 DELIMITATION OF THE STUDY**

The present study was delimited to following:

- The study was delimited to sports persons only.
- 100 sports persons were recruited in this study.

## CHAPTER-II

### REVIEW OF LITERATURE

Bicer (2013) examined the association between social maturity development/self-esteem, personality, and body image with psycho-pathological symptoms and with behavioral problems (problems at school, antisocial behavior, shyness and timidity, psychopathological problems, social adjustment). The purpose of this study was to see the effects of twelve weeks of aerobic training on social maturity development, self-esteem and body image among school students. Results shows that, there is significant difference between Aerobic exercises on social maturity development, self-esteem and body image among boy and girl students, as these factors increased significantly after aerobic training, which shows that, exercises increase of social maturity, self-esteem and body image.

Shah and Bhawna (2012) explored the association between school adjustment, social maturity, and levels of academic achievement among residential school girl students. The results revealed a significant association between school adjustment and social maturity. In addition, significant difference existed between the school adjustments of the three groups i.e. high, average, and low of academic achievement.

More (2012) investigated the social maturity among higher secondary school students and to see the gender and locale differences between the students from Arts, Commerce, and Science Discipline. The results indicated that the female students are highly Socially Matured than their counterparts as well as the students belonging to rural area are seems to be highly Socially Matured than the students from urban area. No significant differences were observed among the students from Arts, Commerce and Science discipline on the variable of Social Maturity.

Singh and Thukral (2010) explored the association of academic achievement and social maturity of school pupil's revealed significant association between academic achievement and social maturity of school students. Male and female does not differ significantly on social maturity as well as urban and rural school students on the social maturity.

Krause, N. (2010) revealed that older people who have a good relationship with a close companion friend are more likely to experience higher levels of self-expression.

Agarwal (2008) assessed social maturity of adolescents in relation to cognitive and non-cognitive variables. The objectives of the study was to find relationship between social maturity and intelligence, academic achievement, problem solving ability and to find out the social maturity of

male and female adolescents and adolescents of government and private senior secondary schools. The results revealed that social maturity was significantly related with intelligence. Insignificant relations were found between social maturity and academic achievement and problem solving ability. However, insignificant results were found between male and female adolescents of government and private/aided schools.

Fumiko et al. (2006) explored the self perception, social maturity, and connected aspects with motor co-ordination of pupils with ADHD. The research classifies self-perception and social maturity in pupils with (ADHD) and to clarify connected aspects, together with motor coordination. The participants were fifteen children in primary school class three to six). Their distinctiveness was examined with the movement appraisal battery for pupil. The outcome of the study recommended that the majority of the participants had some amount of motor difficulty and stoppage of social maturity. They also recommended a connection between static-dynamic balance and social maturity, which was one of the indices of motor coordination.

Singh (2001) investigated the comparison between psychological variables of school children participants and non-participants in sports and used Rao social maturity scale (RSMS) to evaluate the social maturity of two hundred students and found that the subjects in the sports had the better developed social maturity than non-participants in all the five groups of assessment i.e. total group, amongst males, amongst females, between male participants and non-participants and between females participants and non-participants.

Singh (1995) studied the development of psychological profiles of Indian athletes, Social maturity of Indian athletes and concluded that high performers were better in adjustment as compared to low level performer. Female athletes were found to be having better social maturity when compared to the male athletes. No significant difference was found between team and individual game athletes. It was also observed that urban athletes showed better emotional adjustment as compared to rural athletes.

Angenent et al. (1989) examined the intelligence, gender, school readiness and social maturity in first-graders pupils. One hundred and twenty five first grade elementary school children (seventy five girls and fifty boys) took part in a research of the associations among intelligence, gender, social maturity and school readiness. The study revealed that school willingness is associated to the sex and not to social maturity. The latter was examined to relate to sex of the participants and intelligence.

Brodzinsky, Schechter, and Brodzinsky (1986) found that children therefore are at risk of growing up with unresolved negative emotion which is often expressed with anger and depression. adult may also experience negative emotion in times of bereavement, but unlike children, adult have the intellectual ability, life experience and emotion support that enable them to control their anger and depression

Puranik (1985) compared the relationship of social maturity of pupils with organization climate in schools of Bangalore city. The major findings were the social maturity of female students was higher than that of male students. In social maturity, autonomous climate, private management and unaided schools were found to be most conducive factor.



## **CHAPTER-III**

### **RESEACH METHODOLOGY**

Research methodology is a detailed paradigm of the investigation in which a comprehensive method of testing the proposition and analyzing the collected data. The research methodology may be defined as the series of those steps taken in advance to make sure that the pertinent data will be composed in a manner that permits objective investigation of the diverse hypotheses developed with reverence to the problems. Through this, research paradigm helps the investigator to testify the hypothesis by reaching valid generalization and objective conclusion regarding the assessment of independent variable and dependent variables. It should be adequate, consistent and applicable. The choice of devices and techniques for an examination is determined by the nature of the research problem. The selection of tool, proper method, and technique is a very complicated task and must be handled with every prudence, consideration and care with reverence to procedure, time, and cost. Keeping in view all these objectives, the present setion deals with the following steps:

- ❖ Research method
- ❖ Design of the study
- ❖ Sampling
- ❖ Tools
- ❖ Statistical technique

#### **3.1RESEARCH METHOD**

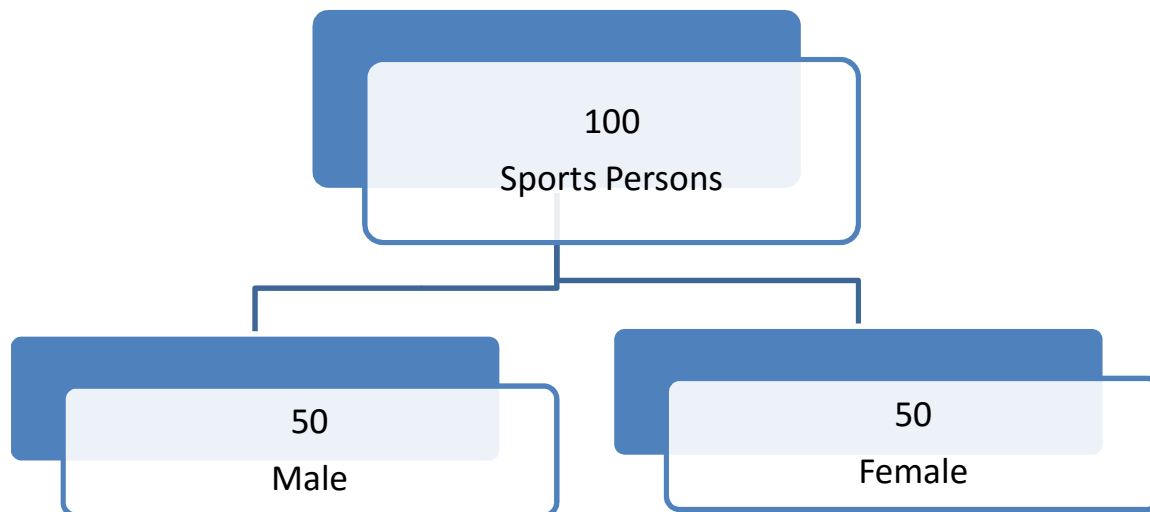
In every research work, research methods are most vital to conduct any investigation. Research is not an easy task; it requires one to carry on in a specific way along with clear-cut shape. In the present study Descriptive Survey method was employed for recruitment of sample. This method analyzed records and interprets setting that exists at present. It involves some kind of contrast and comparison, and attempts to find out differences, affect and relationship existing among those variable which are not manipulated (Best 1992). Descriptive study explores and interprets “what is”. It is alarmed with situation that exists, opinions that are held, processes that are going on consequence that are evident that are constructed. This method involves fact and surveys to explore finding of different kinds. The main objective of descriptive research is explanation of

the state of relationships as it exists at present. The major purpose of the current study is to explore the relationship between self-expression and social maturity.

### 3.2 SAMPLING TECHNIQUE AND DESIGN

Sampling is the process of selecting units from a population of interest so that by studying the sample we may fairly generalize our results back to the population from which they were chosen. In this present study, purposive sampling technique was used to collect the data.

**Figure 2.1: Distribution of sample**



### 3.3 PROCEDURE OF DATA COLLECTION

In this research work, researcher was recruited the sample of 100 sports persons. Keeping in view the objectives of the study, Investigator was developed the bond with the subjects before real administration of scales. Investigator was briefly explained but definitely the rationale of the research and asked subjects to fill up personal information given in a separate Performa. Investigator also affirmed them to read instructions given on the first page of each scale. After the information regarding research, social maturity scale and self-expression scale was administer individually basis on subjects and was asked to record the responses for each item

given in scale. The subjects were guaranteed that their names would be kept confidential. After collection of data scoring was done according to directions given in the manuals.

### **3.4 TOOLS USED**

For the present study, following tools were used:

- Social maturity Scales standardized by Dr. Nalini Rao. (2011).
- Self-Expression Inventory standardized by Dr. R.P. Verma and Dr. Usha Mishra. (2011).

### **3.5 DESCRIPTION OF THE TOOLS**

#### **3.5.1 Social maturity Scale**

Social maturity Scale standardized by Dr. Nalini Rao was used to assess the social maturity of secondary students. It contains 90 items and five-point scales with anchors strongly agree, agree, disagree and strongly disagree.

#### **3.5.2 Administration of the Test**

It is a self-administering test. To ensure careful understanding of the instruction, proper instruction needs to be given by the testers besides the individual reading. There is no time limit. Hence, the individual students are quite free to express their responses.

**Table 3.1: Scoring of negative items**

Strongly Agree	4
Agree	3
Disagree	2
Strongly Disagree	1

**Table3.2: Scoring of positive items**

Strongly Agree	1
Agree	2
Disagree	3
Strongly Disagree	4

The maximum score-360 indicates high social maturity and the minimum score-90 represents low social maturity.

### **3.5.3 Reliability of the Test**

The social maturity scale was administered twice on a sample of 180. The co-efficient of co-relation was calculated to be significantly high. It was calculated to be 0.98.

### **3.5.4 Validity of the Test**

Validity refers to the extent to which an instrument measures what it is designed to measure (Brown, 1996). Validity is also considered as the strength of conclusions, inferences or propositions. Validity refers to what the test measures and how well it measures. A test is said to be valid only if its co-relation co-efficient is high. The co-efficient of co-relation was found to be 0.98 by Pearson's product moment correlation.

## **3.6 Self-Expression Inventory**

Self-Expression Inventory standardized by Dr. R.P. Verma and Dr. Usha Mishra (2011) was used to assess the self-Expression of students. It contains 30 questions and each item has two parts. The first part deals with the stem-question and the second part deals with four alternative responses.

### **3.6.1 Administration of the Inventory**

Self-Expression is a self-administering inventory. The researcher gave the instrument to the sports students in various schools after the approval of their administration authorities. The participants (sports students) were introduced with major purpose of the study and requested to read the directions cautiously and ask the investigator if there was any complexity in

understanding the information. It was emphasized that no item should be omitted and that there were no right or wrong questions. Also there was no time limit for the inventory.

### 3.6.2 Reliability of the Inventory

Reliability of the test was computed by split-half method using spearman brown prophecy formula and also by test-retest method after intervals of one and two months. Reliability coefficient by test-retest method after an interval of one month was found to be 0.79 and after an interval of six months was 0.75. Reliability coefficient by split half method was found to be 0.81 and the index of reliability was 0.90. These values are reported in Table.

**Table 3.4 Showing the reliability of the Test**

Sr. No.	Method	N	Reliability
1	Split half method	370	0.81
2	Test-retest after one month	44	0.79
3	Test-retest after six months	90	0.75

### 3.6.3 Validity of the Inventory

Cross validity of the test was shown by comparing the mean and standard deviation of the try-out on the 30 items selected after item analysis with the mean and S.D. of the final data on the same 30 items collected from the same population. The critical ratio test was applied to find out the difference between the means of the two samples. The cross validity of the test established as the value of critical ratio showed a non-significant difference between the means.

**Table 3.5**

Sample	N	Mean	S.D.	Mean diff.	Value & C.R.
Try-out Sample	370	29.95	11.25	0.90	1.02
Final sample	770	28.75	12.95		

## 3.7 STATISTICAL TECHNIQUES

In order to analyze the data with suitable statistical techniques, the following statistical procedure was adopted in present study.

1. In order to find out the level of social maturity and self-expression among sports persons percentage was used.
2. In order to find out relationship of social maturity and self-expression among sports persons, Pearson coefficient of correlation was used.
3. To study the difference in social maturity and self-expression among sports persons, t-test was employed.

## CHAPTER-IV

### RESULTS AND DISCUSSION

This chapter deals with data analysis, results, interpretation and discussion, of the outcome in accordance with proposition of the examination. Data is not meaningful unless analysis and discussions were made. The analysis and discussion of results represents the function of deductive and inductive logic to the research process. Data analysis is most essential and critical step in research work. It means, in order to study the classify material in order to determine inherent facts. To quote F.N. Kerlinger “data analysis means ordering, categorizing, manipulating and summarizing of data to get answer to research questions”. Presentation of results and discussion of the data follows the sequences given below:

#### **4.1 Results pertaining to levels of social maturity and self-expression among sports persons.**

4.1.1 Levels of social maturity among sports persons.

4.1.2 Levels of self-expression among sports persons.

#### **4.2 Results pertaining to difference of social maturity and self-expression of male and female sports persons.**

4.2.1 Difference in social maturity between male and female sports persons.

4.2.2 Difference in self-expression between male and female sports persons.

#### **4.3 Result pertaining to correlation of social maturity with self-expression of sports persons.**

#### **4.1 Results pertaining to levels of social maturity and self-expression among sports persons.**

To examine the level of social maturity and self-expression among sports persons, standardized tools like social maturity scale and self-expression inventory were applied and data was collected from 100 sports person students. Scores were calculated and tabulated in percentage. Details pertaining to the analysis have been given separately for social maturity and self-expression. It was divided into three categories.

#### 4.1.1 Levels of social maturity among sports persons

The first objective of the present study was to explore the level of social maturity among sports persons. To achieve this objective; researcher has collected data by administering social maturity scale. In order to explore the social maturity of sports person students, the data was collected and the results were found and organized in the table. Table 4.1.1 shows levels of social maturity among sports persons.

**Table 4.1.1**

**Levels of Social Maturity among sports persons**

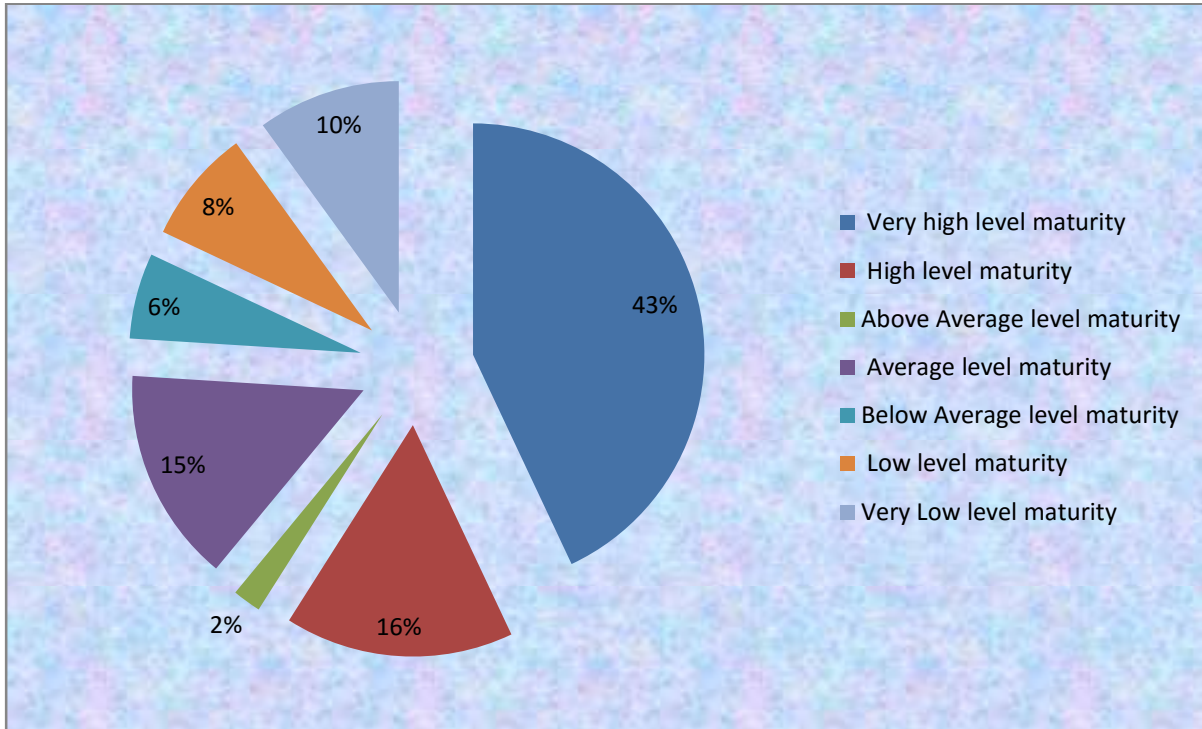
Levels	Social Maturity	
	N	Percentage
Very high level maturity	43	43%
High level maturity	16	16%
Above Average level maturity	02	02%
Average level maturity	15	15%
Below Average level maturity	06	06%
Low level maturity	08	08%
Very Low level maturity	10	10%
Total	100	100%

Table 4.1.1 shows percentage wise data of sports person students in social maturity. It is clear from the above table 4.1.1 that 43% students have Very high level maturity, 16% possess high level maturity, 02% above Average level maturity, 15% have average level maturity, 06% .have below Average level maturity, 08% have low level maturity and 10% have very low level maturity. It means majority of sports persons falls very high level maturity.



**Graph 4.1.1**

**Levels of Social Maturity among sports persons**



**4.1.2 Levels of self-expression among sports persons.**

To explore the levels of self-expression among sports persons, self-expression inventory was used on 100 secondary sports people’s students. To achieve this objective, researcher has collected data by administering self-expression inventory. In order to explore the self-expression among sports persons, the data was collected. Table 4.1.2 shows levels of self-expression among sports persons.

**Table 4.1.2**

**Levels of self-expression among sports persons**

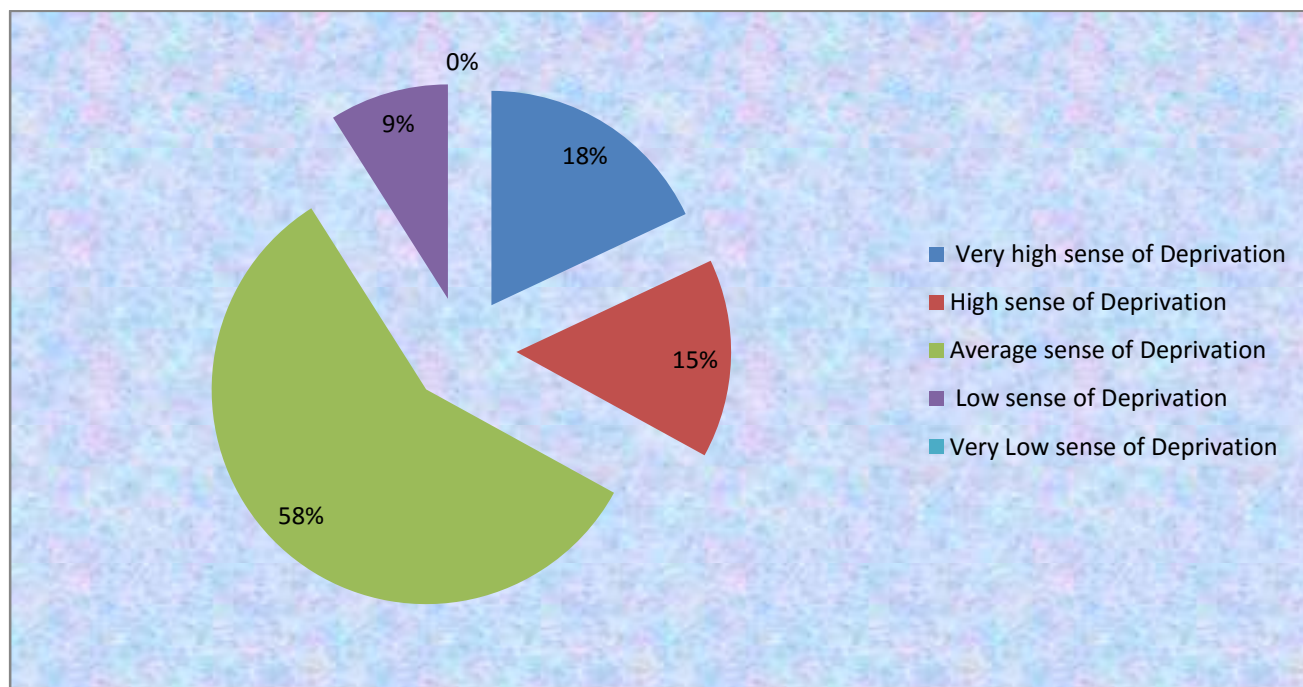
Levels	SELF-EXPRESSION	
	N	Percentage
Very high sense of Deprivation	18	18%
High sense of Deprivation	15	15%
Average sense of Deprivation	58	58%

Low sense of Deprivation	09	09%
Very Low sense of Deprivation	00	00%
Total	100	100%

Table 4.1.2 shows percentage wise data of sports person students in self-expression. It is clear from the above table that 18% students have very high sense of Deprivation, 15% possess have high sense of Deprivation, 58% have average sense of Deprivation, 09% have low sense of Deprivation and 00% have very Low sense of Deprivation. It shows that majority of the sports person students falls average sense of Deprivation.

**Graph 4.1.2**

**Levels of self-expression among sports persons**



## 4.2 Results pertaining to difference of social maturity and self-expression of male and female sports persons.

To examine the difference of social maturity and self-expression of male and female sports persons, standardized tools like social maturity scale and self-expression inventory was applied and data was collected from students.

### 4.2.1 Difference in social maturity between male and female sports persons.

To find the difference in social maturity between male and female sports persons. In order to achieve this standardized social maturity scale was used. Data was collected from 100 students. Mean, standard deviation, t-test was computed and results have been given below:

**Table 4.2.1**

**Difference in social maturity between male and female sports persons**

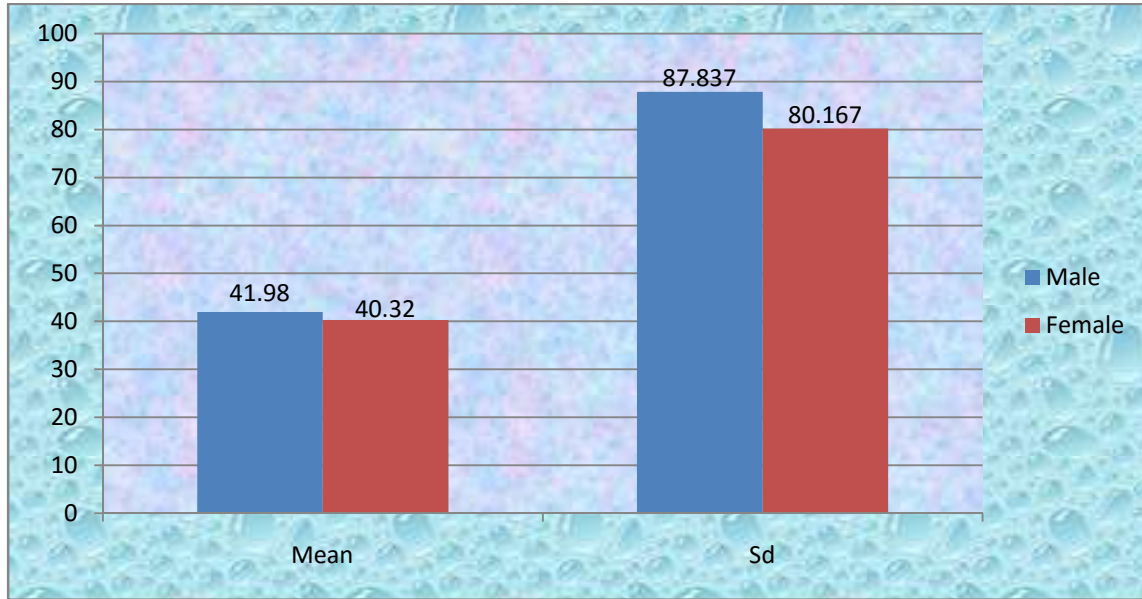
<b>Groups</b>	<b>N</b>	<b>Mean</b>	<b>SD</b>	<b>t-value</b>	<b>Result</b>
Male	100	226.74	87.837	0.522	Insignificant
Female	100	235.52	80.167		

Insignificant at 0.01 level of significance

It is clear from the above table that the mean score of male and female students is found to be 226.74 and 235.52 respectively whereas standard deviation (SD) of male students and female students came out to be 87.837 and 80.167 respectively. For 100 male students and 100 female students, the calculated t-value is found to be 0.522. Table value for 't' at 0.05 levels is 1.98 and 0.01 levels is 2.63. Hence, the calculated value is found to be insignificant at both levels of significance. Therefore, the hypothesis which states that, "There exists no significant difference between male and female sports persons in their social maturity stands accepted. Hence, it shows that there exists no significant difference in the social maturity of male and female sports person's students.

**Graph 4.2.1**

**Showing Mean Score of social maturity of Male and Female Students**



**4.2.2 Difference in self-expression between male and female sports persons**

To find the difference in self-expression between male and female sports persons. To achieve this standardized self-expression inventory was used. Data was collected from 100 sports person's students. Mean, standard deviation, t-test was computed and results have been given below:

**Table 4.2.2**

**Difference in self-expression between male and female sports persons**

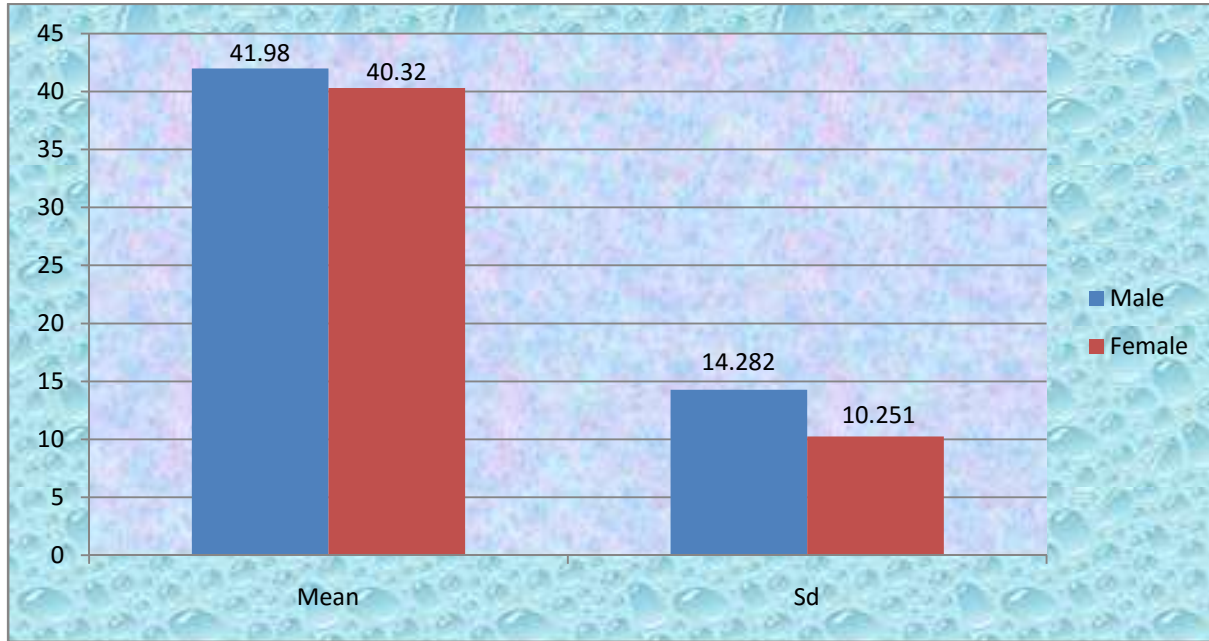
<b>Groups</b>	<b>N</b>	<b>Mean</b>	<b>SD</b>	<b>t-value</b>	<b>Results</b>
Male	100	41.98	14.282	0.668	Insignificant
Female	100	40.32	10.251		

insignificant at 0.01 level of significance

The above table shows that the mean score of male and female students found to be 41.98 and 40.32 respectively whereas standard deviation (SD) of male students and female students came out to be 14.282 and 10.251 respectively. For 100 male students and 100 female students, the calculated t-value came out to be 0.668. Table value for 't' at 0.05 levels is 1.98 and 0.01 levels is 2.63. Hence, the calculated value is found to be insignificant at both levels of significance. Therefore, the hypothesis which states that "There exists no significant difference between male and female students in their social maturity", stands rejected. Hence, it shows that there exists no significant difference in the social maturity of male and female sports person's students.

**Graph 4.2.2**

**Showing Mean Score of social maturity of Male and Female Students**



**4.3 Result pertaining to correlation of social maturity with self-expression of sports persons.**

The present study explored to find out the relationship between social maturity with self-expression among sports persons. In order to achieve this objective standardized social maturity scale and self-expression inventory was used for data collection. Pearson's coefficient of correlation was calculated and the results are presented in the table given below:

**Table 4.3**

**Relationship of social maturity with self-expression of sports persons**

<b>Variables</b>	<b>N</b>	<b>r</b>	<b>Interpretation</b>
<b>Social maturity</b>	<b>100</b>	<b>.033</b>	PositiveCorrelation but Not Significant
<b>Self-expression</b>			

From the above mentioned table, it is clearly evident that the r' value regarding social maturity with self-expression of sports persons is found out to be .033 whereas table value for the same at 98 Df is found out to be 0.195 and 0.254 at 0.05 and 0.01 levels of significance respectively. Hence the hypothesis i.e. there exists no significant relationship between social maturity with self-expression of sports persons is accepted. This proves that self-expression has no role to play in deciding the social maturity of sports persons. Further the value of correlation .033 is very negligible in nature which again infers that social maturity and self-expression are not significantly interrelated to each other.

#### **4.4 DISCUSSION**

The study has been done to investigate the relationship between social maturity and self-expression among sports persons. Percentage, mean, standard deviation and t-test were used to analyze the data. Sports person's students vary greatly on their level of social maturity and self-expression such variation in the level of social maturity and self-expression is noticed in different levels. About 43% students have very high level of social maturity, 16% possess high level of social maturity, 02% have above average level social maturity, 15% have average level of social maturity, 06% have below average level of social maturity, 08% have low level of social maturity and 10% have very low level of social maturity. The results of self-expression are about 18% sports persons have very high sense of deprivation, 15% possess have high sense of

deprivation, 58% have average sense of deprivation, 09% have low sense of deprivation and 00% have very Low sense of deprivation.

Moreover, social maturity of male and female sports persons does not differ significantly because results revealed that male and female sports persons have similar social maturity. Similarly, male and female sports persons do not differ significantly on self-expression. Now-a-days similar facilities is provided to both male and female sports persons to explore their potentialities regarding their sports ability that is the reason that there exist no significant differences on these said constructs.

The study explored positive but not significant relationship between social maturity and self-expression of sports persons. It means that with the increase of social maturity and self-expression of sports persons should be increased. It means that if sports person is provided with enough opportunities to express their views and should be also enhanced their adjustment with could increase their social maturity. Though, this analysis gives us more accurate ideas regarding social maturity and self-expression of sports persons.



## **CHAPTER-V**

### **SUMMARY, CONCLUSIONS, RECOMMENDATIONS AND SUGGESTIONS**

#### **5.1 SUMMARY**

The title of the study was to explore the relationship of social maturity and self-expression of sports persons. The objectives were framed as:

- To explore the levels of social maturity and self-expression among sports persons
- To find out differences on the basis of social maturity and self-expression between male and female sports persons
- To examine the relationship of social maturity and self-expression among sports persons.
- The present study was descriptive in nature and random sampling technique was used to select the data. A total of 100 sports persons were recruited in this study, among them 50 were male and 50 were female sports persons. In present study two tools were used to collect the data viz social maturity scale and self-expression inventory.

Following were the variables proposed for the study:

1. Social maturity
2. Self-expression

The criterion measures adopted for the study were as follows:

1. Social maturity was assessed with Dr. Nalini Rao's Social maturity (2011) scale
2. Self-expression was assessed with self-expression inventory standardized by Dr. R.P. Verma and Dr. Usha Mishra. (2011).

The data was analyzed by applying Descriptive Statistics i.e. Mean, Standard Deviation, Percentage and t-test has been use to analyze the data. The level of significance to check the significant difference between groups, 0.05 levels was set, which was considered appropriate for the purpose of the study.

## **5.2 CONCLUSIONS**

The conclusions of the study are as follows.

1. Sports person's students vary greatly on their level of social maturity and self-expression such variation in the level of social maturity and self-expression is noticed in different levels.
2. About 43% students have Very high level maturity, 16% possess high level maturity, 02% above Average level maturity, 15% have average level maturity, 06% . have below Average level maturity, 08% have low level maturity and 10% have very low level maturity.
3. About 18% students have very high sense of deprivation, 15% possess have high sense of Deprivation, 58% have average sense of deprivation, 09% have low sense of deprivation and 00% have very Low sense of deprivation.
4. There exists no significant difference between male and female sports persons in their social maturity.
5. There exists no significant difference between male and female sports persons in their self-expression.
6. There exists no significant relationship between social maturity of sports persons with self-expression.

## **5.3 LIMITATIONS OF THE STUDY**

The present study suffered from some limitations which are as under.

1. Only 100 sports person students were taken as a sample, which may not represent the whole population of sports person students.
2. The study was conducted only secondary school students.

## **5.4 SUGGESTIONS FOR FURTHER RESEARCH**

Every investigator after completing his piece of research inevitably becomes aware of areas in which further research is needed and naturally feels motivated to the area, which may be taken up for research by other investigators. The research by virtue of his experience in the field of study humbly offers the following suggestions for further research that could be undertaken by prospective researchers.

1. The study may be conducted on large sample for drawing generalization and to get more reliable results.
2. The study may include the whole state of Punjab.
3. The variable social maturity could be studied in relation to other variables such as intelligence, school climate, home environment and parent child relationship.
4. Comparative study on the same variables can be done on the basis of basis of students of different level e.g. secondary level and senior secondary level.
5. The Comparative study can also be undertaken among students of government and private schools.
6. The comparative study can also be undertaken among students of different districts of Punjab and Haryana.
7. A longitudinal study may help in better understanding of the issues related to sports persons in secondary schools.

## **5.5 RECOMMENDATIONS**

Although the investigator has put in his best efforts on the present study, still the topic has a wide scope for further research. Thus, in the light of findings and conclusions of the present study, the following recommendations are made:

1. The study can be broadened by involving players of other performance level i.e. inter-university, senior national and international.
2. It is recommended that the present study may be repeated by selecting subjects belonging to higher age groups i.e. college level and university level.
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 secondary school students should be provided with congenial and stimulating atmosphere at home, school and society for better academic performance and adjustment in future life.
  
5. There should be guidance and counseling cells established in schools and other education institutions, so that sports persons may get help to reduce their worries and tensions.