Chapter - V

Summary, Conclusions and Recommendation
5.1 Summary

The present study topic is "A Comparative Study of Selected Personality Characteristics and Stress of Senior and Junior National Kho-Kho Players." In the drive to get faster, the mind is often an untapped resource. Utilizing a variety of sports psychological skills can enhance performance, improve consistency in training and competition, and minimize or eliminate undesirable mental states, such as anger, frustration, and burnout. Although most Kho-Kho players understand that their psychological status influences performance, too few actively use the skills necessary to help themselves. Frequently, after a poor performance, the psychological factors go unrecognized and the Kho-Kho player blames other aspects (e.g., diet, training). This article will introduce a few basic tools which may help you feel better in your training and give you that extra edge in performance.

5.2 Discussion of Hypotheses

5.2.1 Senior Male Kho-Kho Players have significantly High Outgoing (Personality Characteristics) than Junior Male Kho-Kho Players. (H1 Confirmed)

5.2.2 Senior Male Kho-Kho Players have significantly High Intelligent (Personality Characteristics) than Junior Male Kho-Kho Players. (H1 Confirmed)

5.2.3 Senior Male Kho-Kho Players have significantly High Stable (Personality Characteristics) than Junior Male Kho-Kho Players. (H2 Confirmed)
5.2.4 Senior Male Kho-Kho Players have significantly High Assertive (Personality Characteristics) than Junior Male Kho-Kho Players. (H2 Confirmed)

5.2.5 Senior Male Kho-Kho Players have significantly High Conscientious (Personality Characteristics) than Junior Male Kho-Kho Players. (H3 Confirmed)

5.2.6 Senior Male Kho-Kho Players have significantly High Shy (Personality Characteristics) than Junior Male Kho-Kho Players. (H3 Confirmed)

5.2.7 Senior Male Kho-Kho Players have significantly High Tough Minded (Personality Characteristics) than Junior Male Kho-Kho Players. (H4 Confirmed)

5.2.8 Senior Male Kho-Kho Players have significantly High Supercious (Personality Characteristics) than Junior Male Kho-Kho Players. (H4 Confirmed)

5.2.9 Senior Male Kho-Kho Players have significantly High Imaginative (Personality Characteristics) than Junior Male Kho-Kho Players. (H4 Confirmed)

5.2.10 Senior Male Kho-Kho Players have significantly High Decisiveness (Personality Characteristics) than Junior Male Kho-Kho Players. (H5 Confirmed)

5.2.11 Senior Male Kho-Kho Players have significantly High Masculinity (Personality Characteristics) than Junior Male Kho-Kho Players. (H5 Confirmed)

5.2.12 Senior Male Kho-Kho Players and Junior Male Kho-Kho Players have no significance difference dimension of Responsibility. (H6 Confirmed)

5.2.13 Senior Male Kho-Kho Players and Junior Male Kho-Kho Players have no significance difference dimension of Friendliness. (H6 Confirmed)
5.2.14 Senior Male Kho-Kho Players have significantly High Emotional Stability (Personality Characteristics) than Junior Male Kho-Kho Players. (H7 Confirmed)

5.2.15 Senior Male Kho-Kho Players and Junior Male Kho-Kho Players have no significance difference dimension of Hetero Sexuality. (H8 Confirmed)

5.2.16 Senior Male Kho-Kho Players have significantly High Ego Strength (Personality Characteristics) than Junior Male Kho-Kho Players. (H9 Confirmed)

5.2.17 Junior Male Kho-Kho Players have significantly High Stress (Personality Characteristics) than Senior Male Kho-Kho Players. (H10 Confirmed)

5.3 Conclusion

5.3.1 With practicing and participation in Kho-Kho tournament increases out going personality characteristic.

5.3.2 It is proved that intelligence personality characteristic increases by practicing Kho-Kho.

5.3.3 Stable personality characteristic increases by participation and practice in Kho-Kho game.

5.3.4 Assertive personality characteristic improves by Kho-Kho game.

5.3.5 Conscientious personality characteristic improves with participation in Kho-Kho tournaments.

5.3.6 Shyness personality characteristic improves by participation in more tournaments of Kho-Kho game.

5.3.7 More practice and participation makes player tough minded personality characteristic in Kho-Kho game.

5.3.8 More practice and more participation improve suspicious personality characteristic in Kho-Kho game.

5.3.9 Imaginative personality characteristic increases by more participation in tournaments.
5.3.10 Decisiveness personality characteristic increases by more participation in Kho-Kho tournament.
5.3.11 Responsibility personality characteristic improves by playing more Kho-Kho tournaments and games.
5.3.12 Emotional stability personality characteristic increases by practicing and participation in Kho-Kho game.
5.3.13 Musculanity personality characteristic increases by participation in tournaments of Kho-Kho game.
5.3.14 Friendliness personality characteristic improves by playing Kho-Kho game.
5.3.15 Hetero sexuality personality characteristic increases by more participation and playing Kho-Kho game.
5.3.16 Ego strength personality characteristic develops by practicing and participation in Kho-Kho game.
5.3.17 Stress can be decreased by more participation and practice in Kho-Kho game.

5.4 Recommendations
5.4.1 To increase outgoing personality characteristic one has to participate and achieve superior Kho-Kho skills.
5.4.2 Superior Kho-Kho skill has positive therapeutic value to improve intelligence personality characteristic.
5.4.3 Stable personality characteristic must be selection criteria for Kho-Kho team.
5.4.4 Players having optimum assertive personality characteristic should be given preference in Kho-Kho game.
5.4.5 To achieve super conscientious personality characteristic one should have to improve Kho-Kho skills.
5.4.6 To increase shyness personality characteristic one has to participate more Kho-Kho games.
5.4.7 Tough minded personality characteristic Kho-Kho players should be included in Kho-Kho team.

5.4.8 Practicing Kho-Kho has therapeutic value to increase suspicious personality characteristic.

5.4.9 Practicing Kho-Kho has therapeutic value to increase imaginative personality characteristic.

5.4.10 To increase Decisiveness personality characteristic one has to participate more Kho-Kho games.

5.4.11 Players having optimum Responsibility personality characteristic should be given preference in Kho-Kho game.

5.4.12 Emotional stability personality characteristic Kho-Kho players should be included in Kho-Kho team.

5.4.13 To increase Musculanity personality characteristic one has to participate and achieve superior Kho-Kho skills.

5.4.14 Superior Kho-Kho skill has positive therapeutic value to improve friendliness personality characteristic.

5.4.15 To achieve hetero sexuality personality characteristic one should have to improve Kho-Kho skills.

5.4.16 Ego strength personality characteristic must be criteria for Kho-Kho team.

5.4.17 To decrease stress one has to participate and achieve superior Kho-Kho skills.

5.4.18 Achieving superior Kho-Kho skill has positive therapeutic value for personality characteristic and stress.