



Effect of sports participation on personality traits among inter University sports person

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Abstract

The purpose of the present research was to Assess and compare the personality traits (sociability, Extraversion, Dominance, Self-concept, Conventionality, Mental Toughness, Emotional Stability,) of competitive athletes in Group game and Individual sports. The method of the study is descriptive analyses, total fifty (Each 25) samples representing both in individual and group game were selected and To collect the data the standardized scale devised by Dr. Ajith Sing has administered on the subject who are participating in all India interuniversity tournament, later 't' test was applied to assess the significant difference in sociability factor of personality traits between sportsperson of individual and group game, the conclusion was drawn that group game sportsperson have possessed the high sociability personality traits comparing to their counterpart, it was rationalized that nature of group participation develops and cultivates the social values and character among the participants.

Keywords: sports participation, personality traits, inter University sports person

Introduction

Personality including dimensions of extraversion, Sport psychology has emerged as a field with a personality including dimensions of neuroticism, research tradition that provides a foundation for direct extraversion, openness, agreeableness and application with athletes. As the role played by conscientiousness, two that have supported both psychological factors in the performance and over well-theoretical and empirical by a large number of researches being of athletes has become better understood, in the last decades. Numerous studies have intervention have been designed to favorably affect examined the relations between five factor model athlete behavior throughout their involvement in sport dimensions and sport activities; these studies suggest and beyond. Sport psychology researchers have been that there is a positive correlation between sport interested in how athletes' psychological an activities, extraversion and conscientiousness and also a characteristics influence performance. From this point, it negative correlation between sport activities and clear that psychological characteristics differ between neuroticism. Also the results of studies connected with more and less effective athletes and teams. Moreover, the Three-dimensional model of personality have shown ability to mentally prepare is considered a key component correlation between sport activities with one or more of such differences. The optimal level of skills in dimensions of low neuroticism, high extraversion and low championship depends on three factors; physical, skill psychotics. Koon (1965) believed sportsmen and mental preparation. It seems that champion's different women are extraversion and there is a significant relation performance depends on mental preparation, influence of between sport abilities and extraversion rate. It is obvious psychology and personality of sportsmen. So it needs to higher abilities have

related with extraversion and lower compare the relationship between psychological variables abilities with introspection. Some findings have found (personality) in different sports. This matter would help different results in this case. Problem: A Comparative Study of Personality Traits between individual and Group game.

Hypotheses: It was hypothesized that the nature of participation leads to develops different kind of personality traits group.

Objective

1. To assess the significant differences of personality individual traits between individual and group game.
2. To know the correlation exist between the nature of game and personality traits.

Materials and methods

The present research is descriptive comparative which compares the personality traits of individual and Group game.

Participants

The participants of the present research are belonging the group game and individual athletes those are participating in the inter university tournaments. The sample was selected using purposive random technique, twenty five subjects of each group as individual and group sportsperson were selected from (basketball, volleyball, kabaddi, kho-kho) and individual (Badminton, cycling, track and field,) were evaluated and compared using seven factor inventory.

Measurement Tools

To collect the requisite data, the standard zed questionnaire constructed by Dr. Ajith Sing has administered on the

sportsperson of individual and group game, who are participating in all India interuniversity tournament held at different part of the country.

Data analysis

First descriptive statistics including means and standard deviation and ‘t’ test and correlation used for describing the personality traits of athletes and group game. The seven primary personality dimension identified by Dr. Ajith singh are described as being functionally independent and psychologically meaningful dimensions of a person’s personality. The primary personality factors that are sociability as taken to prepare research article, hence, sociability has analyzed and described as follows.

Discussion of the Tables

The hypothesis that the group game sports person will have a better social ability than the individual game sportsperson is framed on the rationale that the nature of game and participation is believed to be a prime creator of personality traits of individuals, which also includes the social adjustment. Because normally, the Group Game sportswomen would naturally have advantage over her counterpart as the she or he enjoys social interaction, receives more social experience, gets the more rich exposure she gains, would all influence and promote greater amount of characteristics that fit her in a highly stable mentality in which she could easily adjust socially himself to the different occasions and rich experience of social and matches would determines personality traits and psychological factors comparing to individual game.

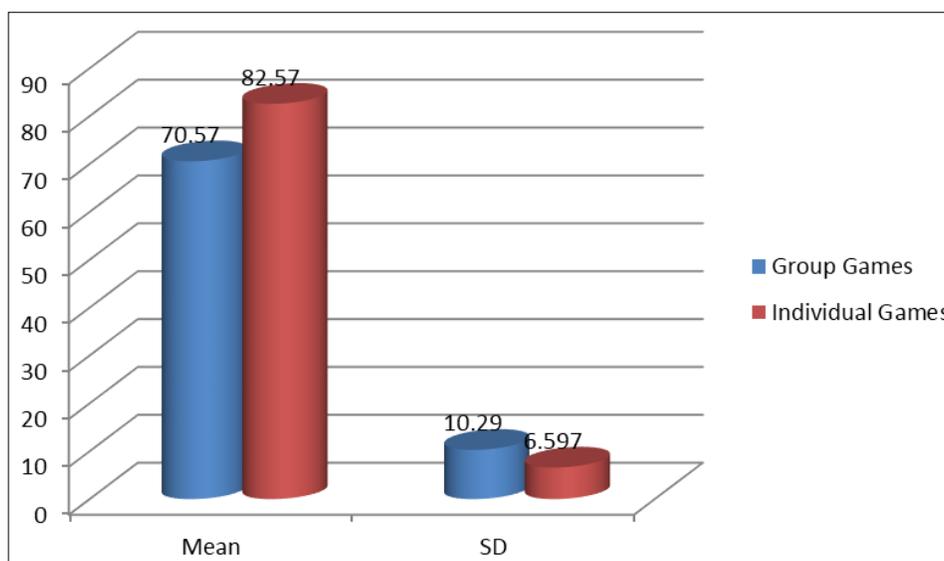
Table 1: Results of the ‘t’-test of group and individual game personality traits of sociability of the sports persons

Variable	Games	Mean	Std. Deviation	t-value	P	Sig
Sociability	Group Games	45.11	7.68	3.501	P<.05 (0.001)	S
	Individual Games	42.68	6.14			

*Significant at 0.05 level

Table demonstrates the Mean, SD and t values of the Sociability dimension of personality of individual game and group sports person. The mean score of Group Game

sportswomen is 45.11 and the mean score of individual game sports person is 42.68 respectively.



*Significant at 0.05 level

Fig 1: Representing the Mean score and SD of Sociability factor of personality dimension of sportsperson

The obtained t value of 3.501 is significant at 0.05 level indicates that there is a significant difference of sociability nature between group and individual game. This represents that sportsperson belonging to team game gets lot of opportunity to involve in experiencing social and emotional feeling in sports competition. They also expose to high level of social, interpersonal and emotional experiences. And excess to the high level of competition and scientific training would help to develop and calculate social quality among the group game sports person, early group sports socialization process would be effective and meaningful these factors might be contributed to the interpersonal skills communication skills

and knowledge about conformability about the sociability. Whereas individual game sports person would be deprived by the excess to social gearing rituals. Due to lack of these faculties there social inter actuation it will be hinders. Hence the formulated hypnosis’s conformed.

Conclusion

The participation in sports activities develops harmonious personality traits among the participants, the study also proved and expressed the fact the group game has advantages to cultivate the social values and traits in the sportsperson, comparing to their counterpart group.

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