

## **A Comparative Study of Extraversion and Neuroticism Psychological variables of Handball Players representing All India Inter University**

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### **Abstract**

This article was aimed to investigate the relationship between personality traits with sport performance. The method of the study is descriptive correlational. The data was collected using questionnaires and through field study procedure. The population of the study consisted of 250 Men and 250 women Handball Players representing All India Inter University. Personality was assessed using the Personality questionnaire constructed by Eysenck's Maudsley Personality Inventory (MPI) questionnaire by S. S. Jalota and S. D. Kapoor (English version) (1959). T-test was used to compare the groups at 0.05 levels of significance. On the basis of result of the present study, it was concluded that male handball players are more extrovert than female handball players and female handball players are more neurotic than male handball players.

**Keywords:** comparative study, extraversion, neuroticism psychological, handball players

### **1. Introduction**

Sports all over the world have emerged as a very competitive area of human activity. Not only sports persons but also people from various walks of life have shown their interest in the world of sports. Sports persons have come forward with more enthusiasm and zeal. Their approach towards sport has become professional. Each and every nation wants to produce the best sports personalities. Besides these factors, psychology of a sports person plays an important role in clinching a medal. Various advanced countries have made efforts in the direction of mental development of their sports persons. Sport psychology has long been making its impact in the field of every sport for many years. Many teams around the world have been utilizing mental techniques in the improvement of athletic performance. One of the aspects of the field is the determination of future performance through the possibility that elite athletes possess personality characteristics that make them successful in their particular sport (Lopez, & Santelices, 2011) And also it has long been attributing successful athletic performance to their personality characteristics. Versari (2004) and Auweele, Cuvpert, Mele, & Rzewnicki, (1993) [1] have concluded that there is a positive relationship between personality and some aspect of athletic performance. It was also thought that a person's answers on a questionnaire could be used to predict successful performance. Personality is more or less stable and enduring organization of a person's character temperament, intellect, & physique, which determine his unique adjustment to the environment. (RB. Eysenck, 1971). Personality traits which are stated in this paper are as follows-

#### **1. Extraversion**

It indicates how outgoing and social a person is. A person who scores high in extraversion on a personality test is the life of the party. They enjoy being with people, participating in social

gathering and are full of energy. Extroverts prefer sports which are exciting, team sports, fast paced, high arousal levels, large, simple motor skills, low concentration. Extroverted people are more loud and excitable, action-oriented, seek breadth of knowledge and influence, often prefer more frequent interaction, recharge and get their energy from spending time with people.

#### **2. Neuroticism**

Neuroticism refers to general emotional instability and the individual's predisposition to neurotic breakdown under stress. An enduring tendency to experience negative emotional state, such as anxiety, anger, guilt and depression. Neuroticism makes people more susceptible to the negative emotions - anxiety, depression, irritability, anger." Basically, neurotic people are more sensitive than their emotionally-stable friends. Individuals who score high on neuroticism are more likely than average to be moody and to experience such feelings as anxiety, worry, fear, anger, frustration, envy, jealousy, guilt, depressed mood, and loneliness. People who are neurotic respond worse to stressors and are more likely to interpret ordinary situations as threatening and minor frustrations as hopelessly difficult. They are often self-conscious and shy, and they may have trouble controlling urges and delaying gratification.

The present study deals with a comparative study of Extraversion and Neuroticism psychological variables of men and women Handball Players representing All India Inter University.

#### **2. Research Methodology**

The present study in hand is a survey type research where the survey was conducted on Handball players, who were selected to represent their respective University in All India Inter

University Handball Championship to collect data for the Extraversion and Neuroticism variables.

**2.1 Samples**

The population for the study were the Handball players participating in All India Inter University Handball tournament.

**Table 1:** Table showing total Population of the Men Handball players participated in All India Inter University Handball tournament.

Sr. No.	Zone	Total players ( Men)
1.	North	62
2.	East	64
3.	West	63
4.	South	61
Total 250		

**Table 2:** Table showing total Population of the Women Handball players participated in All India Inter University Handball tournament.

Sr. No.	Zone	Total players (Men)
1.	North	62
2.	East	63
3.	West	63
4.	South	62
Total 250		

Thus, total population of the Handball players (Men) in All India Inter University Handball championship was = 250+250=500

**2.2 Tools used**

For the collection of the data required for the study the investigator used the following tools to investigate the selected variables.

1. To measure the Personality, the Personality questionnaire constructed by Eysenck’s Maudsley Personality Inventory (MPI) questionnaire by S. S. Jalota and S. D. Kapoor (English version) (1959) was administered.

**2.3 Description of Test**

A) Eysenck’s Maudsley Personality Inventory (MPI) Questionnaire-The personality questionnaire that was administered is constructed by Eysenck’s Maudsley, S. S. Jalota and S. D. Kapoor (English version). In pursuing the objective of the study, this test was used to measure personality of the male and female handball players participated in All India Inter University Handball championship. The questionnaire consists of 48 questions related to the personality of an individual to which they answered by making a tick mark (√) to the yes, (?) and no. It was emphasized that there would be correct assessment to right or wrong responses to these statements which were designed to study individual’s reactions in different situations.

- a) It is to be pointed out that each item had to be responded in positive, doubtful or negative terms. i.e. yes or (?) or no. No statements were left out.
- b) The instructions were made clear to the tester by printing on the test forms, thus questionnaires were administered.
- c) For completing the test, time limit was not fixed. Of course it was given freedom to the respondent to fill it with their requirement of the time. However, an individual took 10 to 15 minutes in completing the test form.

1. Reliability of the test -

The reliability of the personality test was found to lie between .85 and .90 for neuroticism scale and between .75 and .85 for extraversion scale. The test was validated on the coefficient of validity.

**2.4 Scoring Method**

The scoring method to measure personality was administered as follows:

Scoring was recorded according to key given in the respective manuals of the tools. The individual score of subject the statements were tallied to arrive at the total scores of subjects. For each item one of three responses was probable. i.e. i) ‘Yes’; ii) ‘?’; iii) ‘No’.

All items were scored according to the key proposed and recorded accurately. i.e. If the response indicated as ‘yes’, it was awarded the score of 2, If the response is kept in (?), the score was given 1 and. Whereas zero score was left to the response in ‘no’ (except for item no. 14, 16, 18, 22, 24, 30, 36 and 40 which were belong to extraversion dimension and reassigned score as 2 only. The sum of the entire responses would be the total personality score of the individual. Thus, In case of Neuroticism personality, the scoring was awarded as -

1. Yes = 2
2. ? = 1
3. No = 0

In case of Extraversion personality, the scoring was awarded as -

1. Yes = 0
2. ? = 1
3. No = 2

**2.5 Statistical Procedure**

Significant difference in Personality of Handball players representing their respective University to participate in All India Inter University Handball championship were determined through ‘t’ test.T-test was used to compare the groups at 0.05 levels of significance.

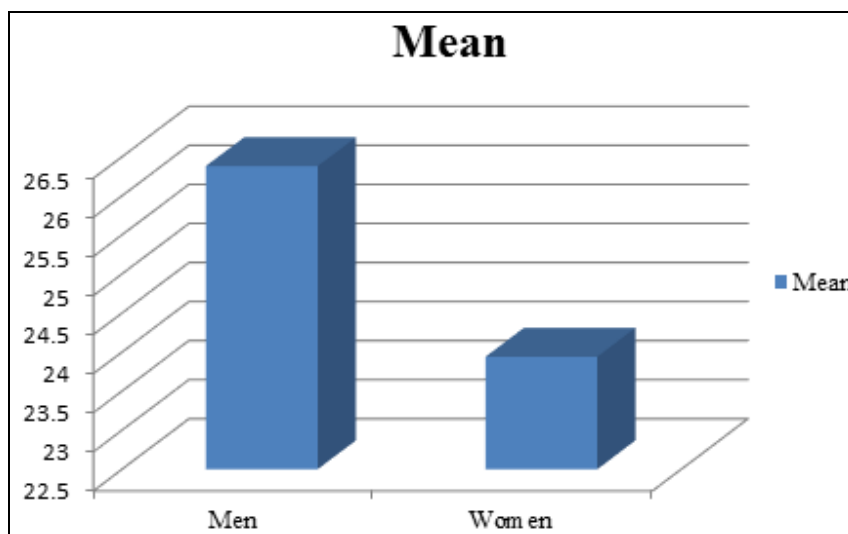
**3. Results and Discussion**

The finding of the various parameters are discussed as under:-

**Table 3:** Comparison of male and female Handball players level of extraversion

Personality Traits	Gender	N	Mean	SD	Calculated 't' value	Level of significance
Extraversion	Men	250	26.38	11.53	2.368*	Sig.
	Women	250	23.94	11.57		Sig.

\*significant  $t_{tab}$ . value at 0.05 level of significance =1.96



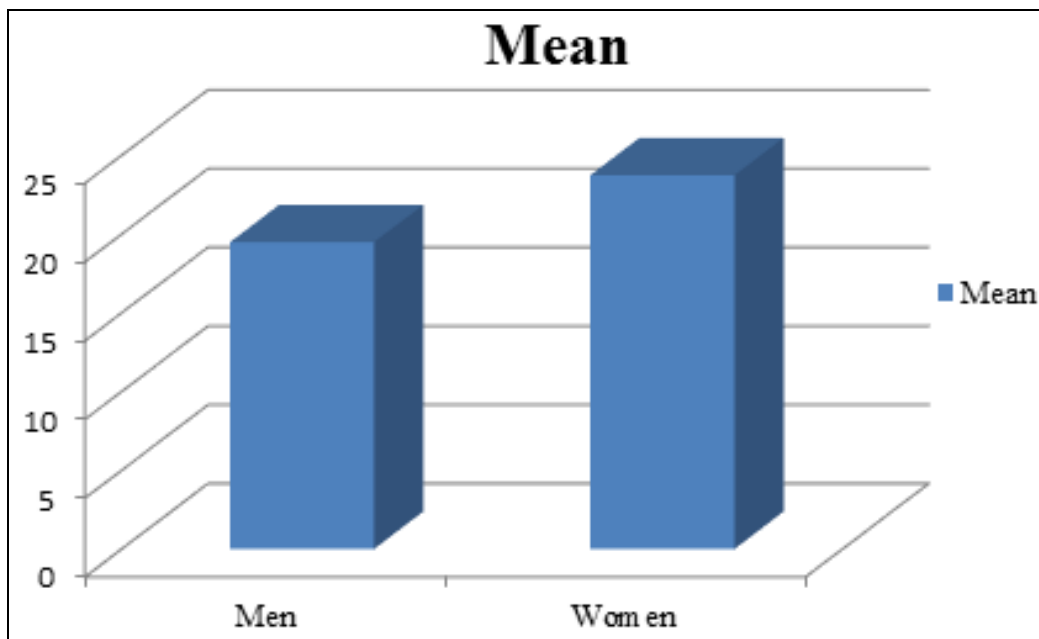
**Fig 1:** Graph of comparison of extraversion mean scores of male and female Handball players

The extraversion mean score (26.38 ±11.53) of male handball players is higher than mean score 23.94±11.57) of female handball players. However, the t ratio is 2.368 which is significant at 0.05 level. It means that there exist significant

difference at the level of extraversion between male handball players and female handball players hence male handball players are more extrovert than female handball players. The results are represented in graphical form in figure 1.

**Table 4:** Comparison of male and female Handball players level of neuroticism

Personality Traits	Gender	N	Mean	SD	Calculated 't' value	Level of significance
Neuroticism	Men	250	19.48	11.28	4.029*	Sig.
	Women	250	23.73	12.50		Sig.



**Fig 2:** Graph of comparison of neuroticism mean scores of male and female Handball players

The neuroticism mean score ( $19.48 \pm 11.28$ ) of male handball players is lower than mean score  $22.73 \pm 12.50$  of female handball players. However, the t ratio is 4.029 which is significant at 0.05 level. It means that there exist significant difference at the level of neuroticism between male handball player and female handball players hence female handball players are more neurotic than male handball players. The results are represented in graphical form in figure 2.

#### 4. Conclusion

On the basis of result of the present study, we can conclude that male handball players are more extrovert than female handball players and female handball players are more neurotic than male handball players. The result of this study indicates that identifying personality traits of players is very important. Because coaches by identifying players' traits could be use them in best times and suitable positions. Also, by knowing players personality traits the coaches are able to control them during the games.

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