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Dr. Haridas Kuloor

Asst. Director of Physical
Education Department of
Physical Education, Mangalore
University, Karnataka, India

Analysis on sports specific personality among inter collegiate sports participants

Dr. Haridas Kuloor

Abstract

The purpose of the study was to analyze the sports specific personality among the inter-collegiate level sports participants. Investigator has randomly selected 220 players who participated in different events of Mangalore university inter collegiate level tournaments and selected to represent the university in inter university level tournaments. Sports specific personality test scale was selected in the study. Specific personality test scale has questions on seven dimensions such as sociability, dominance, extroversion, conventionality, self-confidence, mental toughness and emotional stability.

One way analysis of variance of independent group was applied to determine significant variation. The level of confidence was fixed at 0.05 for significance. No significance difference found in sports specific personality among the inter-collegiate sports participants.

Keywords: Sports specific personality, individual event participants, team event participants

Introduction

Personality is a theoretical concept employed to focus attention on the individual as an integral, dynamic and striving organism. It connects the person's actions, reactions and interactions of all aspects of human behavior. Personality is both dynamic and static in nature. It is the sum total of many components like, cognitive maturity, motivation, interest, feeling, temperament emotional stability, self-concept and attitude etc. These traits are organized in a distinctive way so that they uniquely characterize a person.

Each personality is unique, there are certain personality dimensions, which are common to many individuals. This consists of reaction to conflicts, frustrations, aggressive or defensive behavior and outgoing or withdrawing attitude towards self and other people.

The sports person commonly having certain personality dimensions. These personality dimensions known as sports specific personality. It includes sociability, dominance, extroversion, conventionality, self-confidence, mental toughness and Emotional stability. And these personality dimensions are important to a sports person.

Gasem Ilyasi and Mir Hamid Salehian (2011) ^[2] studied and not found significance difference between individual and team athletes in extraversion, openness and conscientious. Individual sportsmen have a higher degree of extraversion, openness and conscientious than team sportsmen and no significance difference in agreeableness and neuroticism between individual and team sportsmen. And interpreted, individual athletes rely on their own abilities, but team athletes play with scattered responsibilities of work, which could indicate low conscientious trait, since to win or get a result Universal features individually is much more difficult and also requires much effort. Personality can be influenced by some factors such as environment (family, sports, community, school, nature of sports etc.

Material and method

The method of the present study is descriptive research. 220 male sports participants who participated in inter collegiate level tournaments in different events were randomly selected. Among these subjects who selected to represent the university in higher level were treated as high achievers and others were considered as low achievers. Data were collected by Data were collected by sports specific personality scale. Data were analyzed by SPSS.

Correspondence

Dr. Haridas Kuloor

Asst. Director of Physical
Education Department of
Physical Education, Mangalore
University, Karnataka, India

Results

As shown in the table no. 1 there was no significance difference in sports specific personality dimensions such as

sociability, dominance, extroversion, conventionality, self-confidence, mental toughness and emotional stability.

Table 1: Analysis on sports specific personality between individual and team event sports participants in inter collegiate tournaments

SSP Dimensions	Variables	Mean	S.D	't'	'p'	Level of significance
Sociability	Individual event participants	47.49	5.53	.012	.990	Not significant
	Team event participants	47.48	5.30			
Dominance	Individual event participants	41.51	5.13	.050	.960	Not significant
	Team event participants	41.47	5.63			
Extroversion	Individual event participants	37.29	4.93	-1.748	.082	Not significant
	Team event participants	38.41	4.55			
Conventionality	Individual event participants	38.91	5.11	-.293	.770	Not significant
	Team event participants	39.10	4.55			
Self confidence	Individual event participants	43.94	5.94	.263	.793	Not significant
	Team event participants	43.74	5.30			
Mental toughness	Individual event participants	41.38	5.49	-1.676	.095	Not significant
	Team event participants	42.59	5.21			
Emotional stability	Individual event participants	43.40	5.61	1.420	.157	Not significant
	Team event participants	42.34	5.50			

And table no.2 resulted that there was no significance difference in sports specific personality between inter

collegiate level participants and inter university level participants.

Table 2: Analysis of sports specific personality between inter collegiate and inter university level players

Dimensions	Level of achievement	Mean value	S.D	't'	'p'	Significant difference
Sociability	Inter collegiate level achievers	48.22	5.07	1.168	.244	Not significant
	Inter university level achievers	47.35	5.97			
Dominance	Inter collegiate level achievers	40.70	7.23	-1.776	.077	Not significant
	Inter university level achievers	42.16	4.74			
Extroversion	Inter collegiate level achievers	38.52	4.63	1.770	.078	Not significant
	Inter university level achievers	37.37	4.96			
Conventionality	Inter collegiate level achievers	39.52	3.76	1.242	.216	Not significant
	Inter university level achievers	38.74	5.43			
Self confidence	Inter collegiate level achievers	43.95	6.42	.054	.957	Not significant
	Inter university level achievers	43.90	6.07			
Mental toughness	Inter collegiate level achievers	43.12	5.24	1.618	.107	Not significant
	Inter university level achievers	41.86	6.23			
Emotional stability	Inter collegiate level achievers	42.95	5.44	-.512	.609	Not significant
	Inter university level achievers	43.33	5.61			

Discussion

Several studies revealed that the personality differs between individual and team event participants. In this study the table no. 1 results there was no difference in sports specific personality between individual event and team event sports person. It can be assumed that the sports participants of Mangalore university inter collegiate competitions were not professionals. They were just involving in training only during the competitions. They rarely participate in other professional tournaments. And it also observed that in Mangalore university sports competitions a sports person participate in both individual and team events. For the sake of college a person participate both in individual and team event in inter collegiate tournaments. The physical education teacher of the institution insist his student to participate in all the events. It might have effect on the sports participants and resulted as no difference in sports specific personality between individual and team event sports participants at inter collegiate level tournaments.

The table no. 2 results there was no difference between high achievers and low achievers in sports specific personality dimensions such as sociability, dominance, extroversion, conventionality, self-confidence, mental toughness and emotional stability. It indicates that the standard of competition in inter collegiate level in this region is equal to

inter university level. All the participants have equal level of personal qualities.

Hence the study was concluded that the sports specific personality differs between only in the professional players and the personality of the sports participants influenced maximum level by his or her environment.

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