



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2019; 4(1): 1168-1170

© 2019 Yoga

www.theyogicjournal.com

Received: 21-11-2018

Accepted: 24-12-2018

Dr. Rajdhar Chaitram Bedse
V.V.Ms Arts Commerce College,
Akkalkuwa, Nandurbar
Maharashtra, India

A comparative analysis of personality traits among women badminton and Lawn tennis plyers

Dr. Rajdhar Chaitram Bedse

Abstract

The purpose of the study became to examine of aggression among intervarsity degree soccer and hockey players. Overall gamers selected randomly because the topics for this examine. The age of the subjects were starting from 22 – 25years. To measure the aggressiveness of football and hockey players by the usage of aggression, It was there would be no massive a distinction between the football and hockey players at the diploma of aggression. For the cause of analysis 't' take a look at was employed to examine the degree of aggression between soccer and hockey gamers. There has been a massive distinction between the approach of soccer and hockey gamers at the ratings of aggression since the received into better than the tabulated price. The aggression stage of soccer players changed into located higher than the hockey plyers.

Keywords: Comparative analysis, personality traits, among women, badminton and Lawn tennis plyers

Introduction

Motivation is a psycho-physiological situation of the living organisms, which inspire them to try to fulfill their wishes. It consists of getting ready someone to perform a mission no longer simplest physically however additionally mentally. Without this, all obligations become dull. No man or woman can acquire better goals until she or he is nicely prompted to do so. As a result it could be stated that motivation induces movement. Without the assist of those tools, an individual may be prepared to respond to the ones situations which have an effect on the pre-decided desires and their success. In sports, achievement affords a kind of pride to all of the human beings and such type of delight motivates them to a splendid quantity. This motivation evokes the newcomers to attempt for accomplishing endeavors. If person preserve on getting achievement, then he gets extra inspired and stimulated. Without motivation, no instructor or instruct can arouse will to examine\ and to strive within the freshmen or gamers. Studies in exercising and game psychology has shown that individuals have different dreams for achievement and that to virtually understand motivation we should apprehend how absolutely everyone defines achievement or competence for him or herself. Many studies have been carried out within the issue of success motivation and their impact on overall performance.

Research on character traits of aggressive athletes have revealed how sure human traits impact overall performance, nor merely of aggressive athletes however additionally of folks who participate in sports activities for pastime purpose. Personality performs crucial function in accomplishing excessive overall performance in fields of existence which include games and sports. Character is a dynamic idea. It can't be limited to sure inherited developments, inclinations and attributes. The inner middle of personality can also check with inherit characteristics, characteristics and traits not unusual to all (which exert a steady stress on each person), its peripheral side constitutes the difference which distinguish one individual from others.

Now days the budget of Olympic video games is going on growing day by day so the negative fails to set up this form of games. The male and female players of various regions of the do no longer range in their motives for participation, i.e. countrywide stage, inter-university level, junior countrywide stage and national colleges degree vary substantially on four factors, i.e. recognition, health/friendship, pleasure, group association.

Corresponding Author:
Dr. Rajdhar Chaitram Bedse
V.V.Ms Arts Commerce College,
Akkalkuwa, Nandurbar
Maharashtra, India

Mother and father play an essential role as a contributing issue for talent development and badminton recreation stories. One's circle of relative's history has also been determined to persuade sports activities perform. Researcher has located that socioeconomic reputes, parental involvement, and circle of relative's length are in particular essential family factors.

Notwithstanding our advances in the discipline of education, still regarding the role of psychological variable in sports activities there are sizeable gaps in our know-how. till now the considerable majority of the research has been focused on intellectual functions which include "trainable" skills. But, there's still little research on 'fulfillment motivation' - defined as a mental feature which has a character of 'lasting property'. Fulfillment motivation can't be described as something that occurs in the course of competition however in most cases as a trait having 'permanent character,' - being shaped all through the preceding weeks, months and years. Consequently it is apparent that coaches may additionally search for athletes who've had this feature at a high level from the very starting and therefore do no longer need plenty mental intervention. The loss of mental knowledge by coaches in the place of 'motivation' is one of the important reasons for errors made in the talent identity process. It frequently reasons sadness of those gamers who aren't predestined to exercise excessive-expert by the basics of their persona - those players who do not possess high stage of fulfillment motivation and they do no longer attain the best degrees of the recreation no matter right consequences at a younger age.

Review of literature

TH Shyam Singh and H Surendra Sharma (2018) ^[1] For evaluating sports activities among the male and female players, descriptive statistics and impartial 't' check have been applied at 0.05 stage of significance. The mental variable sports achievement motivation has no extensive distinction with the Badminton Male and girl gamers of Indore District. On the premise of the findings it was concluded that a few different elements can be responsible for the results like: Small sample size and insincere reaction of the subjects.

Basanti Bamaniya (2016) ^[2] The motive of this study became to evaluate the sports activities achievement motivation between the male and female badminton player in Indore District, (MP). General (N=70) badminton male and lady players, male (35) and woman (35), belonging from the Indore District, (MP) country have been decided on. The variable decided on for the present have a look at become sports activities success motivation. Sports success Motivation check designed by means of Kamlesh changed into used to collect the information.

Pravin Kumar And Ramandeep Kaur (2014) ^[3] The respondents of the prevailing study had been (50-male and 50-woman) badminton players from the schools affiliated to Punjabi college Patiala. Eysenck character stock, Socio-monetary reputes scale standardized equipment has been used. Profile sheet for standard facts reading performance become used. Purposive random sampling became implemented. Mean, widespread deviation, t-check and correlation had been implemented to analyze the facts.

Birgit Keller *et al.* (2013) ^[4] The character of an individual is the end result of a complicated network of influences of numerous impartial elements together with organic and mental constitution, except the social, environmental and cultural effects of wherein they stay. It is the integration of

those components that interacting makes the whole. To verify if there is a cause/effect dating among persona developments, gender and harm in game. The sample consisted of 60 athletes with mean age of 15.6 (SD = 1.5) years antique, being 35 male athletes and 25 female athletes belonging to children and teens class, participating in tennis on grass tournaments of the Federation of Santa Catarina and Parana.

Gurpreet Singh (2015) ^[5] Sports are such a hobby wherein lot of bodily attempt is needed. A physically in shape person has always been determined to be better. However, being physically suit is not enough. One needs to be emotionally stable as nicely to carry out higher. The prevailing is an attempt to recognize the identical. The present observe is based totally on a survey of 100 college students of Chandigarh region. This observes discovered that the countrywide players had exhibited higher than their counterparts at inter-faculty stage and non-gamers.

Juan Del Coso *et al.* (2012) ^[6] The poor outcomes of dehydration on cardio sports are nicely installed. But, it is unknown how dehydration influences intermittent sports overall performance. The purpose of this study becomes to perceive the level of dehydration in elite badminton players and its relation to muscle strength and power manufacturing. Seventy fits from the country wide Spanish badminton championship had been analyzed (46 man singles and 24 women's singles).

Mark Lyons *et al.* (2013) ^[7] Exploring the consequences of fatigue on skilled performance in tennis affords a vast assignment to the researcher with respect to ecological validity. This take a look at examined the effects of moderate and high-depth fatigue on groundstroke accuracy in expert and non-expert tennis players. The studies additionally explored whether or not the effects of fatigue are the equal irrespective of gender and player's fulfillment motivation characteristics.

Methodology

The purpose of the study was to compare the physical variables (speed, staying power, agility and versatility) among Badminton and garden-tennis players. by the purposive random sampling technique, 30/30 women gamers of badminton and lawn tennis have been decided on for the look at of the age group arranging from 17-19 years. The Descriptive information (suggest and fashionable deviation) and independent 't' take a look at were hired using SPSS software program to examine the variables. The goal of the present study was to know they have an effect on of character tendencies on the performance stage of badminton gamers, to explore the personality tendencies of badminton players in terms of their socio financial reputes and discover the overall performance of badminton gamers in terms of their socio monetary status.

Results and Discussion

Table 1: Comparison between and Badminton and Lawn-Tennis women players

Variables	Badminton		Lawn tennis		t test
	Mean	SD	Mean	SD	
30 M dash	5.14	±0.47	5.2	±0.41	0.72
Sit ups	35.8	±6.36	41.8	±5.9	0.01
Shuttle run	10.44	±0.99	11.41	±1.05	0.01
Bridge up test	17.53	±3.58	18.0	±3.74	0.72
Shoulder and wrist elevation test	12.86	±3.24	14.2	±3.16	0.26

The contrast of the have a look at variables between the badminton and Lawn-Tennis women players were highlighted inside the table 1.

From the table1 shown that the 30m mean values and fashionable deviation of Badminton and lawn-Tennis women gamers had been 5.14 ± 0.47 and 5.2 ± 0.41 respectively. The sit values and widespread deviation of Badminton and lawn-Tennis women gamers were 35.8 ± 6.36 and 41.8 ± 5.9 respectively. The shuttle run values and popular deviation of Badminton and lawn-Tennis women gamers were 10.44 ± 0.99 and 11.41 ± 1.05 respectively. The Bridge up check values and popular deviation of Badminton and lawn-Tennis women players had been 17.53 ± 13.58 and 18 ± 3.74 respectively. The Shoulder and wrist elevation take a look at values and fashionable deviation of Badminton and lawn-Tennis women gamers had been 12.86 ± 13.24 and 14.2 ± 3.16 respectively.

The t take a look at calculation values of 30 M sprint (0.72), sit down ups (0.01), travel run (0.01), Bridge up test (0.72) and Shoulder and wrist elevation take a look at (0.26) had been much less than the tabulated cost at 5% degree of considerable (table 1). As a consequence there have been no differences of all of the variables between Badminton and lawn-Tennis women gamers.

Conclusion

It may be concluded from the results that there are similar and distinct persona tendencies in Badminton and lawn-Tennis women after they are grouped and they directly have an effect on the incidence of accidents, as in the case of aggression. it could be deduced that greater competitive athletes present more tendency to show themselves greater, main them to higher damage probability. The badminton gamers got here to the in shape with a good enough hydration degree and maintained suitable hydration in the course of the suits with the aid of an adequate fluid intake regime. These styles avoided a level of dehydration which can have negatively influenced their overall performance. The badminton match did not produce muscle fatigue within the decrease or higher limbs as leap peak and hand grip electricity have been no longer changed. There has been an obtrusive asymmetry in hand grip energy in favor of the dominant aspect. No gender differences were discovered in the hydration parameters, however, the duration of the men's fits turned into more and they showed higher levels of power of their decrease limbs and extra strength in their higher limbs.

References

1. Shyam Singh TH, Surendra Sharma H. A comparative study between the badminton and lawn tennis players of Manipur on speed, endurance, agility and flexibility. 2018; 3(2):896-898. ISSN: 2456-4419.
2. Basanti Bamaniya. A comparative study sports achievement motivation between male and female badminton players. 2016; 3(6):346-348, ISSN: 2394-1685.
3. Pravin Kumar, Ramandeep Kaur. personality traits and performance of badminton players in relation to their socio-economic status, 2014, 3(1). ISSN: 2278 – 716X.
4. Birgit Keller *et al.* relationship between personality trait and muscle injuries in tennis players, 2013, 19(2).
5. Gurpreet Singh. A Study of Emotional Stability Among Players and Non-Players of Chandigarh Schools, 2015, 2(5). ISSN: 2349-784X.
6. Juan Del COSO *et al.* Analysis of Dehydration and Strength in Elite Badminton Players, 2012, 7(5).

7. Mark Lyons *et al.* The Effect of Moderate and High-Intensity Fatigue on Groundstroke Accuracy in Expert and Non-Expert Tennis Players. 2013; 12:298-308.