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Suresh Kumar

Sant Baba Bhag Singh

University Jalandhar, Punjab,

India

Cross sectional study of psychological characteristics of sports persons at different levels of sports participation

Suresh Kumar

Abstract

The purpose of the present study was to compare the psychological characteristics of intercollegiate and intervarsity female handball players. Total forty subjects were randomly selected (20 from intercollegiate and 20 from intervarsity) from Jammu University; Jammu and Kashmir was taken as a sample. The age of subject ranged between 18-25 years. Sports Specific Personality Test for the measurement of personality traits of sportspersons; Specific Sports Personality Test devised by Cheema and Singh (2005) was administered in English version to all the subjects of the study. All the subjects were informed about aim and methodology of the study and they volunteered to participate in this study. 'T' test independent was used to analysis the data, level of confidence was set at 0.05 level. The results show that personality traits of sportspersons showed that in the parameters such as Sociability, Dominance, Extraversion, Conventionality, Self-Concept and Mental Toughness, there were significant difference between intercollegiate and intervarsity female handball players of Jammu University and there were no significant difference in the component of Emotional Stability between intercollegiate and intervarsity female handball players.

Keywords: Personality, handball, intercollegiate, intervarsity

Introduction

In the field of sports psychology, the personality research was characterized by a tradition between group comparisons, e.g. athletes were compared with non-athletes, successful athletes with less successful ones, and men athletes with women athletes. Comparisons were also made among athletes representing different sports disciplines. These studies generally served performance prediction and selection goals, whether these attempts were very successful or not is difficult to say. But some studies have attempted to demonstrate an - athletic personality. Heusner (1952) ^[1] found some persisting personality traits in American and British Olympic champions. He found that champions were emotionally stable, dominant, venturesome, bold, uninhibited, placid, self-confident and self-assured. Weber (1953) ^[2] conducted a study on 246 freshmen who were expected to take physical education at the state University of Iowa. The findings of the research declared no significant relation between total MMPI scores and fitness score. Biddulph (1954) ^[3] found greater intensity of social and personal adjustment among students with higher in athletes achievement than the students ranked lower in athletic achievement. Persone (1964) ^[4] revealed that difference was found among champion swimmers and the average population in 15 out of 16 factors of Cattell's 16 PF and the champion swimmers apparently possessed extreme scores on personality factors. Schendel (1965) ^[5] found that the 9th grade athletes differed from the non-athletes on eight of the CPI scales, differences existed on 4 scales for the 12th grade sample and nine differences were observed for the college subjects. Hence, he supported the view that athletes and non -athletes differ in personality structure. Kroll and Carlson (1967) ^[6] contend that there is a definite personality factors existed which motivate people to select a sport and participate in it. Such factors might be different form general psychological factors relating to ordinary activity of body. Cooper (1969) ^[12] lists athlete's personality structure as below:- Ogilvie (1968) ^[10] also found that traits like tough-mindedness, emotional stability, consciousness, self-assuredness and outgoings consistently, self-control; low ergic tension level, were associated with athletic achievement.

Corresponding Author:

Suresh Kumar

Sant Baba Bhag Singh

University Jalandhar, Punjab,

India

Malumphy (1968) [7] used the Cattell's 16 PF to compare the personality traits of 120 women, 77 athletes and 43 non-athletes. He found athletes playing individual sport being more burnout as compared to those participating in team sports. Although the high degree of conscientiousness and tough-mindedness is found among sport participant but they were less venture some and imaginative than their counterparts i.e non sport participant. Hunt (1969) [8] reported that Negro and white varsity athletes had similar personality profiles as did the Negro and white non-athletes. Hence, athletes, regardless of ethnic background tended to differ from the non-athletes. Studies conducted by Kane (1965) [9], Berhram and Kroll (1967) [6] and Dardin (1972) [13] have indicated that determination, drive and killer instinct are the qualities that are expected to be found extraordinarily in champion athletes. They have also shown that athletes of one sport differ from those of other sport and non-athletes in their personality characteristics. Little (1969) [14] found that the athletic group was highly extrovert and sociable while the non-athletic group was characterized by introversion and lack of sociability. His findings were essential in agreement with those of Carmen, Zerman and Blaine (1968) [15] and Pierce (1969) [16] i.e. athletes display fewer neurotic symptoms than non-athletes. So, he concluded that athletes have consistently been found to differ from non-athletes on a number of personality traits. The athlete tends to be stable and extroverted with the exception of cross country runners and marathons that are characterized by introversion. Bird (1970) examined personality differences in participants and non-participants in sports. He found that intercollegiate participants were more serious, sober, tough-minded, self-reliant, decisive, enterprising, possessing more alertness, poise when compared with the non-participants. Sperling (1970) [18] who used six assessment instruments to study college athletes and non-athletes, found results similar to those of Cooper (1969) [12]. Burdashaw (1971) [21] studied personality profile of swimmers and non-swimmers among university women and found that groups did not differ significantly in the profile for 16 primary and four secondary

factors. Rusch (1972) [22] found that adult female athletes to be more reserved and tough -minded than the non-athletes.

Methodology

The subject belongs to intercollegiate and intervarsity players of Jammu University. The age of subject ranged between 18-25 years. Sports Specific Personality Test for the measurement of personality traits of sportspersons; Specific Sports Personality Test devised by Cheema and Singh (2005) [19] was administered in English version to all the subjects of the study. All the subjects were informed about aim and methodology of the study and they volunteered to participate in this study. 'T' test independent was used to analysis the data, level of confidence was set at 0.05 level.

Sports Specific Personality Test: For the measurement of personality traits of sportspersons; Specific Sports Personality Test devised by Cheema and Singh (2005) [19] was administered in English version to all the subjects of the study; i.e. females. This test has 100 items which measure seven personality traits. It is a reliable and valid test.

Description of the tests

Sports-specific personality test: - This questionnaire has 100 items and measures seven of personality traits for Dominance, sociability, conventionality, extraversion, self-concept, mental toughness and emotional stability.

Scoring Procedure

The test is scored as such

	Positive Items	Negative Items
Never	1	4
Sometimes	2	3
Often	3	2
Always	4	1

Results

Table 1: Mean, SD and t-ratios of Personality Characteristics of female Handball players of inter college and inter university level competition

Variables	Level	N	Mean	SD	t-value	P. Value
Sociability	College	20	40.22	4.23	4.32*	0.001
	University	20	44.62	4.12		
Dominance	College	20	39.42	5.02	2.39*	0.018
	University	20	41.50	4.88		
Extraversion	College	20	33.98	3.88	3.12*	0.002
	University	20	37.42	3.72		
Conventionality	College	20	33.52	4.23	3.98*	0.001
	University	20	36.72	4.12		
Self Concept	College	20	35.98	5.02	3.42*	0.001
	University	20	41.02	4.88		
Mental Toughness	College	20	39.52	3.88	2.92*	0.019
	University	20	42.10	3.72		
Emotional Stability	College	20	38.94	4.23	1.6	0.001
	University	20	40.12	4.12		

As per the above table, differences on many personality characteristics were found to be significant between university level and college level female sports-persons of Handball game, e.g. Sociability ($t= 4.32, p< 0.001$), Dominance ($t=2.39, p< 0.018$), Conventionality ($t=3.98, p< 0.001$), Self-Concept ($t=3.42, p< 0.001$) and Mental Toughness ($t=2.92, p< 0.019$) but not in the case of Emotional Stability, where t-value of 1.609 was not

statistically significant. The mean scores indicate that university level female players of Handball game were having high mean scores on Sociability ($M=44.62$), Dominance ($M=41.50$), Extraversion ($M=37.42$), Conventionality ($M=36.72$), Self-Concept ($M=41.02$), Mental Toughness ($M=42.10$) than the college level players whose mean scores can be compared as 40.22, 39.42, 33.98, 33.52, 35.98, & 38.94 respectively.

Discussion and Conclusion

The investigator analyzed the collected data as per the purpose of study. The statistical analysis of personality traits of sportspersons showed that in the parameters such as Sociability, Dominance, Extraversion, Conventionality, Self-Concept and Mental Toughness there were significant difference between intercollegiate and Intersivity female players of Jammu University and there were no significant difference in the component of Emotional Stability between intercollegiate and intersivity female handball players. The study also revealed that the intersivity female handball players are better in Sociability, Dominance, Extraversion, Conventionality, Self-Concept and Mental Toughness as compare to intercollegiate female handball players. The differences in personality traits parameters between intercollegiate and intersivity handball players may be due to difference in skills, experience, trainability and movement's pattern etc.

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