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Comparison of personality traits among medalist and non-medalist handball players

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Abstract
The main purpose of the study was to compare the personality traits among medalist and non-medalist handball players of Lakshmibai National Institute of Physical Education, Gwalior& Bharati Vidyapeeth (Deemed to be) University, College of Physical Education and Pune. For this study total 30 National level handball players of 18-25 years were selected respectively from Lakshmibai National Institute of Physical Education, Gwalior & Bharati Vidyapeeth (Deemed to be University), College of Physical Education, Pune. Researcher applied the famous Big Five Personality Traits to collect data from the subject's i.e. Extroversion, agreeableness, Conscientiousness, Neuroticism, and Openness. The result revealed that there is no significant difference in extroversion. The result also shows that there is significant difference found in agreeableness, Conscientiousness, Neuroticism, and Openness.

Keywords: Personality, traits, medallist, Non-medallist and handball

Introduction
Sports anxiety, as a kind of anxiety, drives a tendency to evaluate the competition situations as threatening, and in response to this situation, there is an anxious state. As the previous research results show the link between anxiety levels and achievement, research problem is whether there is a connection between the personality traits of athletes with a degree of anxiety in athletes, as well as whether there are differences in the level of anxiety in relation to sex of athletes, type of sports and the level of success in sport. The goal of this research is to improve understanding of the personal and situational factors associated with anxiety in athletes. The starting point was the multidimensional theory of anxiety that distinguishes somatic component of anxiety, cognitive component and confidence. The study included 90 athletes who were asked to judge the degree of sports anxiety using the CSAI-2 scale and personality traits (VP+2). The findings confirm the personality traits as predictors of somatic anxiety, with the aggressiveness being a significant predictor of somatic anxiety. Neuroticism, openness and aggressiveness emerged to be the predictors of cognitive anxiety and conscientiousness, openness and aggressiveness as predictors of sport confidence. Benet-Martinez (2006), highlight how those with a more positive personality, higher on extraversion and conscientiousness, are likely to be longer. To close, it can be seen how personality is established about 5key traits according to FFM. These traits are not isolated and it is the interaction and individual dominance of these traits which results in personality. The personality itself can determine many facets of sport performance and behavior, some of which may well be out of the athlete's cognitive control. It is significant to understand personality if dealing with athletes to raise the best coping strategies and goals to assist in bettering their functioning.

Personality has been determined as there natively stable arrangement to fan individual's character, intellect, and shape, which determines the individual's behavior and his or her actions in a given state of affairs. For each person, there are core personality components that are quite static and static. Yet, when one follows patterns of conduct in an individual not merely his or her base psychological core should be taken but also the dynamic organization within the soul that sets his or her unique adaptation to the surroundings.

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In effect, the interaction between the core trait and the peripheral (e.g., State) aspects of the individual's behavior define his or her personality.

Methodology
This was a survey study which was conducted to compare the personality traits among medalist and non-medalist handball players of Lakshmibai National Institute of Physical Education, Gwalior & Bharati Vidyapeeth Deemed to be University, College of Physical Education and Pune. For this study total 30 National level handball players of 18-25 years were selected respectively from Lakshmibai National Institute of Physical Education, Gwalior & Bharati Vidyapeeth

(Deemed to be University), College of Physical Education, Pune. T-test was used as a statistical tool. Data were analyses with the help of SPSS software.

Method of measurement of Variable: Personality traits were the variables for this study. Big Five Personality Traits were measured to collect data from the subject's i.e. Extroversion, agreeableness, Conscientiousness, Neuroticism, and Openness.

Findings
Openness

Table 1: Descriptive Statistics of Medalist and Non- Medalist Handball Players on Openness in Big Five Personality.

Subject	Number of students (n)	Mean (M)	Standard Deviation(SD)	t value	Degree of Freedom	2-Tailed test, (α= 0.05)	
						Critical Value(CV)	*p*- value
Medalists	15	34.00	0.93	+10.38	28	2.048	0.03
Non- medalists	15	30.53	1.12				

Table No 1 shows the data collected on 15 Medalist Handball players has a higher mean score (M=34.00, SD=0.93) compared to the mean score (M=30.53, SD=1.12) of 15 non-Medalist handball players. Calculate t-value is + 10.38, which

is higher than tabulated value, which is 2.048 and the calculated significance level (0.03) is lower than α=0.05. Therefore, there is a significant difference on the Medalist and non-Medalist handball players.
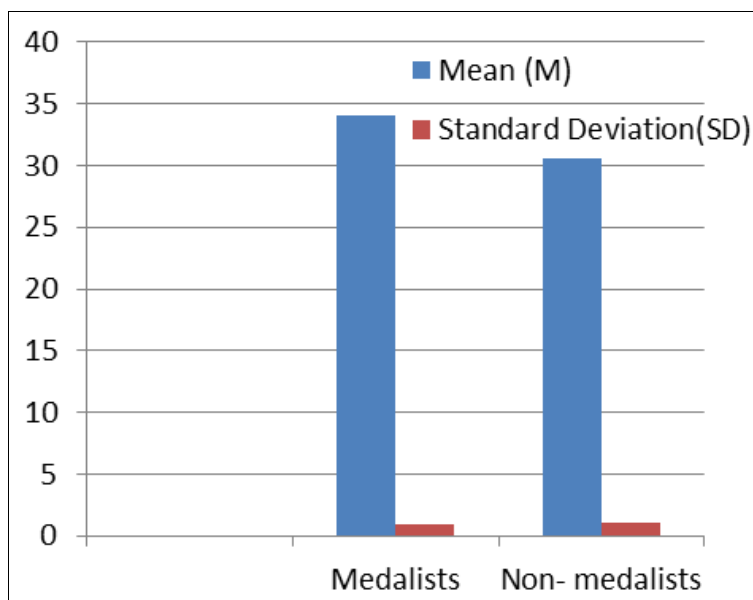

Fig 1: Mean and S.D. of Medalist and Non-Medalist Handball Players on Openness in Big Five Personality.

Conscientiousness

Table 2: Descriptive Statistics of Medalist and Non-Medalist Handball Players on Conscientiousness in Big Five Personality.

Subject	Number of students(n)	Mean (M)	Standard Deviation(SD)	t value	Degree of Freedom	2-Tailed test, (α= 0.05)	
						Critical Value (CV)	*p*- value
Medalists	15	34.93	1.63	+4.67	28	2.048	0.02
Non- medalists	15	32.00	0.43				

*significance at 0.05 level.

Table No 2 shows the data collected on 15 Medalist Handball players has a higher mean score (M=34.93, SD=1.63) compared to the mean score (M=32.00, SD=0.43) of 15 non Medalist handball players. Calculate t-value is +4.60, which is

higher than tabulated value, which is 2.048 and the calculated significance level (0.02) is lower than α=0.05. Therefore, there is a significant difference on the Medalist and non-Medalist handball players.

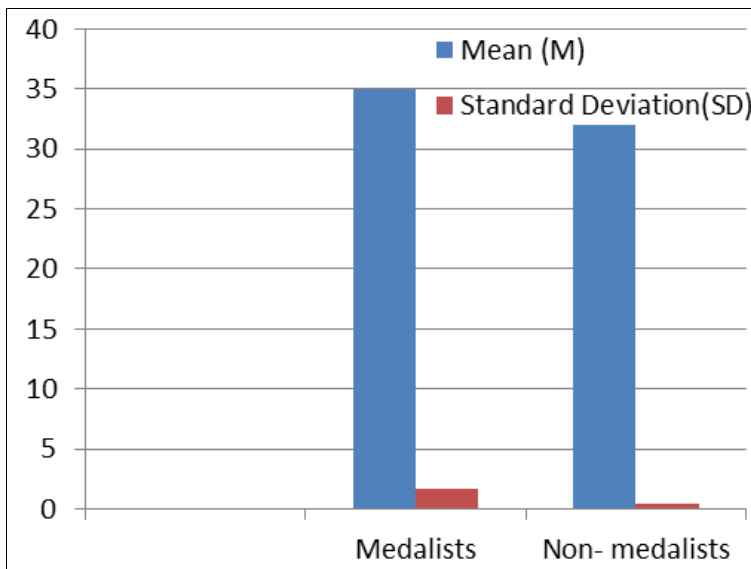**Fig 2:** Mean and S.D. of Medalist and Non- Medalist Handball Players on Conscientiousness in Big Five Personality

Extroversion

Table 3: Descriptive Statistics of Medalist and Non- Medalist Handball Players on Extroversion in Big Five Personality.

Subject	Number of students(n)	Mean (M)	Standard Deviation(SD)	t value	Degree of Freedom	2-Tailed test, (α= 0.05)	
						Critical Value (CV)	*p*- value
Medalists	15	29.47	2.13	-1.01	28	2.048	0.32
Non- medalists	15	30.13	1.40				

Table No 3 shows the data collected on 15 medalist Handball players has a lower mean score.
(M=29.47, SD= 2.13) compared to the mean score (M= 30.13, SD= 1.40) of 15 non medalist handballplayers.Calculatet- valueis-1.01, which is lower than tabulated value, which is 2.048 and the calculated significance level (0.32) is higher than α=0.05. Therefore, there is no significant difference on the medalist and non-medalist handball players.
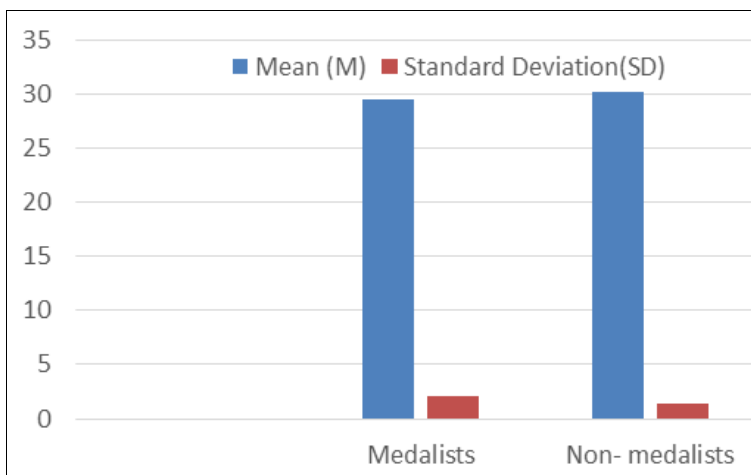

Fig 3: Mean and S.D. of Medalist and Non- Medalist Handball Players on extroverson Big Five Personality

Agreeableness

Table 4: Descriptive Statistics of Medalist and Non- Medalist Handball Players on Agreeableness in Big Five Personality.

Subject	Number of students(n)	Mean (M)	Standard Deviation(SD)	t value	Degree of Freedom	2-Tailed test, (α= 0.05)	
						Critical Value (CV)	*p*- value
Medalists	15	40.27	2.03	+9.80	28	2.048	0.01
Non- medalists	15	39.67	1.04				

Table No 4 shows the data collected on 15 Medalist Handball players has a higher mean score (M=40.27, SD= 2.03) compared to the mean score (M= 39.67, SD= 1.01) of 15 Non- Medalist handball players. Calculated-valueis+9.80, which is higher than tabulated value, which is 2.048 and the calculated significance level (0.01) is lower than α=0.05. Therefore, there is a significant difference on the Medalist and non-Medalist handball players.
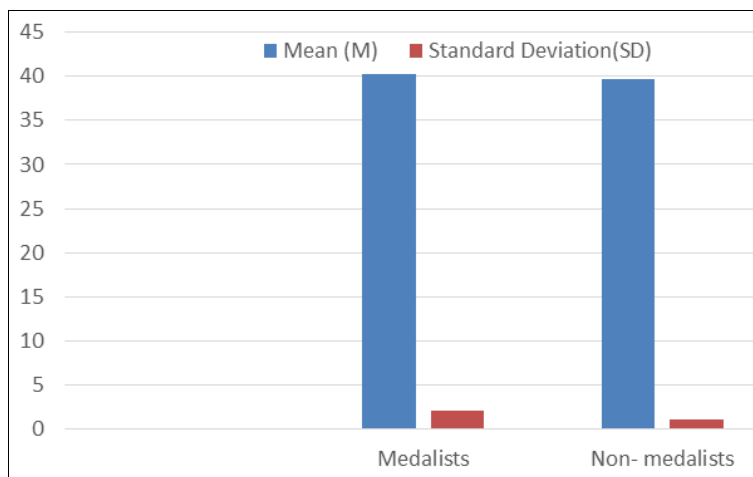
Fig 4: Mean and S.D. of Medalist and Non- Medalist Handball Players on Agreeableness in Big Five Personality

Neurocitism

Table 5: Descriptive Statistics of Medalists and Non- Medalist Handball Players on Neuroticism in Big Five Personality.

Subject	Number of students(n)	Mean (M)	Standard Deviation(SD)	t value	Degree of Freedom	2-Tailed test, (α= 0.05)	
						Critical value (CV)	*p*- value
Medalists	15	20.93	1.71	-4.59	28	2.048	0.01
Non- medalists	15	23.20	0.15				

Table No 5: shows the data collected on 15 Medalist Handball players has a lower mean score (M=20.93, S.D=1.71) compared to the mean score (M=23.20, SD=0.15) of 15 non medalist handball players. Calculate t-value is -4.59, which is higher than tabulated value, which is 2.048 and the calculated significance level (0.01) is lower than α=0.05. Therefore, there is a significant difference on the Medalist and non-Medalist handball players.
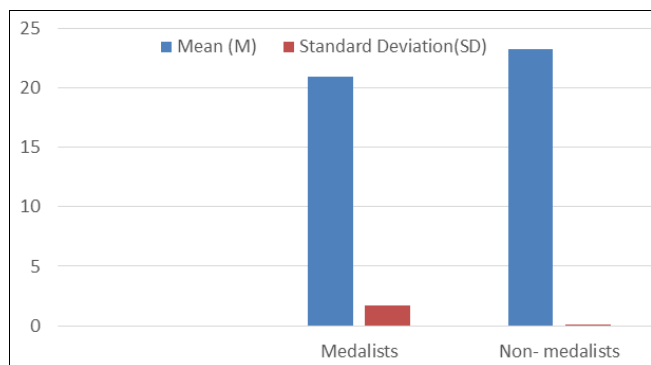

Fig 5: Mean of Medalist and Non-Medalist Handball Players on Neuroticism in Big Five Personalities

Discussion and Conclusion
1. Openness – In this the result states that there is a significant level between the medallist and non-medallist Handball Players.
2. Conscientiousness – In this the result states that there is a significant level between the medalist and non-medalist Handball Players.
3. Extroversion–In this the results states that there is no significant level between medalist and non-medalist Handball Players.
4. Agreeableness – In this the result states that there is a significant level between the medallist and the non-medallist Handball Players.
5. Neuroticism – In this the result states that there is a significant level between the medallist and non-medalist

Handball Player.

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