



## PERSONALITY TRAITS, LOCUS OF CONTROL AND LEVEL OF ANXIETY AMONG DEFERENT SPORTS WOMEN OF KARNATAKA STATE WOMEN'S UNIVERSITY PLAYERS

Kum. Anjanabai S.<sup>1</sup> and Prof. N Chandrappa<sup>2</sup>

<sup>1</sup>Research scholar , DOS in Physical Education and Sports Sciences, A.W. University vijayapura .

<sup>2</sup>Dean Faculty of Education , DOS in Phy- Edn and Sports Sciences, A.W. University vijayapura .



### ABSTRACT

*The subjects for the present study were one zore eight (N= 108) women students studying in different Games in Karnataka State Women's University Sports Players Vijayapura in Karnataka.. The subjects were women students who participated only in Kho-kho, Kabaddi, Volleyball, Basketball, Handball, Cricket, Cycling, Athletics and Netball in Inter-University sports women players. The different level of sports participation was assessed by a scale developed by the researcher with consultation of experts. The present study was estimated with the help of scale devised by personality traits, Dr.Ajita Shingh (1965) locus of control Dr.Sanjay Vohra Levenson's'(1992) and anxiety scale ' Dr. L.R. Bhavadwaj Dr.Harish Sharma' (2006). . Further, the Karl Pearson's correlation coefficient technique has been applied to assess the relationship by using SPSS 20.0 statistical software. The statistical significance was set at 5% level of significance ( $p < 0.05$ ) and the results obtained there by have been interpreted.*

**KEYWORDS:** *Personality Traits, Locus of Control and level of Anxiety among Deferent sports women.*

### INTRODUCTION

The sports is a psycho-social activity which has both psychological dimension and social dimension Besides physical physiological and technical aspects women's interest in sports is found in all over the world and the nation's have a common interest in sports competitions especially at certain times during the Olympic games, where people from all Nations focus their attention on that drama of competition. The quality of the however, participation of the athletes and sports women's is determined by their psychological factors in this modern era of competition. The psychological preparation of a team is as much important as teaching the different skills of a game on the scientific times. The teams are not prepared not only to play the games, but to win the games it is not only the proficiency in the skills that brings victory but more important is in the spirit of the players with which they play and perform their best in the competition.

### PERSONALITY TRAITS:

The word personality is derived from the Latin word persona. Persona was mean to be a Mask which the Ancient Greek actors used to enact the role of Characters they portrayed on the stage. However, at present the term is explained in various ways.

**LOCUS OF CONTROL:**

Locus of control construct has been widely used in personality, social and health psychology, but it has also been criticized behavioral correlates as LOC often fail to replicate in different studies. And many writers have debated the construct, addressing its implication that an external LOC is always devalued.

**Anxiety:**

Anxiety is a negative emotional state with feelings of nervousness worry apprehension associated with activation or arousal of the body.

“Anxiety is the vague form of fear which involves bodily responses or stress reactions”

**Problem:** Personality Traits, Locus of Control and level of Anxiety among Deferent sports women of Karnataka State Women’s University players

**Sample:** The total sample consists of 108 U.G. and P.G Students sports women players’ “personality traits, Locus Of Control and Level of Anxiety among Deferent Sports women of Karnataka state Women’s University players” psychological status.

**Hypotheses:** It is a hypothesized that personality traits locus of control and level of anxiety among different sports women of Karnataka State Women’s University players in Karnataka.

**Objectives:** To study the personality traits locus of control in Karnataka State Women’s University at different level of inter university sports player

**Tools:** this is standard zed questionnaires Personality traits questionnaire, Locus of Control questionnaire And Anxiety questionnaire. Dr.Ajith Sing Dr. sanjay vohra Levenson’s’ Dr. Harish Sharma.

**Data analysis**

In this section, we calculated mean and SD values of personality traits and its components (i.e. sociability, dominance, extroversion, conventionality, self-concept, mental toughness and emotional stability), locus of control and its components (i.e. powerful control, chance control and individual control) and anxiety from sports women players according to different games (Kho-kho, Kabaddi, Volleyball, Basketball, Handball, Cricket, Cycling, Athletics and Netball) and presented them in the following section.

**Discussion of the tables**

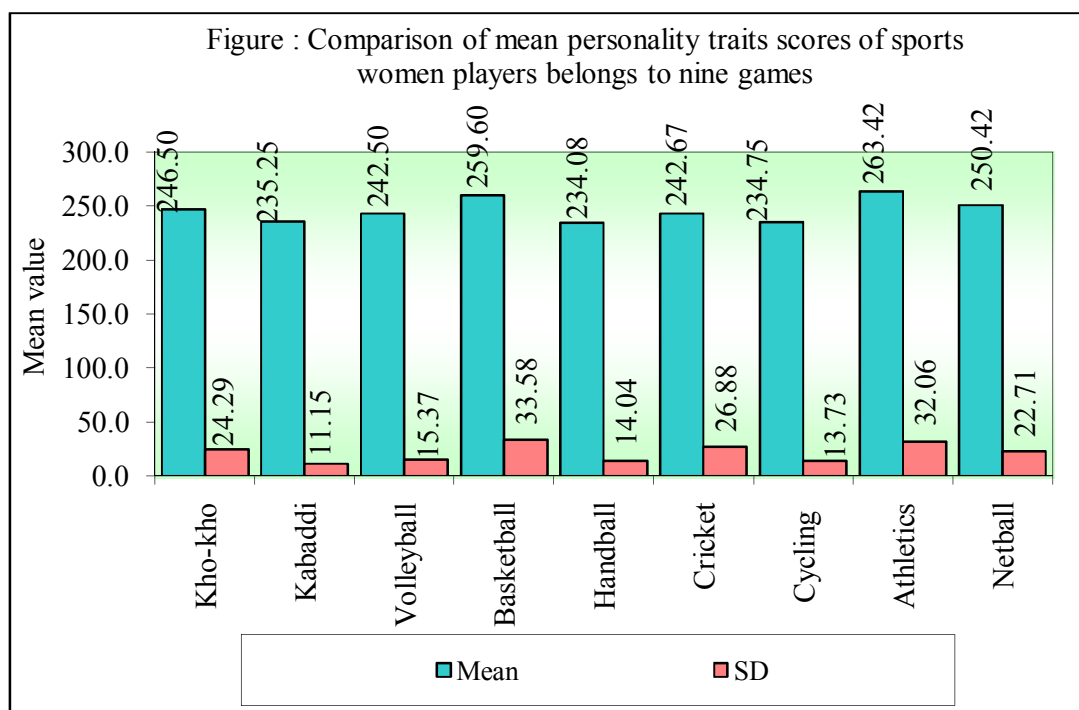
**Table No:1 Mean and SD of personality traits scores of sports women players belongs to nine games (Kho-kho, Kabaddi, Volleyball, Basketball, Handball, Cricket, Cycling, Athletics and Netball)**

Types of games	Mean	SD
Kho-kho	246.50	24.29
Kabaddi	235.25	11.15
Volleyball	242.50	15.37
Basketball	259.60	33.58
Handball	234.08	14.04
Cricket	242.67	26.88
Cycling	234.75	13.73
Athletics	263.42	32.06
Netball	250.42	22.71

Total	245.20	23.97
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The above table represents the Mean and SD of personality traits scores of sports women players belongs to nine games (Kho-kho, Kabaddi, Volleyball, Basketball, Handball, Cricket, Cycling, Athletics and Netball). The total mean personality traits scores of sports women players is  $245.20 \pm 23.97$ , in which, the athletic sports women players have higher mean personality traits scores ( $263.42 \pm 22.71$ ) and Cycling sports women players have lesser mean personality traits scores ( $234.75 \pm 13.73$ ) followed by Kho-kho ( $246.50 \pm 24.29$ ), Kabaddi ( $235.25 \pm 11.15$ ), Volleyball ( $242.50 \pm 15.37$ ), Basketball ( $259.60 \pm 33.58$ ), Handball ( $234.08 \pm 14.04$ ), Cricket ( $242.67 \pm 26.88$ ), Netball sports women players ( $250.42 \pm 22.71$ ).

The mean scores are presented in the following figure No 4.1



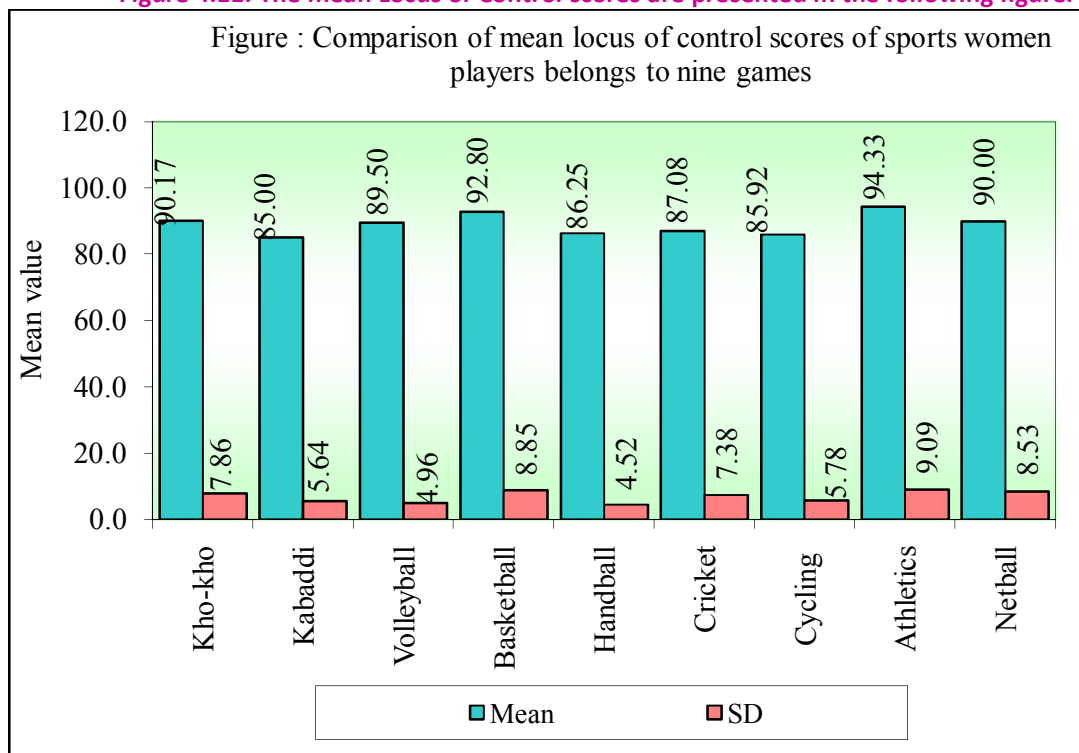
**Table No 4.9: Mean and SD of Locus of control scores of sports women players belongs to nine games (Kho-kho, Kabaddi, Volleyball, Basketball, Handball, Cricket, Cycling, Athletics and Netball)**

Types of games	Mean	SD
Kho-kho	90.17	7.86
Kabaddi	85.00	5.64
Volleyball	89.50	4.96
Basketball	92.80	8.85
Handball	86.25	4.52
Cricket	87.08	7.38
Cycling	85.92	5.78
Athletics	94.33	9.09
Netball	90.00	8.53

Total	88.93	7.47
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The above table represents the Mean and SD of locus of control scores of sports women players who belong to nine games (Kho-kho, Kabaddi, Volleyball, Basketball, Handball, Cricket, Cycling, Athletics and Netball). The total mean locus of control scores of sports women players is  $88.93 \pm 7.47$ , in which, the Basketball sports women players have higher mean locus of control scores ( $92.80 \pm 8.85$ ) and Kabaddi sports women players have lesser mean locus of control scores ( $85.00 \pm 5.64$ ) followed by Kho-kho ( $90.17 \pm 7.86$ ), Volleyball ( $89.50 \pm 4.96$ ), Handball ( $86.25 \pm 4.52$ ), Cricket ( $87.08 \pm 7.38$ ), Cycling ( $85.92 \pm 5.78$ ), Athletics ( $94.33 \pm 9.09$ ), Netball sports women players ( $90.00 \pm 8.53$ ).

**Figure 4.11: The mean Locus of Control scores are presented in the following figure.**

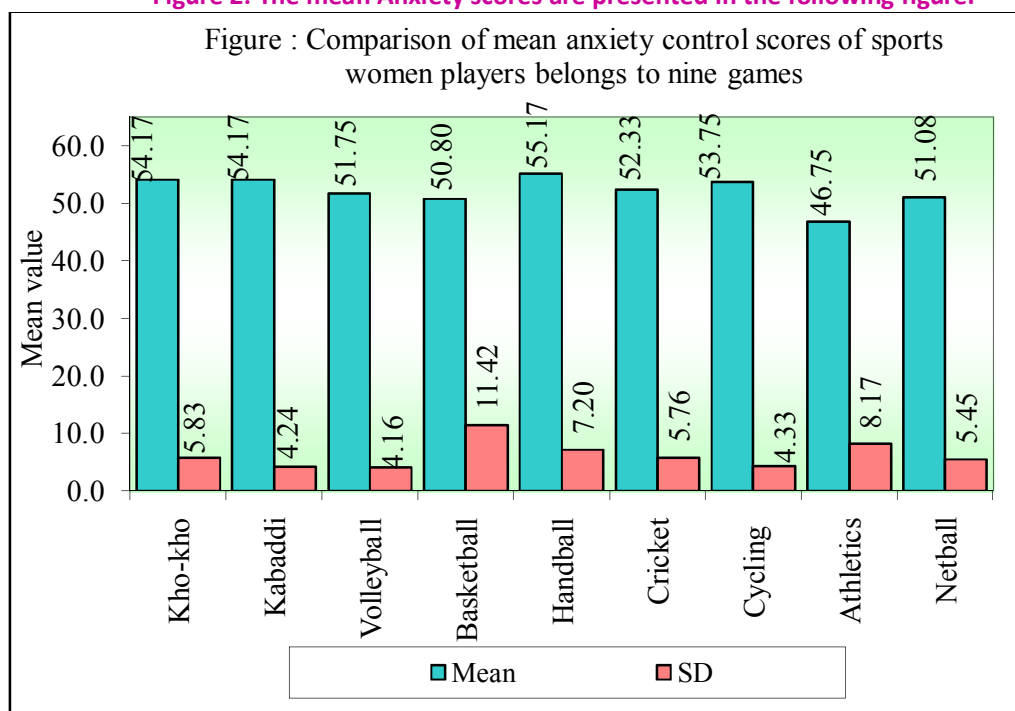


**Table No :2 Mean and SD of anxiety scores of sports women players belongs to nine games (Kho-kho, Kabaddi, Volleyball, Basketball, Handball, Cricket, Cycling, Athletics and Netball)**

Types of games	Mean	SD
Kho-kho	54.17	5.83
Kabaddi	54.17	4.24
Volleyball	51.75	4.16
Basketball	50.80	11.42
Handball	55.17	7.20
Cricket	52.33	5.76
Cycling	53.75	4.33
Athletics	46.75	8.17
Netball	51.08	5.45
Total	52.25	6.73

The above table represents the Mean and SD of anxiety scores of sports women players who belong to nine games (Kho-kho, Kabaddi, Volleyball, Basketball, Handball, Cricket, Cycling, Athletics and Netball). The total mean anxiety scores of sports women players is  $52.25 \pm 6.73$ , in which, the Handball sports women players have higher mean component of anxiety scores ( $55.17 \pm 7.20$ ) and Athletics sports women players have lesser mean anxiety scores ( $46.75 \pm 8.17$ ) as compared to Kho-kho ( $54.17 \pm 5.83$ ), Kabaddi ( $54.17 \pm 4.24$ ), Volleyball ( $51.75 \pm 4.16$ ), Basketball ( $50.80 \pm 11.42$ ), Cricket ( $52.33 \pm 5.76$ ), Cycling ( $53.75 \pm 4.33$ ), Netball sports women players ( $51.08 \pm 5.45$ ).

**Figure 2: The mean Anxiety scores are presented in the following figure.**



## CONCLUSIONS

The sports participation have positive influence on the psychological variables such as an Anxiety and social intelligence behaviour among the sports group comparing to their non sports men. The sex is not influenced and acted as detrimental factors on developing the Psychological variables such as personality traits, locus of control, and anxiety, among sports women's, sports participation helped in cultivating an developing psychological factors in this study.

Researchers have suggested many explanations for the relationship between personality traits locus of control and level of anxiety sports women participation. Psychological class itself affects sports achievement.

In the present study it was observed that majority of the sports participants belonged to personality traits locus of control and level of anxiety of Karnataka state women s inter university sports participation women players.

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