



EFFECT OF SPORTS PARTICIPATION ON PERSONALITY TRAITS AMONG INTER UNIVERSITY SPORTSPERSON



ABSTRACT:-

The purpose of the present research was to Assess and compare the personality traits (sociability, Extraversion, Dominance, Self-concept, Conventionality, Mental Toughness, Emotional Stability,) of competitive athletes in Group game and Individual sports. The method of the study is descriptive analyses, total fifty (Each 25) samples representing both in individual and group game were selected and To collect the data the standardized scale devised by Dr Ajith Sing has administered on the subject who are participating in all India interuniversity tournament, later 't' test was applied to assess the significant difference in sociability factor of personality traits between sportsperson of individual and group game, the conclusion was drawn that group game sportsperson have possessed the high sociability personality traits comparing to their counterpart, it was rationalized that nature of group participation develops and cultivates the social values and character among the participants

KEYWORDS: Sports Participation, Personality Traits, Inter University playres.

INTRODUCTION :

The term personality has been derived from

**Dr. Rajshekhar D. Benaakahalli¹ and
Dr. Vishwanath M. Nadakatti²**

¹SSL Physical Education Director

Govt Firest Grade Women College Vijayapura.

²Guest Asst Director of Physical Education

Akkamahadevi Women's University
Vijayapura.

the Latin word „persona “ which means mask. In the theatre of ancient Greece and Rome, the actors used to wear mask to play a particular character. Thus, personality is used in terms of influencing others through external appearance. Many researchers and theorists have defined the term personality in different ways. Thus, to give an exact definition of personality is rather very difficult job. However, a widely accepted definition of personality was given by Allport (1937). He identified almost fifty different definitions of personality and classified them into five different categories as follows:

Omnibus: These definitions view personality as the sum-total, aggregate or constellation of properties or qualities.

Integrative and configurational: Under this view of personality, the organization of personal attributes is stressed.

Hierarchical: These definitions specify the various levels of integration or organization of personality.

Adjustment: This view emphasises the adjustment (adaptation, survival and evolution) of the person to the environment.

Distinctiveness: The definitions for this category stress uniqueness of each personality.

In the light of above mentioned categories of personality he defined “personality is the dynamic organization within the individual of those psychophysical systems that determine his unique adjustment to the environment.” Allport “s definition clearly indicates that personality is dynamic in its nature

and is always changing. It is not static. It also suggests that personality is an integrating and organising agent between physiological (of the body) and psychological (of the mind) aspects of an individual. It is unique in nature. It becomes habitual to the person. It results in action or behaviour in relation to a person, organization or situation.

Personality including dimensions of extraversion, Sport psychology has emerged as a field with a personality including dimensions of neuroticism, research tradition that provides a foundation for direct extraversion, openness, agreeableness and application with athletes. As the role played by conscientiousness, two that have supported both psychological factors in the performance and over well- theoretical and empirical by a large number of researches being of athletes has become better understood, in the last decades. Numerous studies have intervention have been designed to favorably affect examined the relations between five factor model athlete behavior throughout their involvement in sport dimensions and sport activities; these studies suggest and beyond]. Sport psychology researchers have been that there is a positive correlation between sport interested in how athletes' psychological an activities, extraversion and conscientiousness and also a characteristics influence performance. From this point, it negative correlation between sport activities and clear that psychological characteristics differ between neuroticism. Also the results of studies connected with more and less effective athletes and teams. Moreover, the Three-dimensional model of personality have shown ability to mentally prepare is considered a key component correlation between sport activities with one or more of such differences. The optimal level of skills in dimensions of low neuroticism, high extraversion and low championship depends on three factors; physical, skill psychotics. Koon (1965) believed sportsmen and mental preparation. It seems that champion's different women are extraversion and there is a significant relation performance depends on mental preparation, influence of between sport abilities and extraversion rate. It is obvious psychology and personality of sportsmen. So it needs to higher abilities have related with extraversion and lower compare the relationship between psychological variables abilities with introspection. Some findings have found (personality) in different sports. This matter would help different results in this case. Problem: A Comparative Study of Personality Traits between individual and Group game.

Hypotheses: It was hypothesized that the nature of participation leads to develops different kind of personality traits group.

OBJECTIVE

1. To assess the significant differences of personality individual traits between individual and group game.
2. To know the correlation exist between the nature of game and personality traits.

Materials and methods

The present research is descriptive comparative which compares the personality traits of individual and Group game.

Participants:

The participants of the present research are belonging the group game and individual those are participating in the inter university tournaments. The sample was selected using purposive random technique, twenty five subjects of each group as individual and group sportsperson were selected from (basketball, volleyball, kabaddi, kho-kho) and individual (Athletics, Badminton, cycling, Judo) were evaluated and compared using seven factor inventory.

Measurement Tools:

To collect the requisite data, the standardized questionnaire constructed by Dr Ajith Sing has administered on the sportsperson of individual and group game, who are participating in South Zone and all India interuniversity tournament held at different part of the country.

Data analysis:

First descriptive statistics including means and standard deviation and 't' test and correlation used for

describing the personality traits of athletes and group game. The seven primary personality dimension identified by DrAjith singh are described as being functionally independent and psychologically meaningful dimensions of a person's personality. The secondary personality dominance that are taken to prepare research article, hence, dominance has analyzed and described as follows.

Discussion of the Tables:

The hypothesis that the group game sports person will have a better dominance than the individual game sportsperson is framed on the rationale that the nature of game and participation is believed to be a prime creator of personality traits of individuals, which also includes the factor Dominance is formulated on the rationale that environment and social factor is a prime mover of the personality traits of the individuals as different social conditions and levels have differential exposure to the conditions of life. Thus social conditions have an undoubted impact on the attitude, assertive nature, hardness, persuading and dominance practices of individuals are including the sportsperson. and matches would determines personality traits and psychological factors comparing to individual game.

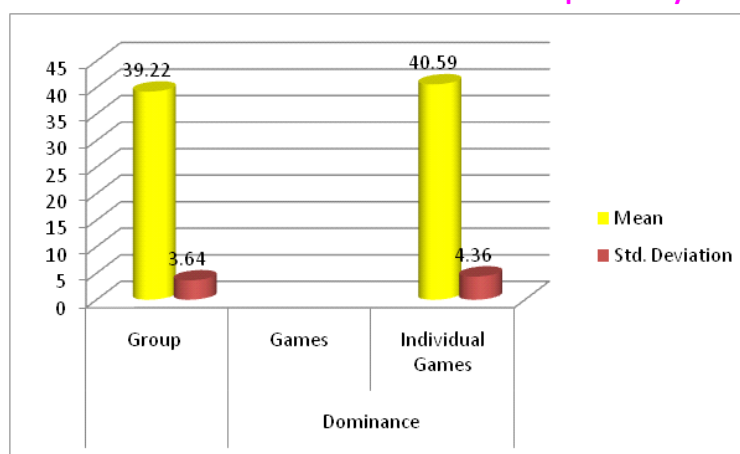
Table Results of the 't'-test of group and individual game personality traits of Dominance of the sports persons

Variable	Games	Mean	Std. Deviation	t-value	Sig
Dominance	Group Games	39.22	3.64	-2.388	S
	Individual Games	40.59	4.36		

*Significant at 0.05 level

Table demonstrates the Mean, SD and t values of the Dominance dimension of personality of individual game and group sports person. The mean score of Group Game sportswomen is 39.22 and the mean score of individual game sports person is 40.59 respectively.

Graph Representing the Mean score and SD of Dominance factor of personlity dimension of sportsperson



*Significant at 0.05 level

The obtained t value of -2.388 is significant at 0.05 level indicates that there is a significant difference of dominance nature between group and individual game. The results of the table indicate that the sports competition leads to desire sportperson to influence and not control one's environment by subduing, persuading, seducing or commanding them and being assertive, dependent, aggressive, competitive and dominant in their approach and behavior. And excess to the high level of competition and scientific training would help to develop and calculate dominance quality among the group game sports person. Hence the formulated hypothesis's conformed.

CONCLUSION:

The participation in sports activities develops harmonious personality traits among the participants, the study also proved and expressed the fact the group game has advantages to cultivate the social values and traits in the sportsperson, comparing to their counterpart group.

REFERENCES

1. Brewer B. Sport Psychology. WB, UK. 2009.
2. Sternberg RJ. Handbook of intelligence. New York: CambUni Press, 2000.
3. Aidman E, Schofield G. Personality and Individual Differences in Sport 2nd Ed, Wiley, Milton, Aust.
4. McCrae R, Costa P. Personality in Adulthood: A Five-Factor Theory perspective, 2nd Ed, Guilford Press, NY, USA, 2003.
5. Shrivastava P, Gopal R, Singh Y. J Exe Sci Physiot. 2010; 1:39-42.
6. Piedmont R, Hill D, Blanco S. Personality and Individual Differences, 1999; 27(4):769-777.
7. Singh G, Manoj K. VSRD Tech & Non-Tech J. 2012;3(8).
8. Robbins S, Judge T. Organizational Behavior, PrentiseHall, 2008
9. Kovacs M. Med Sci Sport Exer, 2008, 209-210.