

**STUDY OF SPORTS SPECIFIC PERSONALITY DIFFERENTIALS AMONG
PLAYERS OF DIFFERENT GAMES**

A

Dissertation

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BY

MR. JASVIR MADHAR

Regd o. 11301925



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**LOVELY PROFESSIONAL UNIVERSITY
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ABSTRACT

The purpose of the study was to check sports specific personality differentials among the players of different games. There were seven personality traits used in this study Sociability, Dominance, Extroversion, Conventionality, Self-concept, Mental Toughness, and Emotional Stability. The data was collected through the help of SSPT questionnaire (Dr. Agya jit Singh and Dr H S cheema 2000).The samples were this study 25 of Handball players and 25 Kho-Kho players. The samples were collected from Lovely Professional University (Phegware) and Guru nanak Dev University (Amritsar). Who represented inter-university level competition in kho-kho and handball players? The samples was selected through random sampling technique total sample size was fifty players in which 25 was kho-kho and 25 was handball players. All these division has been presented bellow random sampling technique was used. This study was to determine the personality traits of different games of players. To compare sports specific personality among kho-kho and handball players. In this study description of questionnaire and statically procedure for analyzing the data had been presenting. The scoring of questionnaire in positive and negative in all variables. T-test was used in this study for analyzing the data of sports specific personality kho-kho and handball players. There were no significance difference between handball and kho-kho players.

Certificate

This is to certify that Mr. Jasvir Madhar has completed M.P.ED. Dissertation titled *“Study of sports specific personality differentials among player of different games”* under my guidance and supervision. To the best of my knowledge, the present work is the result of his original investigation. No part of the dissertation has ever been submitted for any other degree or diploma.

Date: -----

MR.HUKUM SINGH

Assist. Professor

Dept. of Physical Education

Lovely Professional University

Phagwara (Punjab)

Dr. Sanjay Modi

Dean

Faculty of Education

Lovely Professional University

Phagwara (Punjab)

Declaration

I hereby declare that the dissertation entitled *Study of sports specific personality differentials among players of different games*. Submitted for M. P.Ed. Degree is entirely my original work and all ideas and references have been duly acknowledged. It does not contain any work for the award of any other degree or diploma.

Date: -----

Investigator

Jasvir Madhar

Regd. No. : - 11301925

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INVESTIGATOR

Jasvir Madhar

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CHAPTER-I

INTRODUCTION

The growing influence of Olympic movement on sport since the second quarter of the 20 century played a pivotal role in bringing about revolutionary changes in techniques of training athletes for competitive endeavours .science and technology .which were casting their lengthening shadow on every aspect of life began to be harnessed in sport with incredible dexterity and speed—making everything in sport i.e. teaching learning process skill-acquisition and practicing infrastructure (stadiums, gymnasiums, swimming pool and play-fields)constructing and sports-gear manufacturing, all scientific. As the completion grew harder with every Olympic Games and World Championship in most sports, the sport academics sought the researchers from various disciplines of life sciences such as biology, physiology, anthropology etc ,and mind sciences (psychology) to identify understand manipulate and exploit every single variable, considered critical to physical performance, enabling them to make athletes skilled right from an early age, practice sport more efficiently and perform beyond the limits of their known capacity .

The concept of sports science emerged from this nation only now there is no single sport science –also called movement science. Sports science are no foreign intrusions nor are they superimpositions on the already established systems of physical activity and sport; they are innovations of the creative mind who understand what it means to blend science with sport if the objective is to enhance human potential for performance in sports and games as played at the top level. over the decades a host of highly specialized sports science generally called hybrid science- has emerged to assist the onerous task of physical education ,athletic trainers and coaches to identify, define understand, investigate ,analyze and apply relevant facts of science concerning man and his movements in an effort to bring about significant performance- enhancement in exercise and sport at different levels of interact and in various settings .sport scientists are busy in developing training technologies to give athletic competitive” is the crux of the athletic world today .The application of scientific principles to physical activity and sport is considered by critically examining at least four branches of science- biomechanics and sport disciplines. The sports academics and scientific communities consider biomechanics, exercise and sport physiology and exercise sport physiology as supportive sport science and rest of the disciplines as supportive sport science.

The entire mechanism of body- mind interaction as related to the system of athletic training is so complex that in practical situation, it is difficult to determine whether the performance improvement occur because of significant input from exercise physiology (changes fitness levels), better biomechanical features (altered skill enactment, introduction of innovative skills) or psychological backup .it is conceded in the scientific circles that gain from biomechanics and physiology-enhancement, but psychology still offers greater. Scope for improving one's performance in any chosen sport. it really has become a buzz word with athletes and their trainers these days.

Sport psychology is primarily an applied field of knowledge in the same way the school or educational psychology ,industrial psychology, legal or military psychology have been conceived of with an aim to help make the best even better. Over the year within sport psychology itself, there have developed further sub division or supper-specialization; at least there have been prominently mentioned –Education sport psychology ,Experimental sport psychology focuses on research and development of knowledge, clinical sport takes into account the hidden springs of behaviour and concentrates on understanding the hidden motives sportsperson have behind performance. Education sport psychology is a general field of knowledge about man in action in the field and has direct implication for the teachers , coaches and trainers. it converse such areas of knowledge as learning-acquisition of motor skills, motivation, teaching-teaching coaching strategies, theories of play, process of human growth and development, personality theories, soon and so forth.

This book is all about educational aspects of sport psychology as they are understood and taught in educational institutions devoted to professional preparation in colleges of physical education have often relied on general books of educational psychology to understand how principles of psychology are applied to situations on the playfield. This has made things difficult for them because classroom teaching, which hardly involves any physical movements and learning of athletic skill on the playfield, in the gymnasium or in the swimming pool requires altogether different approaches, which this volume attempts to explain in simple terms and with easy-to-follow examples. While writing this simplified version of education sport psychology, my endeavour has been to keep the subject matter within the grasp of the students of professional courses in physical education, with the fond hope that the readers shall encounter little difficulty in pursuing their sublime objectives of knowing something more about the subject than they would otherwise expect.

All the sports persons are blessed with unique physical features, which are often considered as personality. Originally this term came to existence from Latin language persona. Meaning of this word is mask. From the years many changes has been derived in the meaning of this word. According to John Weston (1965) personality is the sum of manners that can be discovered from period of time to give the reliable information. Morton prince (1925) also defines it as personality and individual different processes. That which makes us diffract person to unique. One highlighting is on trying to create some picture of a person and all his or her foremost psychological processes of individual difference and to identify the individual characteristics. The main purpose of personality to make is thus to define the magnitude of personality. Such models arise directly from a classical approach to the study of human personality. There are several imaginary perspectives on personality in psychology, which involve different ideas about the relationship between one person to an other person. Personality and other mental constructs, as well as different theories about the way personality develops. Our personalities determine how we will act and react, as well as how we cooperate with and respond to the world. Despite much research, the origins of personality are still a mystery, though there are many theories that attempt to explain them. Some researchers propose that children learn personality from their parents; others believe personality is fixed from birth. It is reasonable assumed those personality function as a basic for all types of behaviour may not be comparative, may have more less comparative possess positive or negative leadership qualities or may be emotionally stable or anxious. Personality also refers to the pattern of thoughts, feelings, social adjustments, and behaviours consistently exhibited over time that strongly influences one's expectations, self-perceptions, values, and attitudes. Personality has a broad and varied history in psychology with an abundance of theoretical traditions.

There is also a substantial emphasis on the applied field of personality testing to construct a natural history of the sociopathic personality. A 10 – year study was made from interview and record information. The Five Factor Model (FFM) of normal personality provides a compelling framework for investigating personality subtypes in large military populations. The FFM was used to determine whether a sample of clinically referred military aviators exhibited commonly occurring personality clusters. Serotonin is one of the neurotransmitters implicated in normal personality. Many psychobiological models of personality include some dimensions related to serotonin. For instance, the harm avoidance dimension of the biosocial model developed by Cloning More particularly, borderline

personality disorder (BPD) can be defined by many of the symptoms associated with serotonergic deregulation, including affective liability, suicidal behaviours, impulsivity and loss of impulse control. is related to serotonergic activity. Economics generally provides little explanation for the formation of preferences. Psychological motivation variables for giving and receiving will be analysed which define an individual's personality type in terms of his altruistic or non-altruistic orientation. Presents a description of these psychological variables and the manner in which they are measured. Individual personality is variables forgiven and receiving psychological motivation. Personality shows individual differences which make different people to people. Whither interdependence could act as a moderator for the relationship between the personality variables.

The concepts of trait and process are examined within the contexts of two types of personality theory: mechanistic for trait and holistic for process. Although the typical instruments employed to map out traits self-report questionnaires are easy to handle and produce fairly robust results, trait models often lack an explicit theoretical background and cannot, therefore, serve but a limited descriptive purpose. Although prior studies demonstrate an association between patient socio-demographic variables and response rate, relatively little information is available linking personality factors to non-response

Personality can be defined as a dynamic and organized set of characteristics possessed by a person that uniquely influences his or her cognitions, motivations, and behaviours in various situations. The study of personality has a broad and varied history in psychology, with an abundance of theoretical traditions. Post psychology researchers have been interested in how athletes' psychological and characteristics influence performance. From this point, it is clear that psychological characteristics differ between more and less effective athletes and teams. Personality has been defined as "psychological qualities that contribute to an individual's enduring and distinctive patterns of feeling thinking and behaving. These dimensions of personality are associated with different aspects of an individual's personality traits such as being assertive, emotional stability, and a person's tendency to experience distress. It all depends upon his personal make-up. Similarly the level of adjustment will have the corresponding effect on other aspects of his functioning as a social unit. Personality psychology is a branch of psychology which studies personality and individual different processes - that which makes us into a person. One emphasis is on trying to create a coherent picture of a person and all his or her major psychological processes .These two views work together in practice. Personality psychologists are interested in a broad view of the individual.

Personality is the unique combination of patterns that influence behaviour, thought, motivation, and emotion in a human being. Over time, these patterns strongly influence personal expectations, self-perceptions, values, and attitudes. Personality psychology is the study of human personality and how it varies among individuals and populations. In fact, the major dimension of the study of the psychological aspect of sports is concerned with inquiries into the personality of athletes. But only a limited amount of research has been undertaken to support specific types of behaviour. The person may or may not have more or less comparative. The development of personality and the achievement of desirable social values have been the objective of sports and Physical education since early times. It may be that athletics and sports produce the more well-adjusted individual in society or it helps in removing maladjustment.

An important role is played by Psychological tests theories to better understand constructs communicate a person's external observable behaviour. Personality is the unique grouping of pattern that power, behaviour, thought, motivation, and emotion in a human being. Personality psychology is the study of human character and how it varies among person and inhabitants. Study enduring psychological patterns of behaviour, thought and emotion, commonly called an individual's personality. Trait theories attempt to break personality down into a number of traits, by use of factors analysis. The mental images which our athletes and coaches have of the opposing team's reveal notable differences in the particular strengths and weaknesses of opponents who are almost equally matched, as well as of opponents who have very different strengths. These were the main shortcomings of the house team. The characteristics that were mentioned are unit typical of our team and, as a sort of cluster norm facilitate within the orientation method. At just one occasion or another, virtually everybody has had the subsequent expertise. A complete interloper sitting next to you on Associate in Nursing plane or bus offers a good deal of private information—much a lot of, in fact, than you actually care to understand. Personality could be a key truth in everyone's daily routine. It's varieties of discovered that folks exhibit each of consistency particularly over time and across things. You'll be shocked to be told, therefore, that there's extensive disagreement among psychological science on this issue. These scientists content individual's reactions are unit for the most part determined by current scenario and alter markedly in response to varied external condition. Such researchers additionally counsel that we tend to understand a lot of larger consistency in exists, behaviour then primary this makes that tasks of understanding them and predicting their future action appear samplers.

STATEMENT OF THE PROBLEM

Present study under investigation had been stated as “study of sports specific personality differentials among players of different games”.

OBJECTIVES

1. To analyze the personality traits of kho-kho and handball players.
2. To compare sports specific personality among kho- kho and handball players.

SIGNIFICANCE

The study revealed the personality traits among team games, The study will provide guidelines to the coaches while providing coaching to the players.

The study provide knowledge about the sport specific personality of players.

DELIMITATION

- The study was delimited to only 25 male Kho-Kho and Handball Players.
- The study was further delimited assessment of sports specific personality.
- The study was further delimited to the interuniversity sports persons.

OPERATIONAL DEFINATION OF THE PROBLEM

Personality

- The sum total of the physical, mental, emotional, and social characteristics of an individual.

HYPOTHESIS

It was hypothesized that there were significance difference between Kho-Kho and Handball Players towards sports specific personality.

CHAPTER-II

Review of related Literature

Wilson KE et al. (2014), studied on “Personality Correlates of Physical Activity in College Women” Commonly reported relationships of the broad temperament traits of sociability and psychoneurosis with self-reports of physical activity (PA) haven't been detailed inside psychological feature theory that posits however functioning of the behavioral inhibition (BIS) and activation (BAS) systems will justify or modify the influence of temperament on physical activity. Whether or not temperament predicts physical activity once it's measured objectively has not been established.

Weston Sara.et al. (2014), studied on Identification of the healthy neurotic: Personality traits predict smoking after disease onset” Personality traits are known predictors of health behaviours and health status. However, most of this work focuses exclusively on how personality influences health outcomes rather than how personality influences response to disease. Using a large, national study (N = 7051), we investigated whether conscientiousness and neuroticism were associated with smoking behaviour after the onset of a disease. After the onset of a major chronic disease, high levels of neuroticism predicted less smoking when paired with high levels of conscientiousness, a combination described as healthy neuroticism. Healthy neuroticism only predicted smoking behaviour after the onset of disease, not before, suggesting that the relationship between personality and responses to health problems differs from the relationship between personality and the onset of health problems.

Javeed at al.(2013). study on “personality need dimensions among individual and team game players” The present study was undertaken to investigate personality need dimension among individual and team game players. Sample of the study 220 players. The purpose of the study was to find out the personality need dimension among individual and team game players. Hypothesis of the study are 1. There will be significantly difference between individual and team game players dimension of personality. Dr C Prakash Sharma Personality Need Inventory (PNI) were used the study. Besides these, a PDS was used to get the other. Commonly according relationships of the broad temperament traits of sociality and disturbance with self-reports of physical activity (PA) haven't been elaborated within psychological feature theory that posits but functioning of the behavioural inhibition (BIS) and activation (BAS) systems can justify or modify the influence of temperament on physical activity. Whether or not or not temperament predicts physical activity once it's measured objectively has not been established. essary information relating to the respondents. It was conclusion that 1. Team game players have significantly high achievement than the individual game players. 2. Team game players have significantly high affiliation than the individual game players. 3. Team game players have significantly better change than the individual game players. 4. Team game players have significantly high order than the individual game players.

Singh Yaushpal et al.(2013) studied on A Study of Personality Dimensions in Sports Performance The present study examined the cognitive, affective and co native aspects of personality contributing in high level sports performance. Tests of FDI cognitive style, sensation seeking, attribution style (locus of control scale) were administered on the interuniversity players (high level performance group) and on intercollegiate players (low level performance group). The results of the discriminates analysis indicates that the two groups of players were significantly different in their cognitive style, attribution style, and sensation seeking persona.

Singh Rajneesh et al. (2012) studied on, Comparison of personality traits between sportsperson and non sportsperson” Eighty male students (40 athletes and 40 non-athletes) studying at G.B. Pant University of Agriculture and Technology (Pantnagar, Uttarakhand) participated in a study to determine if there are personality differences between sports participants and non-participants. Results showed that sports persons and non-sports persons were similar in nature with respect to the personality trait factors considered, except in the intelligence trait. Non-sports personsWere found to be more intelligent as compared to sports persons.Eighty male students (40 athletes and 40 non-athletes) studying at G.B. Pant University of Agriculture and Technology (Pantnagar, Uttarakhand) participated in a study to determine if there are personality differences between sports participants and non-participants. Results showed that sports persons and non-sports persons were similar in nature with respect to the personality trait factors considered, except in the intelligence trait. Non-sports persons were found to be more intelligent as compared to sports personslity dimensions discriminates function.

Salehian Hamid et al. (2011) studied on Comparison of Games Personality Traits between Individual and Team Athletes. : The purpose of this research was to compare the personality of individual and team athletes. So data were collected by NEO questionnaire. One hundred and fifty sportsmen participating in different sports (Judo, Weight lifting, Mountain climbing, volleyball and Basketball) were chosen randomly. Data were analyzed by U Mann-Whitney. Following results were obtained from this research: Individual sportsmen have higher degree of extraversion, openness and conscientious than team sportsmen. There is no significance difference in agreeableness and neuroticism between individual and team sportsmen.

Ali Besharat Mohammad et al. (2010) studied on Comparison of athletes’ personality characteristics in individual and team sports This study compared athletes’ personality characteristics in individual and team sports. 134 athletes (92 team, 42 individual, 88 males, and 46 females) completed the NEO Personality Inventory-Revised (NEO-PI-R) and the Sociotropy-Autonomy Scale (SAS). The results revealed that individual sport athletes scored significantly higher on conscientiousness and autonomy than did team sport athletes. The team sport athletes scored significantly higher on agreeableness and sociotropy than did the individual sport athletes. No significant difference was found between the two groups on

neuroticism, extraversion, and openness. It can be concluded that athletes' personality characteristics are different for individual and team sports

Martin Scott et al. (2010) studied on, Personality Trait Differences of Traditional Sport Athletes, Bull riders, and Other Alternative Sport Athletes The purpose of this study was to examine the personality characteristics of traditional and alternative sport athletes. The participants were comprised of 70 male University Division I traditional sport athletes (e.g., tennis and volleyball), 63 male bull riders, and 50 male contemporary alternative sport athletes (moto-cross, wakeboarding, etc.). Athletes provided demography information and responded to items related to Zuckerman's Sensation Seeking Scale and Cattell's 16 Personality Factor Inventory. Results indicated significant differences between the two alternative sport groups and the traditional sport group. Specifically, the alternative sport athletes were more reserved, self-sufficient, and sensation seeking than traditional athletes. Alternative sport athletes may need to be coached, conditioned, and rehabilitated differently than traditional sport athletes, because they seem to possess different personality characteristics than traditional sport athlete"

Ralph L Piedmont et al. (1999) studied on, "Predicting athletic performance using the five-factor model of personality" The purpose of this study was (a) to work out if the proportions of the five-factor model of temperament can be used as predictors of athletic performance and (b) to demonstrate the utility of the five-factor model as a theoretical paradigm capable of organizing temperament analysis on athletic contest. Subjects were seventy nine feminine athletes from four totally different ladies NCAA Division one association football groups. All subjects completed a bipolar adjective scale designed to live the 5 factors. Coaches ratings on many performance dimensions and actual game statistics were conjointly collected. Regression analyses indicated that the temperament dimensions of volition and conscientiousness explained more or less twenty third of the Variance in coach's ratings, whereas conscientiousness .

Martin Giovanni (2005) studied on The dimensional assessment of temperament in pathologic and social gamblers: the role of originality longing for and self-transcendence" many temperament traits are unit characteristic of pathologic gamblers (PGs), however it's not clear if and the way their temperament profile differs from that of non-pathologic gamblers (non-PGs).

Mc Donald et al. (1971) studied on High school personality questionnaire was administered on 19,151 female students. it was found that varsity participants scored higher than non-participant on the traits of intelligent assertion, enthusiasm, conscientiousness and they scored lower than non-participant successful varsity lower than non-participant on the trait of zestful and less successful varsity participant . No difference were found between successful and less successful varsity participants. Less varsity successful participation scored higher on the traits of intelligence than did the successful.

CHAPTER-III

PROCEDURE

In this chapter design of the study description of questionnaire and statistical procedure for analyzing the data had been presented.

Design of the Study

The subjects will be selected from Lovely Professional University phagwara Punjab and G.N.D.U Amritsar Punjab Players who represented inter-university level competition in kho-kho and handball. A Total number of 50 samples were selected for this study .The present study sports specific personality differentials among player of different games All the samples will be selected through random sampling technique total sample size will be fifty players in which 25 were kho kho and 25 were handball players. Random sampling technique were used.

Description of Questionnaire

First of all the instructions were made clear to all the subjects that this test will not assess the intellectual capacities of the subject is meant for assessing the general mood temperament and the usual way of behaving of the individual sportspersons in sports situation .in the instruction part ,it was also made clear that the responses given by the individual will be kept confidential. There was no time limit imposed but the subjects were asked not to spend too much time on one particular statement but give their first response to the items, which occurs to their mind, in this way, data were collected from the total sample of 50 male sportspersons including males taking part in team games of various institutions. In data collection questionnaire is distributed to the player of Lovely Professional University (Phagwara) and Guru Nanak Dev University (Amritsar).The data will be collected through the questionnaire SSPT (Dr. Agya jit singh & Dr H S Cheema 2000)

Table-3.1 Answer key

The Scoring procedure of sports specific personality questionnaire.

Statement Type	Always	Often	Sometimes	Never
Positive items	4	3	2	1
Negative items	1	2	3	4

Table 3.2 showing positive and negative in sports specific personality

Sr.no	Dimensions	Condition	Item Serial no.	Total	
1.	Sociability	Positive Negative	1,8,15,22,36,57,64,71,85,92,99 29,43,50,78	11 04	
2.	Dominance	Positive Negative	2,9,23,30,37,44,51,72,79,73 16,58,65,86,100	10 05	
3.	Extroversion	Positive Negative	10,17,24,31,38,66,73,80 3,45,52,59,87	08 05	
4.	Conventionality	Positive Negative	4,11,18,32,39,53,74,81,88 25,46,60,67	09 04	
5.	Self-Concept	Positive Negative	12,19,26,33,40,61,68,82,89,96 5,47,54,75	10 04	
6.	Mental Toughness	Positive Negative	6,20,34,69,83,90,95 27,41,48,55,62,76,97	08 07	
7.	Emotional Stability	Positive Negative	7,14,21,28,35,42,49,56,77,84,91,94 63,70,98	12 03	

Statistical technique

T-test was used to analyze the data

CHAPTER-IV

Analysis of data and finding of study

The main aim of the investigation is to find out the results of the study, which can be done with help of SSPT Questionnaire. The main aim and objectives are achieved and tested hypotheses were formulated. The data was collected from one source.

Table 4.1 T-Table for sports specific personality of Handball and kho-kho players in variable Sociability.

Group	N	Mean	SD	D f	t-test
Group A (handball)	25	39.28	5.43	48	0.48*
Group B (kho kho)	25	29.6	4.39		

*Significant at level 0.05 (2.01)

Table 4.1 reveals that the mean score of Handball and Kho-Kho was found to be 39.28 and 29.6 respectively whereas standard deviation was 5.43 of Handball and 4.39 of Kho-Kho player. The value of $t = (0.48)$ would be compared with tabulated $t_{0.05}(48) = 2.01$ since calculated value of $t (=0.48)$ was less than tabulated $t (=2.01)$ hypothesis may be rejected and it may be concluded that there was no significant difference between sports specific personality of handball and kho-kho players on variable of sociability.

Tabel-4.2 T-Table for sports specific personality of Handball and kho-kho players in variable Dominance.

Group	N	Mean	SD	Df	t-test
Group A (Handball)	25	32.12	3.3	48	-2.3
Group B (kho-kho)	25	29.28	5.0		

Table 4.2 reveals that the mean score of Handball and Kho-Kho was found to be 32.18 and 29.28 respectively whereas standard deviation was 3.3 of Handball and 5.0 of Kho-Kho player. The value of $t = (2.3)$ would be compared with tabulated $t_{0.05} = 2.01$ since calculated value of $t = (2.3)$ was more than tabulated $t = (2.01)$ hypothesis may be accepted and it may be concluded that there was significant difference between sports specific personality of handball and kho-kho players on variable of dominance.

Tabel-4.3 T-Table for sports specific personality of Handball and kho-kho players in variable Extraversion.

Group	N	Mean	SD	Df	t-test
Group A (Handball)	25	37.16	3.6	48	2.35
Group B (Kho-Kho)	25	37.44	3.7		

Table 4.3 reveals that the mean score of Handball and Kho-Kho was found to be 37.16 and 37.44 respectively whereas standard deviation was 3.6 of Handball and 3.7 of Kho-Kho player. The value of $t = (2.35)$ would be compared with tabulated $t_{0.05} (48) = 2.01$ since calculated value of $t = (2.35)$ was more than tabulated $t (=2.01)$ hypothesis may be accepted and it may be concluded that there was significant difference between sports specific personality of handball and kho-kho players on variable of extraversion.

Tabel-4.4 T-Table for sports specific personality of Handball and kho-kho players in variable Conventionalitiy.

Group	N	Mean	SD	Df	t-test
Group A (Handball)	25	30.8	3.5	48	-0.4
Group B (Kho-Kho)	25	30.52	4.3		

Table 4.4 reveals that the mean score of Handball and Kho-Kho was found to be 30.8 and 30.52 respectively whereas standard deviation was 3.5 of Handball and 4.3 of Kho-Kho player. The value of $t = (0.4)$ would be compared with tabulated $t_{0.05}(48) = 2.01$ since calculated value of $t (=0.4)$ was less than tabulated $t (=2.01)$ hypothesis may be rejected and it may be concluded that there was no significance difference between sports specific personality of handball and kho-kho players on variable of conventionalitiy.

Tabel-4.5 T-Table for sports specific personality of Handball and kho-kho players in variable Self Concept.

Group	N	Mean	SD	D f	t-test
Group A (Handball)	25	33.56	4.3	48	-0.95
Group B (Kho-Kho)	25	33.52	3.1		

Table 4.5 reveals that the mean score of Handball and Kho-Kho was found to be 33.56 and 33.52 respectively whereas standard deviation was 4.3 of Handball and 3.1 of Kho-Kho player. The value of $t = (0.95)$ would be compared with tabulated $t_{0.05}(48) = 2.01$ since calculated value of $t (=0.95)$ was less than tabulated $t (=2.01)$ hypothesis may be rejected and

it may be concluded that there was no significant difference between sports specific personality of handball and kho-kho players on variable of self concept.

Tabel-4.6 T-Table for sports specific personality of Handball and kho-kho players in variable Mental Toughness.

Group	N	Mean	SD	Df	t-test
Group A (Handball)	25	31.88	3.5	48	-0.9
Group B (Kho-Kho)	25	32.84	3.5		

Table 4.6 reveals that the mean score of Handball and Kho-Kho was found to be 31.88 and 32.84 respectively whereas standard deviation was 3.5 of Handball and 3.5 of Kho-Kho player. The value of $t = (0.9)$ would be compared with tabulated $t_{0.05}(48) = 2.01$ since calculated value of $t = (0.9)$ was less than tabulated $t = (2.01)$ hypothesis may be rejected and it may be concluded that there was no significant difference between sports specific personality of handball and kho-kho players on variable of mental toughness.

Table 4.7 T-Table for sports specific personality of Handball and kho-kho players in variable emotional stability.

Group	N	Mean	SD	Df	t-value
Group A (Handball)	25	32.76	3.2	48	-2.86
Group B (Kho-Kho)	25	35.68	3.8		

Table 4.7 reveals that the mean score of Handball and Kho-Kho was found to be 32.76 and 35.68 respectively whereas standard deviation was 3.2 of Handball and 3.8 of Kho-Kho player. The value of $t = (2.86)$ would be compared with tabulated $t_{0.05}(2.86) = (2.01)$ since

calculated value of $t = (2.86)$ was more than tabulated $t (=2.01)$ hypothesis may be accepted and it may be concluded that there was significant difference between sports specific personality of handball and kho-kho players on variable of emotional stability .

Table 4.8 T-Table for sports specific personality of Handball and kho-kho players.

Group	N	Mean	S D	D F	T-Test
Group A (Handball)	25	237.56	14.23	48	0.08
Group B (kho-kho)	25	237.88	3.45		

Table value 2.01

significant difference 0.5

Table 4.8 reveals that the mean score of Handball and Kho-Kho was found to be 237.56 and 237.88 respectively whereas standard deviation was 14.23 of Handball and 3.45 of Kho-Kho player. The value of $t (=0.08)$ would be compared with tabulated $t 0.05 (= 2.01)$ since calculated value of $t (0.08)$ was less than tabulated $t (=2.01)$ hypothesis may be rejected and it may be concluded that there is no significant difference between sports specific personality of handball and kho-kho players.

Figure 4.8

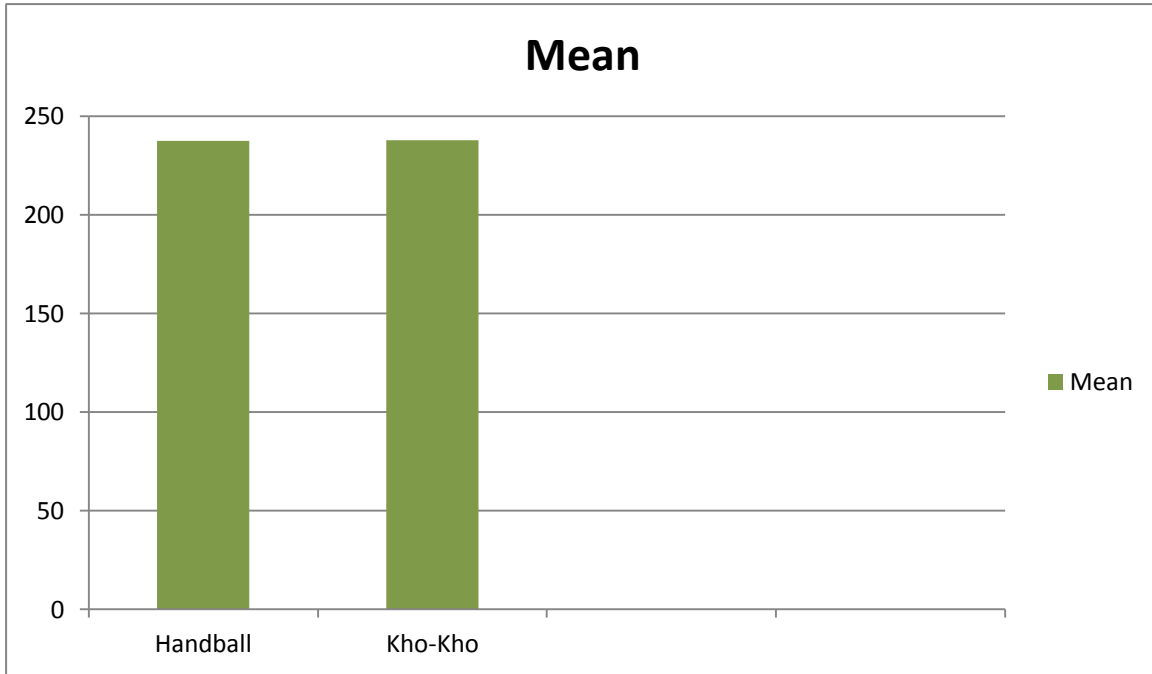


Figure 4.1 mean score of sports specific personality of handball and kho-kho players.

Discussion of finding

The result of the present study shows no significant difference between handball and kho-kho players on sports specific personality. The variable wise analysis of the sports specific personality had been discussed as under-

In sociability variable there were no significance difference between handball and kho-kho players .As in sociability a person is warm, good-nature, easy going, ready to cooperate, attentive to people, kindly, trustful, soft hearted, adaptable and warm hearted. It is an important trait for athletes in that it implies being generous to team-mates and that critics from other will be accepted in good faith. Thus we can say that both handball and kho-kho players were sociable and both have a co-operative attitude and help for nature.

In Dominance variable there was significance difference between handball and kho-kho players. It denotes self-assertive, self –assurance, hardness, and toughness, unconventionality and commanding other. Dominance is character by desire to influence and controlling other

people and is linked with ability for directing and controlling other people through subduing, persuading, seducing or commanding them. Thus we can say that both team games handball and kho-kho players were Dominance. But according to the nature the handball players are more dominate.

In Extroversion variable there was significance difference between handball and kho-kho players. As in mean Extroversion persons outgoing, uninhibited, impulsive, involved in group activities, sociable, being friendly, craving for excitement and have many social contacts. Thus we can say that both handball and kho-kho players were extrovesion but kho-kho players are more extrovert then handball players. Acc to nature acc to thinking and acc to enviourment of game.

In Conventinality variable there was no significance difference between kho-kho and handball players. As in Conventinality person denotes behaviour such as being alert to proper way of doing thing, being very practical, narrowing of interests to immediate problem, being realistic, dependable, sound, being concerned and worried about issues. many researchers have found athletes to be highly conservative and conventional in their responses to social situation. Thus we can say that conventinality was equally required in both the games alertness is very much required.

In variable self – concept there were no significance difference between handball and kho-kho players. As in self-concept reflects to several kind of identifiable personality traits such as self-concept, self-assurance, self assertiveness, self esteem, self regard, self-consistency, self-enhancement, self-respect. What a person perceives of himself and his achievement in life is called self-concept. Thus we can say that both handball and kho-kho players. Self-confidence and self-assurance in expressed in their behaviour.

In variable Mental-Toughness there was no significance difference between handball and kho-kho players. As in Mental-Toughness indicates that mentally tough athletes can take rough handing they are not easily upset about losing, playing badly or being spoken to harshly, can accepted strong criticism without being hurt and do not need too much encouragement from their coaches. Thus we can say that both handball and kho-kho players are mentally tough the during sports compaction they does not show anxiety, about event occurring about him.

In variable Emotional Stability there was significance difference between kho-kho and handball players. In Emotional stability is characterized by maturely, stability quite realism absence of neurotic fatigue, placidness, and optimism and self- discipline. Thus we can say that kho-kho players were more emotional stable as compare to handball players. Thus handball game required much toughness as the players may be less emotional stable as compare to kho-kho players.

In sports specific personality. There was no significance difference between kho-kho and handball players. Thus in the variable sociability, conventinality, Self-Concept, and Mantel-Toughness there was no significance difference between kho-kho and handball players.

In variable dominance, extroversion and emotional stability there was significance difference between kho-kho and handball players. Thus hypothesis was rejected that there were significance difference between kho-kho and handball players in sports specific personality. It may be concluded that in sports specific personality there was no significance difference between kho-kho and handball players.

CHAPTER-V

SUMMARY, CONCLUSION AND RECOMENDATION

SUMMARY:

This study was conducted on sports specific personality differentials among the players of different games. There were seven personality traits used in this study Sociability, Dominance, Extroversion, Conventionality, Self-concept, Mental Toughness, and Emotional Stability. The data was collected through the help of SSPT questionnaire (Dr. Agya jit Singh and Dr H S cheema 2000).The samples were this study 25 of Handball players and 25 Kho-Kho players. The samples were collected from Lovely Professional University (Phegware) and Guru nanek Dev University (Amritsar). Who represented inter-university level competition in kho-kho and handball players? The samples was selected through random sampling technique total sample size was fifty players in which 25 was kho-kho and 25 was handball players. All these division has been presented bellow random sampling technique was used. This study was to determine the personality traits of different games of players. To camper sports specific personality among kho-kho and handball players.In this study description of questionnaire and statically procedure for analyzing the data had been presenting. The scoring of questionnaire in positive and negative in all variables. T-test was used in this study for analyzing the data of sports specific personality kho-kho and handball players.

In sports specific personality. There was no significance difference between kho-kho and handball players. Thus in the variable sociability, conventionality, Self-Concept, and Mantel-Toughness there was no significance difference between kho-kho and handball players.

In variable dominance, extroversion and emotional stability there was significance difference between kho-kho and handball players. Thus hypothesis was rejected that there were significance difference between kho-kho and handball players in sports specific personality.It may be concluded that in sports specific personality there was no significance difference between kho-kho and handball players.

Conclusion:

- No significant difference was observed between the Handball and Kho-Kho on the variable of sociability in sports specific personality.
- No significant difference was observed between the Handball and Kho-Kho on variable of Dominance in sports specific personality.

- Significant difference was observed between the Handball and Kho-Kho on his variable of Extroversion in sports specific personality in sports specific personality.
- No significant difference was observed between the Handball and Kho-Kho on variable of Conventionality in sports specific personality.
- No significant difference was observed between the Handball and Kho-Kho on variable of Self concept in sports specific personality.
- No significant difference was observed between the Handball and Kho-Kho on variable of Mental Toughness in sports specific personality.
- No significant difference was observed between the Handball and Kho-Kho on variable of Emotional Stability in sports specific personality.
- No significant difference was observed between the Handball and Kho-Kho in sports specific personality data.

Recommendation:

- This study can be conducted on team game and individual game.
- This study can be conducted on woman's players.
- This study can be conducted on national level players.
- This study can be conducted on different games players.

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APPENDICS

