

A COMPARATIVE STUDY OF PERSONALITY DIFFERENCES AMONG ATHLETES AND PLAYERS OF DIFFERENT GAMES

Dr.Alok Kumar Pandey

Asst.Prof.

Dept. of Physical Education

R S Govt. Degree College, Shivrajpur, Kanpur

ABSTRACT

Sports Psychology is the study of persons behavior in sport. It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. Some of the most important skills taught are goal setting, relaxation, visualization, self talk, awareness and control, concentration, confidence, using rituals, attribution training and periodization. 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 behaviors in various situations. The Study is to find out the personality of Athletes and players of different games. The sample size for the study is 120 (subjects) in which 60 Athletes and 60 players of different games (eg. Foot Ball, Basket Ball, Hand Ball) those who have participated in the Inter College competitions in Kanpur University, Kanpur in 2013-14.. T test was used to find out the comparison. Result shows that Athletes are having good personality traits compare to players of different games. It is recommended to coaches to give psychological training to sports persons to enhance the performance.

Key Words: Sports Psychology, personality, attribution training.

INTRODUCTION:

Sports Psychology is upcoming and up growing branch of the Psychology now a days sports psychology is a soul of Physical Education. Sports Psychology is the scientific study of people and their behaviors in sport. Modern day sports are very demanding. It requires for the sportsmen and athletes alike to perform to the very best of their abilities and beyond. The team includes supporters, trainers and sports doctors among others, who are all doing their bit in ensuring that that athlete performs in competitions at the height of the mental, physical and emotional abilities that he or she is capable of. In all of this, one area of psychology has an important part to play and that is sports Psychology.

Sports Psychology is concerned with preparing the athlete or teams to be able to handle the high emotional stress levels that come with participating in sports competitions. Psychologists and Sports Trainers can work in tandem to enhance the performance levels of the athlete. The Coach can give appropriate information about the particular athlete to the psychologist, who will then be able to derive the psychological and behavioral patterns of the athlete before an event.

With the help of this mental picture as well as the characteristic mental attitude of the athlete, the Coach will be able to set up the most effective training schedule that will bring out the best in all of the athletes capabilities. Thus sports trainers can use psychology and help their charges better and get the best performance out of them. In modern competitive sports, psychological preparation of a team is as important as teaching them the different skills of a game with scientific methods.

32 Personality is defined as 'distinctive patterns of behavior that characterize each individual's adaptation to the situations of his or her life. 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 behaviors in various situations.

Statement of the Problem: To find out the Personality differences between Athletes and players of different games

Sample: The Study were conducted on 60 Male Athletes and 60 players of different games those who have taken part in Inter Collegiate Sports and Games in Kanpur University during the year 2013-14.

Tools: Eysenck's Personality Inventory was used in the study.

ADMINISTRATION OF THE TEST:

Questionnaires were distributed to 60 Male Athletes and 60 male players when they were free time to collect the data. Neuroticism, Extraversion, Psychoticism are the Personality traits are given more importance in this study.

RESULTS AND DISCUSSION:

The present study deals with the comparison of Personality traits among Athletes and players in respect to neuroticism, extraversion and Psychoticism. In this study total of 120 sportsman were selected out of which 60 athletes and 60 players. The data was treated

statistically by employing 't' Test to determine the significant difference of personality characteristics between athletes and players.

Table No.1

Sports Persons	Number	Mean	Standard Deviation	T-Value
Athletes	60	14.898	2.55	3.75*
Players	60	13.16	2.01	

The Table No.1 shows that the athletes are good Personality Traits compare to players of different games because the athletes are self reliant, dedicated, highly motivated to achieve the high level of performance. Athletes performances are depend upon their own talent and skill but players of different games (foot ball, basket ball and hand ball) have to depend upon their team effort to win the competitions. Hence players are differ from each other.

CONCLUSIONS AND RECOMMENDATIONS:

1. It is concluded that Athletes are having good personality traits compare to players of different games.
2. It is recommended that Coaches and Trainers must give psychological training to sports persons to enhance the sports performance.

References:

- Deci. E. & Ryan, R (1985) The general causality orientation scale. Self determination in personality, Journal of Research in Personality,19, 109-134.
- Lepper,M.K.Greene,D & Nisbett, R.(1973) Undermining Children's intrinsic interest with extrinsic reward.A test of the overjustification. Journal of Personality and Social Psychology,28,129-137.