

STUDY OF PERSONALITY FACTORS IN RELATION TO PERFORMANCE OF PLAYERS

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INTRODUCTION

Personality traits are not separate and independent characteristic, they are closely interrelated and interdependent. An integrated personality is one in which the several traits, interests, and desires are combined in an effective harmonious unity. Lack of integration of personality is clearly seen in certain mental disorders, and extreme form in cases of multiple personality.

The word 'personality' is a derivation from 'Persona', which originally meant 'theatrical mask' worn by dramatic personnel or actors in a play in the day of ancient Greek civilization. For most of the people personality is 'what makes one individual different from another'. Personality has been defined in many ways. To one writer, it is a sum of all his traits and attributes, which makes him a unique individual like any one else. According to Oxford dictionary, Personality means state of being a person, existence of an individual quality that makes up a person's character and traits distinguishing qualities or characteristics. Allport (1937) defined Personality as the dynamic organization with in the individual of those psychophysical systems that determine his unique adjustment with the environment. In 1962 Allport modified some portion of this definition. The unique adjustment with the environment was replaced by characteristic thoughts and behaviours Cattell (1957), defined Personality is that which permits predication of what a person will do in a given situation.

Warren (1982) viewed it as, "The entire mental organization of a human being at any stage of development."

STATEMENT OF THE PROBLEM

"Study of personality factors in relation to performance of players".

OPERATIONAL DEFINITION OF THE TERMS USED

Personality : Personality is that which permits predication of what a person will do in a given situation (Cattell).

Performance : Something very good and difficult that you have succeeded in doing an event exp. whichever way you look at it and Olympic Silver medal is remarkable performance for one so young. (Cambridge Advanced Learner Dictionary).

OBJECTIVE OF THE STUDY

To compare the personality factors of high and low performance players.

HYPOTHESIS OF THE STUDY

There is no significant difference between personality factors of high and low performance players.

DELIMITATIONS

1. The study was conducted on 300 players (150 male and 150 female) at different level of participation i.e. district and state level (Low Performance).
2. The domain of the study was delimited to the universities of Haryana.
3. The range of the age was delimited from 17 to 23 years.
4. The study was delimited to the players of judo, gymnastic, weightlifting and wrestling only.

LIMITATIONS

1. The life style, home environment, daily routine and food habits of subject cannot be controlled. So, this comes under limiting faction.
2. The apparatus for collecting the data was questionnaires.
3. The data was based on the expressed response of the respondents, which will not be completely free from their individual biases and prejudices.
4. No special technique was used to motivate the subject during the test.

RESEARCH METHODOLOGY

It is necessary to adapt a systematic procedure to collect the data. Which stimulates the researcher insight to test the hypothesis of the study under investigation.

POPULATION AND SAMPLE

In this study, all the players of Haryana universities i.e. CDLU Sirsa, MDU Rohtak, Kurukshetra University those who played at district, state, university and National level constituted the population.

After selection of these three universities, 100 players (25 players from each game i.e. judo, wrestling, weight-lifting, and Gymnastic) were selected by using random sampling. In this way total 300 (150 male and 150 female) players were selection as a sample for the present stage.

Table 1
Sample taken from the universities

Sr.	Name of Games	Name of the university						Total No. of players.
		KUK		M.D.U.		CDLU		
		M	F	M	F	M	F	
1.	Judo	13	12	12	13	12	13	75
2.	Gymnastic	12	13	13	12	13	12	75
3.	Weightlifting	13	12	12	13	12	13	75
4.	Wrestling	12	13	13	12	13	12	75
	Total	50	50	50	50	50	50	300

Table 2
Sample taken from different level of participation

Sr. No.	Name of Games	Level of Participation				Total No. of players.
		High Performance 150		Low Performance 150		
		M	F	M	F	
1.	Judo	19	19	18	19	75
2.	Gymnastic	19	19	19	18	75
3.	Weightlifting	19	18	19	19	75
4.	Wrestling	18	19	19	19	75
	Total	75	75	75	75	300

TOOLS USED FOR DATA COLLECTION

Personality

NEO five-factor inventory was originally developed by Paul T. Costa, and Robert R. McCrae (1980) was used for the test. 60 question was then in questionnaire the response of each item was recorded.

N–Neuroticism

E–Extraversion

O–Openness

A–Agreeableness

C–Conscientiousness

STATISTICAL TECHNIQUES

The data obtained from total sample were analysed for the under-mentioned information with the help of statistical techniques like mean, standard deviations, t-test.

Table-3
Significance of difference between personality factor (Neuroticism) of high and low performance players

Variable	Group	N	Mean	S.D.	S.Ed.	t-ratio	Level of significance
Neuroticism	H.P.P.	150	26.44	4.13	.46	5.36	.01
	L.P.P.	150	23.99	3.77			

Fig. -1

Mean scores on personality factor (Neuroticism) of high and low performance players

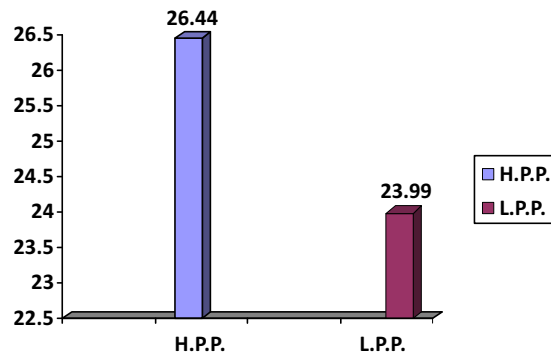


Table-4

Significance of difference between personality factor (Extraversion) of high and low performance players

Vari able	Group	N	Mean	S.D.	S.Ed.	t-ratio	Level of significance
Extraversion	H.P.P.	150	27.14	4.18	.50	4.20	.01

Fig. -2

Mean scores on personality factor (Extraversion) of high and low performance players

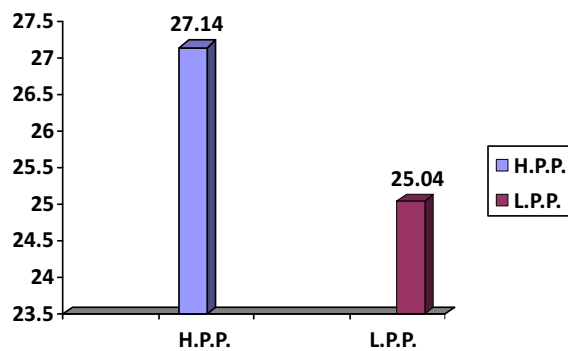


Table-5
Significance of difference between personality factor (Openness)
of high and low performance players

Variable	Group	N	Mean	S.D.	S.Ed.	t-ratio	Level of significance
Openness	H.P.P.	150	24.95	3.59	.44	3.35	.01

Fig. -3

Mean scores on personality factor (Openness) of high and low performance players

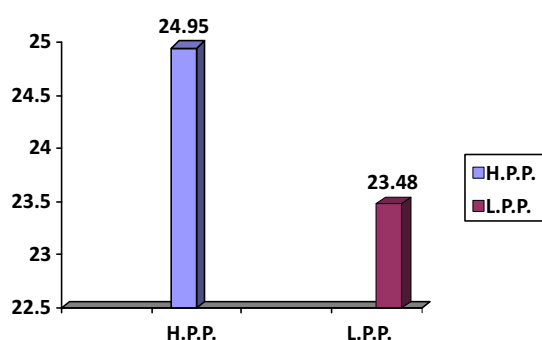


Table-6
Significance of difference between personality factor (Agreeableness)
of high and low performance players

Variable	Group	N	Mean	S.D.	S.Ed.	t-ratio	Level of significance
Agreeableness	H.P.P.	150	27.07	3.59	.42	5.70	.01

Fig.-4

Mean scores on personality factor (Agreeableness) of high and low performance players

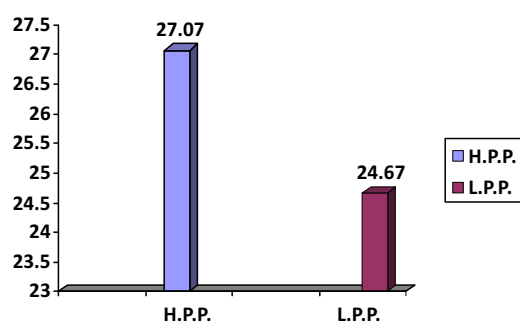
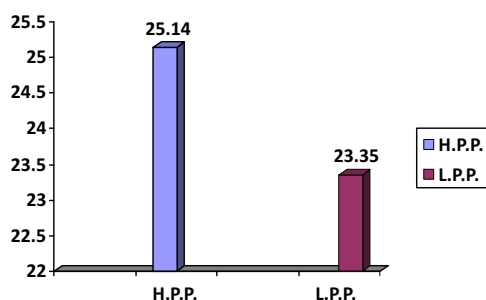


Table-7
Significance of difference between personality factor (Conscientiousness) of high and low performance players

Variable	Group	N	Mean	S.D.	S.Ed.	t-ratio	Level of significance
Conscientiousness	H.P.P.	150	25.14	3.85	.47	3.83	.01

Fig.-5

Mean scores on personality factor (Conscientiousness) of high and low performance players



FINDINGS

There exists a significant difference between personality factors of high and low performance players. High performance players were found significantly better than low performance players.

DISCUSSIONS OF THE RESULT

Davis (1994), Butt (1997) also supported the present findings like there exists a significant difference between high and low performance players on personality factor. Again players with high performance had more abilities to succeed and to perform better in specific tasks.

IMPLICATIONS

The findings of the present study will be of immense value in the field of physical education and sports. The study when completed will be used as a helpful tool for the coaches, physical trainer and for preparing the players for the competitive sports. The comparison of personality factors as possessed by the players performing at Inter-Collegiate and Inter-University level of participation will give a direction to coaches, trainers and players to get knowledge of the extent of developing in each and every component of personality factors level as required at a particular level contrary to this, the training schedule for competitive athletic at different level of participation may be prepared according to the psychological qualities assessed in the players preparing for the competition.

The major reason for studying personality in sports has been the possibility of predicting future success in sport more accurately. According to this supposition, successful performers display a



personality profile that differs from less successful performers. The successful personality profile presumably includes sociability, emotional stability, ambitions, dominance, responsibility, leadership, self-confidence, persistency and trait anxiety.

The psychological variables may be used as a tool for the selection of players according to the game in which the players can excel. The selector may use the findings of the study as a directional tool for the players of the game and for the performance at their different level.

The findings of the study will also have a great importance for further research in the field of physical education and sports for selecting sportsmen in different games and sports.

CONCLUSION

The findings of the present study were highly contributed for the improvement in the field of physical education. Psychological variables like Personality factors are significantly correlated to the performance of the players. Personality factor is the important variable, which determines the performance of the players. So there is a significant difference between high and low performance on personality factors. Personality factor has played a significant role for achieving the better performance in sports.

So far as Personality of the players is concerned, it is a very important aspect of a player to excel in sports. Those players, who were better in sports, had better personality characteristics. So, performance of the players depends on his/her Personality characteristics. Hence, it accepts that there is a difference between high and low performance players.

SUGGESTIONS AND RECOMMENDATIONS

The following suggestion and recommendations can be made on the basis of results of the present study:

1. The other psychological variable could also be studied.
2. Broader samples can be studied by including players of different socio-economic status and different age groups etc.
3. Psychological variables on sports performance in various games at International levels can also be studied.
4. Similar studies can be conducted on a wider population.
5. There is a need for further studies using other statistical methods to determine if different methods would reveal significantly different results.

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