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A comparative study of personality characteristics of table tennis and basketball players

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Abstract

The purpose of the present study was to compare the personality characteristics of Inter collegiate Table Tennis and Basketball players with regard to neuroticism and extraversion. Twenty (20) Table Tennis and Basketball players served as subjects who voluntarily participated in inter college tournament. Eysenck Personality Inventory (E.P.I.) was administered to find out the personality characteristics of the Table Tennis and Basketball Players, with regard to neuroticism and extraversion. 't' test was used to compare the significance difference between Table Tennis and Basketball players. t-ratio for extraversion and neuroticism were (3.75, p greater than 0.05) and (1.83, p less than 0.05) respectively indicating significant difference with respect to extraversion and no significant difference with respect to neuroticism between Table Tennis and Basketball players.

Keywords: Personality characteristics, table tennis, basketball, players, Eysenck personality inventory (E.P.I.)

Introduction

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 word "personality" originates from the Latin persona, which means mask. Significantly, in the theatre of the ancient Latin-speaking world, the mask was not used as a plot device to disguise the identity of a character, but rather was a convention employed to represent that character. In psychology, personality refers to the pattern of thoughts, feelings and behaviours, consistently exhibited by an individual over a long period of time, that strongly influences the way that individual perceives the world and himself or herself.

Definition of Personality

Robert Park and Earnest Burgess Personality is the sum and organization of those traits which determine the role of the individual in the group.

Watson. Personality is some of activities that can be discover by actual observing over a long enough period of time to give reliable information.

J.P. Guilford (1959). A person's unique pattern of trait's.

Mc Clelland (1951). The most adequate conceptualization of a person behaviour in all the details.

Allport's definition indicates that personality is dynamic in 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 psychology is a branch of psychology that studies personality and individual differences. Its areas of focus include:

- Constructing a coherent picture of the individual and his or her major psychological processes.
- Investigating individual differences - how people are unique.
- Investigating human nature - how people are alike.

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Characteristics of Personality

- Personality is unique and specific. Everyone is unique in this world. No two individuals are alike and even twins are behaving specifically. Everyone of us has different characteristics for making adjustment.
- Personality is self consciousness. Self-consciousness is an acute sense of self-awareness that one exists as an individual being. Self-consciousness affects people in varying degrees, as some people are constantly self-monitoring or self-involved, while others are completely oblivious about themselves
- Consistency - There is generally a recognizable order and regularity to behaviors. Essentially, people act in the same ways or similar ways in a variety of situations.
- Psychological and physiological - Personality is a psychological construct, but research suggests that it is also influenced by biological processes and needs.
- It impacts behaviors and actions - Personality does not just influence how we move and respond in our environment; it also causes us to act in certain ways.
- Multiple expressions - Personality is displayed in more than just behavior. It can also be seen in our thoughts, feelings, close relationships and other social interactions.
- Personality is not static
- Every personality is a product of heredity and environment.

Theories of Personality

There are several theories on personality, which involve different. Ideas about the relationship between personality and other aspects of a person, as well as different notions about the way personality develops. Some of the most prominent ones are briefly discussed below:

Psychoanalytical Theory

The founder of psychoanalytic theory was Sigmund Freud. The term psychoanalysis is used to refer to many aspects of Freud's work and research, including Freudian therapy and the research methodology he used to develop his theories. Freud relied heavily upon his observations and case studies of his patients when he formed his theory of personality development.

Before we can understand Freud's theory of personality, we must first understand his view of how the mind is organized. According to Freud, the mind can be divided into two main parts:

1. The conscious mind includes everything that we are aware of. This is the aspect of our mental processing that we can think and talk about rationally. A part of this includes our memory, which is not always part of consciousness but can be retrieved easily at any time and brought into our awareness. Freud called this ordinary memory the preconscious.
2. The unconscious mind is a reservoir of feelings, thoughts, urges, and memories that outside of our conscious awareness. Most of the contents of the unconscious are unacceptable or unpleasant, such as feelings of pain, anxiety, or conflict. According to Freud, the unconscious continues to influence our behavior and experience, even though we are unaware of these underlying influences.

According to Sigmund Freud's psychoanalytic theory of personality, personality is composed of three elements. These three elements of personality--known as the id, the ego and the superego--work together to create complex human behaviors.

The ID

The id is the only component of personality that is present from birth. This aspect of personality is entirely unconscious and includes of the instinctive and primitive behaviors. According to Freud, the id is the source of all psychic energy, making it the primary component of personality.

The id is driven by the pleasure principle, which strives for immediate gratification of all desires, wants, and needs. If these needs are not satisfied immediately, the result is a state anxiety or tension. For example, an increase in hunger or thirst should produce an immediate attempt to eat or drink. The id is very important early in life, because it ensures that an infant's needs are met. If the infant is hungry or uncomfortable, he or she will cry until the demands of the id are met.

However, immediately satisfying these needs is not always realistic or even possible. If we were ruled entirely by the pleasure principle, we might find ourselves grabbing things we want out of other people's hands to satisfy our own cravings. This sort of behavior would be both disruptive and socially unacceptable. According to Freud, the id tries to resolve the tension created by the pleasure principle through the primary process, which involves forming a mental image of the desired object as a way of satisfying the need.

The Ego

The ego is the component of personality that is responsible for dealing with reality. According to Freud, the ego develops from the id and ensures that the impulses of the id can be expressed in a manner acceptable in the real world. The ego functions in both the conscious, preconscious, and unconscious mind.

The ego operates based on the reality principle, which strives to satisfy the id's desires in realistic and socially appropriate ways. The reality principle weighs the costs and benefits of an action before deciding to act upon or abandon impulses. In many cases, the id's impulses can be satisfied through a process of delayed gratification--the ego will eventually allow the behavior, but only in the appropriate time and place.

The ego also discharges tension created by unmet impulses through the secondary process, in which the ego tries to find an object in the real world that matches the mental image created by the id's primary process.

The Superego

The last component of personality to develop is the superego. The superego is the aspect of personality that holds all of our internalized moral standards and ideals that we acquire from both parents and society--our sense of right and wrong. The superego provides guidelines for making judgments. According to Freud, the superego begins to emerge at around age five.

There are two parts of the superego:

1. The ego ideal includes the rules and standards for good behaviors. These behaviors include those which are approved of by parental and other authority figures.

Obedying these rules leads to feelings of pride, value and accomplishment.

- The conscience includes information about things that are viewed as bad by parents and society. These behaviors are often forbidden and lead to bad consequences, punishments or feelings of guilt and remorse.

The superego acts to perfect and civilize our behavior. It works to suppress all unacceptable urges of the id and struggles to make the ego act upon idealistic standards rather than upon realistic principles. The superego is present in the conscious, preconscious and unconscious.

The Interaction of the Id, Ego and Superego

With so many competing forces, it is easy to see how conflict might arise between the id, ego and superego. Freud used the term ego strength to refer to the ego's ability to function despite these duelling forces. A person with good ego strength is able to effectively manage these pressures, while those with too much or too little ego strength can become too unyielding or too disrupting.

According to Freud, the key to a healthy personality is a balance between the id, the ego.

Personality is the overall pattern of psychological characteristics that makes person a unique individual. It is well known fact that players, of one game differ from the players of other games in their personality traits. The purpose of the study was to find out personality characteristics between inter collegiate level Table Tennis and Basketball players, with regard to neuroticism and extraversion. The present study was delimited only two psychological variables as it was not horrible to study all the psychological factors which help the sportsman. The two variables which were selected for present study - extraversion - neuroticism.

Methodology

Twenty Table Tennis players and Twenty Basketball players who participated in inter collegiate tournament conducted by Kurukshetra University, Kurukshetra, Haryana, were selected as subject for this present study. E.P.I. was administration to the Table Tennis and Basketball players. Instructions were given to the subject before filling the E.P.I.

Results and Discussion

The result of the present study in Table 1 and Table 2.

Table 1: Means, S.D. and t-ratio of Extraversion for Table Tennis and Basketball Players

Players	N	Means	S.D.	t-ratio
Table Tennis	20	27.95	2.3	3.75*
Basketball	20	24.80	3.06	

*Significant at 0.05 level

Table 2: Means, S.D. and t-ratio of Neuroticism for Table Tennis and Basketball Players

Players	N	Means	S.D.	t-ratio
Table Tennis	20	21.4	5.26	1.83*
Basketball	20	23.9	3.08	

It is evident from Table 1 there was significant difference found ($t = 3.75$, p is less than .5) between Table Tennis and

Basketball Players with respect to extraversion. In Table 2 no significant difference was found ($t = 1.83$, p is less than .5) between Table Tennis and Basketball Players with respect to neuroticism.

Conclusion

Statistically significant difference of personality characteristics with respect to neuroticism between Table Tennis and Basketball Players was found. Table Tennis players were found to have significant neurotic tendency as compare to Basketball players. Statistically significant difference of personality characteristics with respect to extroversion between Table Tennis and Basketball Players was found. Table Tennis players were found to have got more neurotic tendency as compare to Basketball players.

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