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To study the level of sixteen personality factors of sports and non-sports students

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Abstract

A wealth of research literature stating that athletes from various nations and sub groups differ in their physiology and somatology. At the same time they confidently conclude that these differences have psychological correlates even though the personality variables of athletes are different from non-athletes. Keeping this view in consideration this study was planned. 180 students (90 of sports group and 90 non-sports group) have been selected. To measure 16 variables of personality, R.B. Cattells 16 PF as adopted to Indian conditions by S.D. Capoor was used, and it can be conveniently concluded that so far as the sixteen personality factors are concerned sports and non-sports students do not differ significantly with each other.

Keywords: Personality variables, personality factor, athletes, sports

Introduction

Sports as reaction as well as competition are considered to be a part of physical education. The activity of sports and games are important from national and international point of view. Due to its importance psychologists have been taking interests in the physical and mental characteristics of sportsman. Initially they took help of time and motion studies with a view to guide sportsman for their success in the field of a particular sport of their choice. Recently psychologists have shown interest in the personality characteristics of sportsman. Consequently, it is proposed to undertake the following topic for the present study – “A Comparative Study of 16 personality factors of sports and non-sports students” And the aim of this study is to identify the qualities and personality characteristics of sports and non-sports students.

Significance of the problem

Any study on sports whether it is done by a psychologist or person from other fields, becomes significant because of the following reasons:

1. Sports help in character building and physical fitness.
2. Sports help in developing interpersonal relationship in the form of sports man spirit.
3. Sports increase the prestige of a nation.
4. Sports give lot of entertainment to the general public.
5. Sports help in sublimating unhealthy emotions through healthy competitions.
6. Sports increase understanding among different nations, hence the possibilities of world wars decrease through participation in sports and games.

Hypothesis

There may be significant difference in the sixteen personality factors of personality between sports and non-sports students.

The sample

The sample of 180 students reading in Intermediate classes and onwards have been selected for the present study. 90 students of sports group who have represented the college in Inter College tournaments or district/ university/ State Level/ National Level tournaments would be included and 90 students of non-sports groups who take no interest in sports and games or

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participate in games only for the sake of interest but do not represent their colleges in significant matches or tournaments.

The sports students will be classified under three categories:

1. Athletic group
2. Team event group
3. Individual group

Each of the three groups would consist of sports boys and sports girls. The Athletic group will include mainly track events, like races, throws and jumps. The team event group shall cover football, Hockey, Cricket, Volley ball, Basketball and Kabaddi. The Individual events will include wrestling, Boxing, weight lifting, Badminton, Tennis and Table tennis.

Statistical Processing and Conclusion

By applying inferential statistics Mean, S.D. and t-value and F.Ratio will be calculated. The performance of the groups would be compared and the significance level of the difference would be found out and it can be conveniently concluded that so far as the sixteen personality factors and are concerned sports and non-sports students don't differ significantly with each other.

Implication

Sports is a dominant aspect of our life. It is helpful in developing psychology of sportsman and providing suitable guidance to them for their career in sports.

Psychology in sports represent an outlet for youth's best for physical perfection and excellence. From time immemorial feats of physical endurance skill, achievement had provided immeasurable joy and satisfaction to exponents of this form of culture as also to millions of spectators.

Athletes from various as well as athletes within a given sub-group possess different personality structure. Therefore they presumably have different psychic needs and should be handled in a personalized fashion.

In behavioural state terms the successful athlete tends to be less anxious, depressed and confused as well as possessing more psychic vigour than the unsuccessful athlete.

Athletes should not be left to their own psychological resources following either successful or unsuccessful competition. The coach should talk with his athletes following competition with the aim of

Ego strengthening in the case of traumatic failure as well as counsel and "insulation" following record setting performance.

Coaches should pay careful attention to the post competitive psychological condition of their athletes. It is also reasonable to state that psychological stability is a prerequisite for consistent success in the high level athlete successful athletes who are truly neurotic are the exception rather than the rule.

Individual psychology concern with the individual personality of sportsman. As a developing phenomenon comes under the study of development or child psychology parents today are even more concerned about the psychological well-being of their children. They want their children to participate but they are uncertain as to whether sports create sinners or saints so sports psychology help them in this field.

Individual search for identification emotional stimulation and strive for achievement and status are the three dominant

forces, emerged in our society, sports psychology to some extent help us to fulfil these needs.

Clinical psychology, medical psychology study a sportman's behaviour and suggest ways and means by which the forces hidden and apparent - acting upon the behaviour of an athlete, could be controlled or manipulated so that he could be given the best possible opportunities for showing the potential in him.

The sport psychology may be used for personal guidance, not only to athletes only but to coaches also. It will also help us to understand the behaviour and performance of sports students.

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