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A study on personality disintegration among Indian hockey players

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Abstract

The purpose of this study was to compare Personality Disintegration among sub-junior level, junior level and senior level Hockey Players. To obtain data, the investigators had selected Ninety Nine (N=99), Female subjects between the age group of 12-28 years (Mean \pm SD: Age 16.90 \pm 3.80 (yrs), Body Height 161.41 \pm 4.97 (cm), Body Mass 52.36 \pm 5.35 (kg)). For evaluating the levels of Emotional Maturity among subjects, Singh and Bhargava's (1988) Emotional Maturity Scale (EMS) was used. The Statistical Package for the Social Sciences (SPSS) was used for all analyses. The differences in the mean of each group for selected variables were tested for the significance of difference by One-way Analysis of Variance (ANOVA). For testing the hypotheses, the level of significance was set at 0.05. To conclude, it is significant to mention in relation to Personality Disintegration that result of Analysis of Variance (ANOVA) among Hockey Players was found statistically significant ($p < .05$).

Keywords: Personality disintegration, sub-junior, junior and senior

1. Introduction

Personality disintegration is defined as a swift breakdown in character, cohesion, and operating, generally due to specifically distressing life scenarios. Sport and physical activity programs can provide an effective vehicle for youth to develop at a personal, social and emotional level (Morris *et al.*, 2004) ^[13]. Such personality traits as mental health and emotional maturity, perfectionism, anger, and over-competitiveness, however, also have the potential of influencing a young athlete's sense of self-concept (Vallance *et al.*, 2006) ^[16]. There are a growing interest and an increase in the amount of research focusing on emotions in sport psychology (Campo *et al.*, 2012; Cerin *et al.*, 2000; Hanin, 2007) ^[3, 4, 5]. Emotions are central in a sport setting because of their significant influence on performance and well-being (Hanin, 2007; Lazarus, 2000; McCarthy, 2011) ^[5, 9, 12]. For instance, pleasant emotions (e.g. vitality, satisfaction) have been associated to positive outcomes such as mental health, performance or engagement (Lyubomirsky *et al.*, 2005; Riemer & Chelladurai, 1998) ^[10, 14] whereas unpleasant emotions such as anxiety, anger, and depression have been associated to negative consequences (e.g. athlete burnout) and/or positive consequences depending on the situation and/or individual (Beedie *et al.*, 2000; Martinent *et al.*, 2015) ^[1, 11]. The role of emotions in sport and sport performance has been highlighted by many research studies (Jones *et al.*, 2005; Kerr, 1997; Lazarus, 2000; Robazza, 2006; Vallerand, 1983) ^[6, 7, 9, 15, 17]. For example, independent studies conducted by Cohn and Loehr as well as Ravizza (Krane & Williams, 2006) ^[8] indicated emotional characteristics associated with peak performance in sport ranging from loss of/no fear to feelings of being in complete control (having control over emotions) to extraordinary awareness and optimism as well as feelings of self-confidence, happiness, mental calmness, and excitement.

2. Material and Methods

2.1 Selection of Subjects

For the purpose of the present study, Ninety Nine (N=99), Female subjects between the age group of 12-28 years (Mean \pm SD: Age 16.90 \pm 3.80 (yrs), Body Height 161.41 \pm 4.97 (cm), Body Mass 52.36 \pm 5.35 (kg)) volunteered to participate in the study. The demographics of subjects are brought forth in Table 1.

Table 1: Subject’s Demographics of Hockey Players (N=99) (i.e., Sub-Junior Level (N₁=45), Junior Level (N₂=32) and Senior Level (N₃=22))

Variable (s)	Sample Size (N=99)			
	Total N=99	Sub-Junior Level (N ₁ =45)	Junior Level (N ₂ =32)	Senior Level (N ₃ =22)
Age (yrs)	16.90±3.80	13.8±1.32	17.40±4.98	22.54±3.05
Body Height (cm)	161.41±4.97	156.95±3.83	164.78±1.77	165.63±1.29
Body Mass (kg)	52.36±5.35	47.57±4.12	55.53±1.54	57.57±1.36

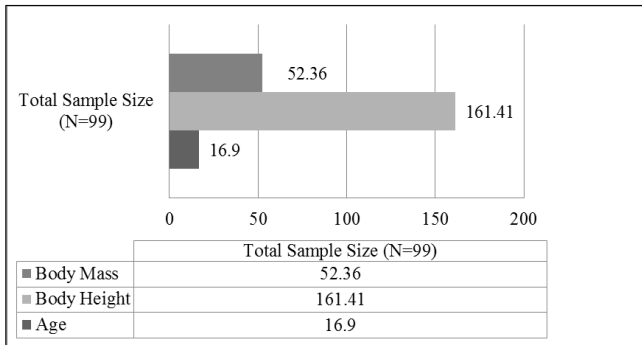


Fig 1: Subject’s Demographics of Hockey Players (N=99) (i.e., Sub-Junior Level (N₁=45), Junior Level (N₂=32) and Senior Level (N₃=22)).

3. Selection of Tools

3.1 Emotional Maturity Scale (EMS).

For evaluating the levels of Personality Disintegration among subjects, (Singh and Bhargava’s, 1988) [18] Emotional Maturity Scale (EMS) was used.

4. Statistical Analysis

The Statistical Package for the Social Sciences (SPSS) was used for all analyses. The differences in the mean of each group for selected variable were tested for the significance of difference by One-way Analysis of Variance (ANOVA). For testing the hypotheses, the level of significance was set at 0.05.

5. Results

For the chosen variables, the result pertaining to Analysis of variance (ANOVA) among Sub-Junior Level, Junior Level and Senior Level Hockey Players on the variable Personality Disintegration are presented in the following tables:

Table 2: Analysis of variance (ANOVA) results among Hockey Players (N=99) (i.e., Sub-Junior Level (N₁=45), Junior Level (N₂=32) and Senior Level (N₃=22)) with regards to Personality Disintegration

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value	p-value
Between Groups	123.002	2	61.501	3.226	.044
Within Groups	1830.291	96	19.066		
Total	1953.293	98			

The p-value is .044. The result is significant at $p < .05$.

- It is evident from Table-2 that results of Analysis of Variance (ANOVA) among Hockey Players (N=99) (i.e., Sub-Junior Level (N₁=45), Junior Level (N₂=32) and Senior Level (N₃=22)) with regards to Personality Disintegration were found statistically significant ($p < .05$). Since the obtained F-value was found

significant, therefore, post-hoc test was employed to study the direction and significance of differences between paired means. The results of post-hoc test have been presented in Table-3.

Table 3: Analysis of post-hoc test among Hockey Players (N=99) (i.e., Sub-Junior Level (N₁=45), Junior Level (N₂=32) and Senior Level (N₃=22)) with regards to Personality Disintegration

Multiple Comparisons			
Group (A)	Group (B)	Mean Difference	Sig.
Sub-Junior (14.5333)	Junior	-.46667	.899
	Senior	-2.83030*	.049
Junior (15.0000)	Sub-Junior	.46667	.899
	Senior	-2.36364	.154
Senior (17.3636)	Sub-Junior	2.83030*	.049
	Junior	2.36364	.154

- A glance at Table-3 showed that the mean value of Sub-Junior group was 14.5333 whereas Junior had mean value as 15.0000 and the mean difference between both the groups was found .46667. This shows that the Junior group had demonstrated significantly better on Personality Disintegration than their counterpart’s Sub-Junior group.
- The mean value of Sub-Junior group was 14.5333 whereas Senior had mean value as 17.3636 and the mean difference between both the groups was found 2.83030. This shows that the Senior group had demonstrated significantly better on Personality Disintegration than their counterpart’s Sub-Junior group.
- The mean value of Junior group was 15.0000 whereas Senior had mean value as 17.3636 and the mean difference between both the groups was found 2.36364. This shows that the Senior group had demonstrated significantly better on Personality Disintegration than their counterpart’s 15.0000 group.

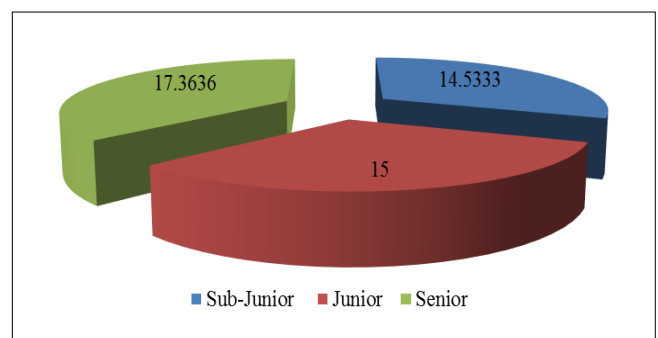


Fig 2: Graphical representation of mean scores Hockey Players (N=99) (i.e., Sub-Junior Level (N₁=45), Junior Level (N₂=32) and Senior Level (N₃=22)) with regards to Personality Disintegration.

6. Hypothesis Testing

It was hypothesized that there will be significant differences among Sub-Junior Level, Junior Level and Senior Level Hockey Players on the variable Personality Disintegration. At this point in the research study, the researcher rejected the hypothesis of this study.

7. Conclusions

To conclude, it is significant to mention in relation to Personality Disintegration that results of Analysis of

Variance (ANOVA) among Hockey Players were found statistically significant ($p < .05$).

8. Recommendations

Sports psychologists, sports physician, coaches and athletic trainers may utilize the findings of the present study by preparing or modifying the existing training schedules for Hockey Players. The data regarding Personality Disintegration will help the coaches and trainers to regulate the training programme for elite athletes.

9. Acknowledgements

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