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## Comparison on the sports specific personality of female football players and female weight lifters of Mangalore University inter-collegiate participants

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### Abstract

The purpose of the study was to compare the sports specific personality between female Football Players and female weight lifters who took participation in Inter-collegiate Competition of Mangalore University. The objective of the study was to find out whether there is any significant difference in the female football Players and female weight lifters participated in Intercollegiate Competition. For the purpose of this study 22 female football players and 22 female weight lifters were selected as a sample who participated in Intercollegiate Competition of Mangalore University. Subjects was selected using Simple Random Sampling Method for this study.

The research Scholar selected sports specific personality test Scale for the study. Questionnaire developed by National Psychological Corporation, Agra made by Sports Specific Personality Test standardized by Dr. Agyajit Singh and Dr. H.S Cheema (2010). Proper SSPS 14.0 version is used for the analysis of data. Study found significance difference in some features.

**Keywords:** Sports specific personality, football players, weightlifters, sociability

### Introduction

Personality is the totality of one's behavior towards oneself and others. It includes everything about the person his physical, emotional, social, mental and spiritual make-up. Personality is the overall pattern of psychological characteristics that makes each person a unique individual.

Individual differences are obvious in sport and understanding such personality factors can help to explain sport and exercise behavior. The goal of sport personality research is to provide accurate and reliable information about individual differences in sport and the implications of such personality differences for sport performance and behavior.

Personality embraces a person's moods, attitudes opinions, motivations, style of thinking, perceiving, speaking and acting. It is the part of what make each individual distinct.

Sports specific personality is the personality of an individual in the field of sports. This includes the dimensions of personality such as sociability, dominance, extraversion, self-concept and conventionality, mental toughness and emotional stability. Sociability- means a sociable person is warm, good-natured, easy going, ready to cooperate, attentive to people, kindly, trustful, soft-hearted, adaptable and warm-hearted. It is an important trait for athletes in that it implies being generous to team-mates and that criticism from others will be accepted in good faith.

Individual and team sport athletes have different personal characteristics. If different personalities are drawn to certain sports or if the sport environment creates different personalities are not clear. The environmental setting in individual and team sport differs and therefore gives the athletes different conditions to develop as athletes.

### Objective of the study

The main objective of the study was to compare the Sports Specific Personality of female football players and female weight lifters.

### Methodology

The required data were collected from female participators in Inter-collegiate level Competition of Mangalore University in the event of football and weight lifting.

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For the purpose of this study 22 football players and 22 weight lifters were selected who participated in Intercollegiate Competition of Mangalore University. Subjects were selected by using Simple Random Sampling Method. The research scholar selected to collect data pertaining to the study of sports specific personality were assessed by standard questionnaire. Before distribute the questionnaire to the selected subject, they were requested to assemble at Place Intercollegiate Competition. After that the research scholar must explained the purpose of the study and the method how to fill up that questionnaire. The responses of the subject were converted into numerical with the help of the scoring key were give the score.

### Used tool

Researcher has selected the following tools to gather data from the selected samples. Sports Specific Personality Test standardized by Dr. Agyajit Singh and Dr. H.S Cheema (2010).

### Analysis

Means and standard deviations related with sociability, Dominance, Extroversion, Conventionality, Self-concept, Mental toughness and Emotional stability for female football players and weight lifters are shown.

Variables		Mean	SD	df	T	P
Sociability	Football players	51.64	4.15	42	2.940	.01
	Weight lifters	47.23	5.68			
Dominance	Football players	42.50	3.99	42	.534	.60
	Weight lifters	41.86	3.92			
extroversion	Football players	41.36	4.25	42	2.907	.01
	Weight lifters	37.77	3.94			
Conventionality	Football players	40.55	3.46	42	1.224	.23
	Weight lifters	39.27	3.44			
Self-concept	Football players	46.55	4.44	42	1.232	.23
	Weight lifters	44.95	4.12			
Mental toughness	Football players	45.68	4.94	42	2.493	.02
	Weight lifters	41.68	5.68			
Emotional stability	Football players	44.73	5.17	42	2.524	.02
	Weight lifters	40.86	4.98			

Significant deference 0.05 level

For comparing the scores of personality characteristics of with sociability, Dominance, Extroversion, Conventionality, Self-concept, Mental toughness and Emotional stability for female football players and weight lifters, independent group t-test was performed.

Above table shows, there is significantly different between female football players and weight lifters in terms of sociability characteristics ( $P=0.01$ ). In other words, according to the mean of the two groups, female weight lifters have less features of sociability than female football players.

Also there are significantly different between female football players and female weight lifters in terms of extraversion characteristics ( $P=0.01$ ). In the other words, according to the mean of the two groups, female weight lifters have less features of extroversion than female football players.

There is significant difference of mental toughness between female football players and female weight lifters ( $P=0.02$ ). In the other words, according to the mean of the two groups, female weight lifters have less features of mental toughness than female football players.

There is significant difference of emotional stability between female football players and female weight lifters ( $P=0.02$ ). In the other words, according to the mean of the two groups, female weight lifters have less features of emotional stability than female football players.

In the features of dominance, conventionality and self-concept showed mean difference and in SD. But in t test the significant difference is not found.

### Conclusion

Under the limitation of the study following concluded that comparing to the female football players the female weight lifters are having low level of sociability, extroversion, mental toughness and emotional stability.

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