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## An assessment of sports participation on personality traits of sportsperson participated at different level of competition

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### Abstract

The purpose of the present research was to assess and compare the personality traits between Group game and individual sports sportsperson who have been participated in state, national, and all India university level tournaments. The method of the study was descriptive analyses, Total 300 (Each 100) samples representing in different level of competition in both individual and group game were selected and To collect the data the standardized scale devised by Dr Ajith Sing has administered on the sub sample who were participated in different level of tournament, later 't' test was applied to assess the significant difference in personality traits such sociability factor of personality traits between sportswomen of individual and group game, the conclusion was drawn that group game sportsperson have possessed the high sociability personality traits comparing to their counterpart, it was rationalized that nature of group participation develops and Cultivates the social values and character among the participants.

**Keywords:** Level of Sports Competition, Personality Traits, group, individual game

### Introduction

Personality including dimensions of extraversion, Sport psychology has emerged as a field with a personality including dimensions of neuroticism, research tradition that provides a foundation for direct extraversion, openness, agreeableness and application with athletes. As the role played by conscientiousness, two that have supported both psychological factors in the performance and over well- theoretical and empirical by a large number of researches being of athletes has become better understood, in the last decades. Numerous studies have intervention have been designed to favorably affect examined the relations between five factor model athlete behavior throughout their involvement in sport dimensions and sport activities; these studies suggest and beyond]. Sport psychology researchers have been that there is a positive correlation between sport interested in how athletes' psychological an activities, extraversion and conscientiousness and also a characteristics influence performance. From this point, it negative correlation between sport activities and clear that psychological characteristics differ between neuroticism. Also the results of studies connected with more and less effective athletes and teams. Moreover, the Three-dimensional model of personality have shown ability to mentally prepare is considered a key component correlation between sport activities with one or more of such differences. The optimal level of skills in dimensions of low neuroticism, high extraversion and low championship depends on three factors; physical, skill psychotics. believed sportsmen and mental preparation. It seems that champion's different women are extraversion and there is a significant relation performance depends on mental preparation, influence of between sport abilities and extraversion rate. It is obvious psychology and personality of sportsmen. So it needs to higher abilities have related with extraversion and lower compare the relationship between psychological variables abilities with introspection. Some findings have found (personality) in different sports. This matter would help different results in this case.

**Problem:** A Comparative Study of personality traits between individual and group game players participated different level of tournaments.

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**Hypotheses:** It was hypothesized that the nature of participation leads to develops different Kind of personality traits group.

**Objective**

1. To assess the influence of sports participation on personality traits among Women Players, who were participated at different level of tournament?
2. To know the correlation exist between the nature of game and level of Competition and personality traits.

**Materials and methods**

The present research is descriptive comparative which compares the personality traits of level of Competition individual and Group game. Participants: The participants of the present research are belonging the group game and individual athletes those are participating in the State, National, and All India University Level Women Players tournaments. The sample was selected using purposive random technique; 100 subjects of each group as individual and group sportswomen were selected from were evaluated and compared using seven factor inventory.

**Measurement Tools**

To collect the requisite data, the standard zed questionnaire constructed by Dr Ajith Sing has administered on the sportswomen of individual and group game, who are participating in State, National, and All India University Level Women tournament held at different part of the country.

**Data analysis**

First descriptive statistics including means and standard deviation and ‘t’ test and correlation used for describing the personality traits of athletes and group game. The seven primary personality dimension identified by Dr. Ajith Singh are described as being functionally independent and psychologically meaningful dimensions of a person’s personality. The primary personality factors that are sociability as taken to prepare research article, hence, sociability has Analyzed and described as follows.

**Discussion of the Tables**

The hypothesis that the group game sports person will have a better social ability than the individual game sportswomen is framed on the rationale that the nature of game and participation is believed to be a prime creator of personality traits of individuals, which also includes the social adjustment. Because normally, the Group Game sportswomen would naturally have advantage over her counterpart as the she or he enjoys social interaction, receives more social experience, gets the more rich exposure she gains, would all influence and promote greater amount of characteristics that fit her in a highly stable mentality in which she could easily adjust socially himself to the different occasions and rich experience of social and matches would determines personality traits and psychological factors comparing to individual game.

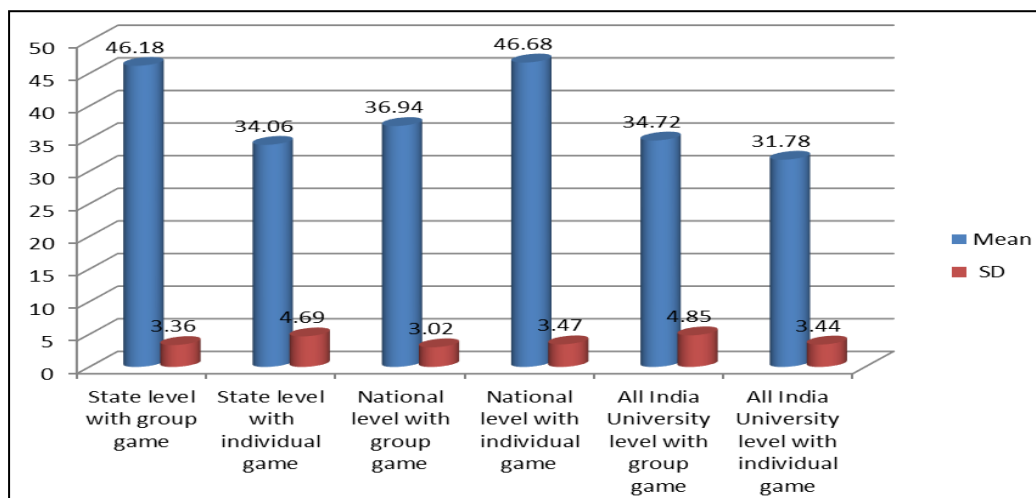
**Table:** Pair wise comparisons of interaction effect of levels of participation (State, National, All India University) and types of games (Group and Individual game) on component of personality i.e. sociability scores of sportswomen by Turkeys multiple posthoc procedures

Interactions	State level with group game	State level with individual game	National level with group game	National level with individual game	All India University level with group game	All India University level with individual game
Mean	46.18	34.06	36.94	46.68	34.72	31.78
SD	3.36	4.69	3.02	3.47	4.85	3.44

\*p<0.05

Table demonstrates the Mean, SD and t values of the Sociability dimension of personality of State, National, All India University individual game and group sportswomen. The mean score of state level with group game 46.18. State level with individual game 34. National level with group game 36.94. National level with individual game 46.68. All India University level with group game 34.72. All India

University level with individual game 31.78. The SD score of State level with group game 3.36. State level with individual game 4.69. National level with group game 3.02. National level with individual game 3.47. All India University level with group game 4.85. All India University level with individual game 3.44. Respectively.



**Fig 1:** Levels of participation (State, National, All India University) and types of games (Group and Individual game) on component of personality i.e. sociability scores of sportswomen

- Sportswomen of state level with group game and sportswomen of state level with individual game differ with respect to sociability scores of personality at 5% level of significance. It means that, the Sportswomen of state level with group game have higher sociability scores of personality as compared to sportswomen of state level with individual game.
- Sportswomen of state level with group game and sportswomen of national level with group game differ with respect to sociability scores of personality at 5% level of significance. It means that, the Sportswomen of state level with group game have higher sociability scores of personality as compared to sportswomen of national level with group game.
- Sportswomen of state level with group game and sportswomen of national level with individual game do not differ with respect to sociability scores of personality at 5% level of significance. It means that, the Sportswomen of state level with group game and sportswomen of national level with individual game have similar sociability scores.
- Sportswomen of state level with group game and sportswomen of All India university level with group game differ with respect to sociability scores of personality at 5% level of significance. It means that, the Sportswomen of state level with group game have higher sociability scores of personality as compared to sportswomen of All India university level with group game.
- Sportswomen of state level with group game and sportswomen of All India university level with individual game differ with respect to sociability scores of personality at 5% level of significance. It means that, the Sportswomen of state level with group game have higher sociability scores of personality as compared to sportswomen of All India university level with individual game.
- Sportswomen of state level with individual game and sportswomen of national level with group game differ with respect to sociability scores of personality at 5% level of significance. It means that, the Sportswomen of state level with individual game have higher sociability scores of personality as compared to sportswomen of national level with group game.
- Sportswomen of state level with individual game and sportswomen of national level with individual game differ with respect to sociability scores of personality at 5% level of significance. It means that, the Sportswomen of state level with individual game have smaller sociability scores of personality as compared to sportswomen of national level with individual game.
- Sportswomen of state level with individual game and sportswomen of All India university level with group game do not differ with respect to sociability scores of personality at 5% level of significance. It means that, the Sportswomen of state level with individual game and sportswomen of All India university level with group game have similar sociability scores of personality.
- Sportswomen of state level with individual game and sportswomen of All India university level with individual game differ with respect to sociability scores of personality at 5% level of significance. It means that, the Sportswomen of state level with individual game have higher sociability scores of personality as compared to sportswomen of All India university level with individual game.
- Sportswomen of national level with group game and sportswomen of national level with individual game differ with respect to sociability scores of personality at 5% level of significance. It means that, the Sportswomen of national level with group game have smaller sociability scores of personality as compared to sportswomen of national level with individual game.
- Sportswomen of national level with group game and sportswomen of All India university level with group game differ with respect to sociability scores of personality at 5% level of significance. It means that, the Sportswomen of national level with group game have higher sociability scores of personality as compared to sportswomen of All India university level with group game.
- Sportswomen of national level with group game and sportswomen of All India university level with individual game differ with respect to sociability scores of personality at 5% level of significance. It means that, the Sportswomen of national level with group game have higher sociability scores of personality as compared to sportswomen of All India university level with individual game.
- Sportswomen of national level with individual game and sportswomen of All India university level with group game differ with respect to sociability scores of personality at 5% level of significance. It means that, the Sportswomen of national level with individual game have higher sociability scores of personality as compared to sportswomen of All India university level with group game.
- Sportswomen of All India university level with group game and sportswomen of All India university level with individual game differ with respect to sociability scores of personality at 5% level of significance. It means that, the All India university level with group game have higher sociability scores of personality as compared to All India university level with individual game.

### Conclusion

The participation in sports activities develops harmonious personality traits among the participants, the study also proved and expressed the fact the group game has advantages to cultivate the social values and traits in the sportswomen, comparing to their counterpart group.

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