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## A comparative study of personality between team and individual sports participants

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### Abstract

Personality is all that a person is. It includes everything about the person, his physical, emotional, social, mental and spiritual make-up. Personality of a person is determined by physical structure, environment and other factors. For the characteristics of personality the qualities differed from person to person. This study has been under taken to assess and evaluate personality among the male players belonging to team and individual sports events. The samples have been selected randomly from the inter district level tournaments.

The subjects were divided into two groups.

1. Team events - Football, Cricket, Kabaddi and Handball.
2. Individual events - Athletics, Badminton and Table Tennis.

The result revealed that there was significant difference in personality traits between participants in team games and individual events except neuroticism.

It was found that a) individual events participants were more self-sufficient to team game participants b) individual events participants were more introvert than team game participants c) team game participants were more dominance than individual events participants.

**Keywords:** Personality, team game, individual events, samples, neuroticism, self-sufficiency

### Introduction

Personality is all that a person is. It is the totality of one's behavior towards oneself and others as well. It includes everything about the person, his physical, emotional, social, mental and spiritual make-up. It is all that a person has about him. It is deeper than more appearance or outward behavior.

One of the most important missions of the international society of sports Psychology (ISSP) is to disseminate knowledge to advance the research and practices with in our domain. Health related exercise has grown tremendously since its beginnings in the late 19th and early 20th centuries. The formation of national and international societies of sports psychology (ISSP) in 1965, and department of sports science and kinesiology in universities around the world (as well as psychology departments embracing sports psychology as a sub discipline), has contributed to this development. More than a decade ago, singer Murphy, and Tennant (1993) published the first handbook of research in sports psychology. Psychology) was published in 2001. (Singer, Hausenblas & Janelle, 2001) sports psychology are properly concerned with the mental process, whether they are working in research or application settings. Most English speaking colleagues considers "mental processes" to be synonymous with "psyche" or "psychic" ("psychological" indicates a scientific or disciplinary perspective) where German speaking colleagues refer to specific cognitive processes (e.g. thinking, imagination, attention, concentration). Sports psychology and psychology in general would benefit from determining what forms of mental practice are appropriate for particular purposes and activities. (Rushall & Lippmann, 1998, p. 58). As the field of sports psychology has evolved during the last 30 years to what we know it to be today, a constant source of controversy has been the efficacy of mental practice.

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**Significance of the Study**

The results of the present study will help to identify personality of sportsman representing school in team and individual events. This will further help to identify sportsmen who may have potential to be of high caliber. Competitive sports are full of challenges. The knowledge about the variables may enable the teacher and coaches to takes decisions in their work with young players taking part at different levels and train them in a proper way. The investigation can help the coaches and trainers to find out the talent and how to wide out them so as to enable them to perform better in future in the teams and individual games as well as find out the weakness of the sportsmen.

4. For personality assessment Bengali version of Bern-Reuter personality inventory was used. These short forms of Bern-Reuter personality inventory with 30 items were prescribe and standardized by Prof. D. Das Mohanta. Subjects were given the answer each item in terms of responses “yes” or “no” or D“?”. Each item response was score differently as per the scoring key prepared by Prof. Mohandas to measure personality characteristics.

The various types of methods, techniques and the tests used to assess personality of the teams games and individual events by the various sports scientists and psychologists is listed in this chapter. A brief review of related literature is presented below.

Sperling (1982) conducted a study on “The relationship between personality adjustment and achievement in physical education activities”. This study was undertaken in order to famish experimental data which might clarify the issue and enable one to say with greater assurance that exists at present that athletic achievement is or is not associated with more favorable personality development.

Das (1983) did a study in which performance in track events was related school adjustments Bhagia’s school adjustment inventory was used on 400 school athletes. He found positive relationship between the failure and high performers. High performers are well adjusted athletes.

Manju Gehlawat (2011) Adolescence is the period of stress and storm. It is the transitional period of one’s life between childhood and adulthood during which some important biological, psychological and social changes take place. Adolescents have to adjust to their changes in personality on one hand and the changing socio-psychological environment on the other hand. Hence an attempt is made to study the adjustment among high school students with respect to their gender. No significant differences were found in the emotional, social, educational and the total adjustment of students with respect to their gender.

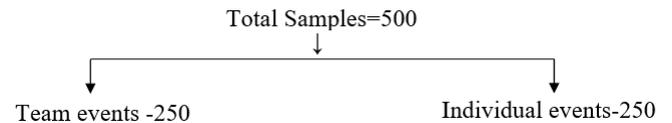
**Procedure and Methodology**

This study has been under taken to assess and evaluate personality among the male players belonging to team and individual sports events.

The samples have been selected randomly from Nadia, East and West Midnapure, North and south 24 PGS district team and individual sports events in the inter district level tournaments.

For the purpose of the study, the subjects were divided into two groups.

1. Team events
2. Individual events.



**Table 1**

Sr. No	Name of game	Place of the competition
1	Football	Patkabari High School, Nowda, Murshidabad
2	Cricket	Santipur Municipality High School, Nadia
3	Kabaddi	Jyotirmoy Public School, Sonarpur, South 24 Parganas
4	Handball	Baneswar Khabsa High School, Cooch Behar

**Table 2**

Sr. No	Name of games	Place of the competition
1	Athletics	Nadia, Kalyani University Ground
2	Badminton	Indoor Stadium, Purulia
3	Table tennis	Khalisani Vidyamandir, Bowbazar, Chandannagar, Hooghly

The data were collected by the researcher himself with the help of coaches and trained experts. The data were collected from the various camps of team and individual sports events representing North 24 pgs in west Bengal, Two hundred fifty (250) subjects from team and two hundred Fifty (250) subjects from individual sports events were selected as subjects for the data.

Questionnaires were distributed among them and they filled it. Data were collected carefully and honestly. There was no time bound to fill up the questionnaire.

For comparing the personality among subjects, the mean differences in respect of the variables the statistic of “t” ratio were adopted.

**Table 3: Mean, SD of the Groups in Personality**

Personality traits	Neuroticism		Self sufficiency		Introversion		Dominance	
	Team games	Individual events	Team games	Individual events	Team games	Individual events	Team games	Individual events
Mean	15.15	23.22	15.34	22.66	14.73	24.07	21.54	15.92
S.d	16.46	11.06	22.85	10.33	18.31	11.85	9.08	15.64

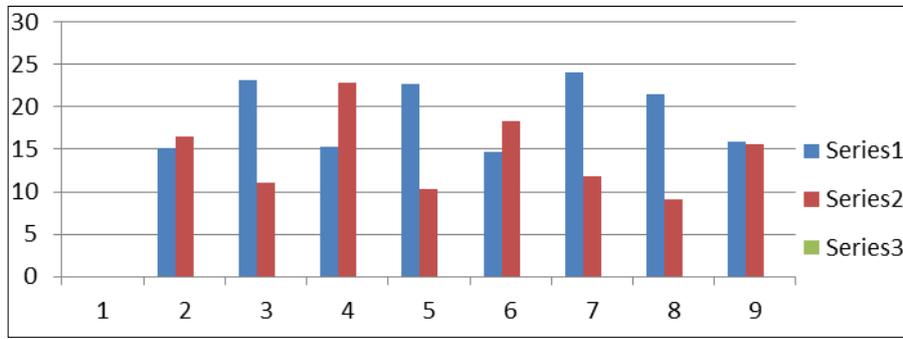


Fig 1: Means of the different factor of personality traits

Table 4: Mean, S.D and 'T' ratio of the groups in personality trait

Personality traits	Neuroticism		Self sufficiency		Introversion		Dominance	
	Team games	Individual events	Team games	Individual events	Team games	Individual events	Team games	Individual events
Mean	30.19	46.27	30.56	45.14	29.68	47.96	42.90	31.71
S.d.	16.49	11.09	22.90	10.35	18.31	11.88	9.09	15.67
"t" ratio	1.590		2.625*		1.999*		6.422*	

\*t. 05 (498) =1.965

From Table - 4 it was evident that there was noticeable significant difference between the two groups of subjects except neuroticism in respect of personality.

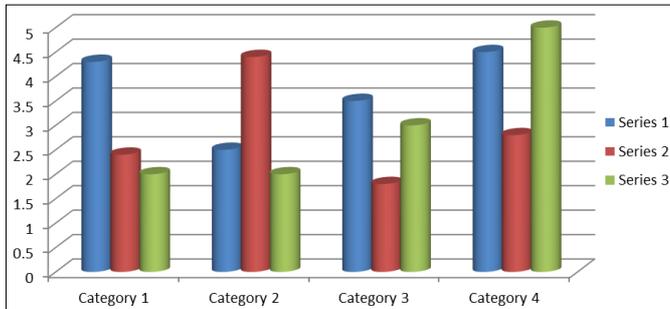


Fig 2: Mean, S.D. and "t" ratio of the factor of personality traits

**Discussion of Findings**

The gathered data on the basis of selected tests revealed that the team games and individual events subjects in relation to personality insignificant differences were found between the groups.

The subjects of both the groups were from late adolescent boys. Their knowledge about games and sports were incomplete. Moreover, the guardians and elders of the boys are now giving more emphasis in carrier building and compel the boys to fulfill their wish. Thus, the boys have no other choices most cases. Incomplete knowledge, physical and mental development is probably the cause behind the insignificant difference between the two groups in respect of neuroticism.

Individual athletes are more self-reliant because the conditions of our country's most of the participants come from the poor families, as a result they do not get appropriate coach, proper training, proper expose, sufficient media help and necessary equipments. Therefore, they need to collect the necessary materials in alternative ways because they cannot help others. So they are more self-reliant.

On the other hand, team games athletes come from financially good families. As a result, they do not have to face the above-mentioned inconvenience. In most cases the team games participants are easy to get everything in the favor of the family. So they are more dependent and their self-sufficiency is relatively less.

Team games participants are get chance to discuss about their physical, mental, technical, tactical matter and game planning in together. They are get chance to share their knowledge and ideas. So they are building up with Cooperation and friendly mind. As a result, team games participants are more extroverts.

Individual athletes cannot get chance to share their knowledge and ideas due to sufficient chance. They do everything in their own efforts for their own progress. So there are fewer ways of friendship and co-operation. This is why, there are more introvert.

Those who have selected as team games subjects have come from the rich families but individual events participants have come from poor families. Our experience told that those are better financially; they are always looking at the poor as exacerbating. Most probably, this study has found that team games participants are more dominate. In respect of personality, difference was observed between the groups except neuroticism. It was found that more neurotic, self-sufficient, less introvert and less dominant. That might be due to the fact that both groups of athletes were adolescents when psychological and physical changes take place become turbulent in this period and their psychological fluctuates.

**Conclusion**

It is concluded from the obtained result that

1. There was significant difference in personality traits between participants in team games and individual events except neuroticism.
2. It was found that a) individual events participants were more self-sufficient to team game participants b) individual events participants were more introvert than team game participants c) team game participants were more dominance than individual events participants.

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