



ISSN: 2456-0057
IJPNPE 2019; 4(2): 45-47
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www.journalofsports.com
Received: 09-05-2019
Accepted: 13-06-2019

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Analysis of personality traits and playing ability of Kerala youth soccer players

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Abstract

The purpose of the study was to find out the relationship between personality traits and playing ability variables among Kerala youth soccer players. A total of sixty players (N=60) male soccer players were selected at random from Calicut District, Kerala. The age of the selected soccer players was restricted to U-19. The variables selected for this study are personality traits and playing ability. To measure personality traits Eysenck's Personality Questionnaire - Revised (EPQ-R) was used and playing ability of soccer players was assessed through subjective rating by coaches/experts. The collected data from the subjects were statistically analyzed using SPSS 20 and Pearson correlation was applied and the level of significance was tested at 0.05. It was concluded that positive correlation was found between psychoticism and playing ability, extraversion and playing ability and a negative correlation was found between neuroticism and playing ability among Kerala youth soccer players.

Keywords: Psychoticism, extraversion, neuroticism and playing ability

Introduction

Sport has long been known to unite people, whether they are players on a team or just fans. But no sport has had the global effect of soccer. Since the game began spreading in the mid 1800s, more people around the world have watched or played soccer than any other sport. To many of them, soccer is more than a game: it is a way of life.

The Football Association created rules for a game called association football. This name separated the sport from rugby. It was the official beginning of the sport now known as soccer / football. (McDougall, 2012) [2].

Association football, more commonly known as football or soccer, is a team sport played between two teams of eleven players with a spherical ball. It is played by more than 200 million players in over 200 countries and dependencies, making it the world's most popular sport. The game is played on a rectangular field with a goal post at each end. The object of the game is to score by getting the ball into the opponents' goal.

Players are not allowed to touch the ball with their hands or arms other than goalkeepers (and then only when within their penalty area). Other players mainly use their feet to strike or pass the ball, but may also use any part of their body except the hands and the arms. The team that scores the maximum number of goals by the end of the match wins. If the score is level at the end of the game, either a draw is declared or the game goes into extra time or a penalty shootout depending on the format of the competition. The Laws of the Game were originally structured in England by The Football Association in 1863. Association football is governed internationally by the International Federation of Association Football (FIFA; French: Fédération Internationale de Football Association), which organizes World Cups for both men and women every four years. (Encyclopædia Britannica, 2008) [7].

The term personality refers to those aspects of human nature that vary from one person to another – in other words what each of us is like as an individual. It is difficult to be more precise than this in a definition because each theoretical approach sees personality as something slightly different (Engler, 1999) [3]. When we talk about someone as a particularly lively or anxious person we are looking at them in terms of their personality characteristics or traits and thus adopting a trait approach.

Traits are stable and measurable personality characteristics. Trait theorists are interested in

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how many traits we need to explain human personality, the measurement of these traits, and the relative importance of genes and environment in the development of each personality trait. As compared to other models of personality, trait theorists place considerable emphasis on the role of genes as well as environment in our individual differences. Trait theorists measure personality by means of self-rating inventories, personality tests in which respondent receives a set of questions or statements and chooses a response.

Eysenck (1952) suggested that personality can be understood by just two ‘supertraits’. The first of these is extroversion, which describes the extent to which someone is lively, sociable and impulsive (an extrovert), or alternatively quiet and solitary (an introvert). The second trait is neuroticism, which describes the extent to which someone is emotionally stable and unflappable (a stable person), or emotionally unstable, moody and flappable (a neurotic). In his later work, Eysenck (1975) added an additional super trait, which he called psychoticism. Someone high in psychoticism is distinguished by their tough-mindedness and detachment from reality. To be tough-minded means to be cold, antisocial, lacking in empathy and impulsive. According to Eysenck, those high in psychoticism also find it hard to distinguish fact from fantasy and lose contact with reality. (Russell and Jarvis, 2003) [8].

The investigator felt that no research was found to be conducted in the area of personality traits and playing ability of Kerala youth soccer players, therefore the investigator made an attempt to conduct the above mentioned study.

Reviews

Mirzaei, Nikbakhsh and Farideh (2013) [1] investigated the relationship between personality traits with sport performance. The method of the study adopted was descriptive correlational. The data was collected using questionnaires and through field study procedure. The population of the study consisted of 229 non elite soccer and futsal players in the 2010-2011 season in Ardebil city. The stepwise regression analysis indicated that from among personality components only Conscientiousness have positive significant correlation with sport performance. The result, also, indicated that conscientiousness was the sole predictor of sport performance. Tufekcioglu et al. (2014) [4] examined the study to find out the relationship between psychological variables and soccer playing ability among the university level male players. It was concluded that soccer playing ability has a positive correlation with achievement motivation and self-concept whereas anxiety and aggression have a negative correlation with soccer playing ability.

Objective of the study

To assess the relationship between personality traits and playing ability among Kerala youth soccer players.

Methods

The purpose of the present study is to analyze the relationship between personality traits and playing ability among Kerala youth soccer players. To achieve the purpose of the study, Sixty (n=60) male soccer players were selected at random from Calicut District, Kerala. The age of the selected soccer players was restricted to U-19. The variables selected for this study are playing ability and personality traits, the personality traits include psychoticism, extraversion and neuroticism. To assess the personality traits among soccer players, Eysenck Personality Questionnaire - Revised (EPQ-R) was used. The

EPQ measures the traits of personality: Psychoticism (P), (Extraversion), Neuroticism (N) and Lie (L). Reliability ranges are 0.80 to 0.90 and validity of the test is satisfactory and playing ability was assessed through subjective rating by coaches / experts.

Analysis of data

The data collected from the Kerala youth soccer players on selected Criterion variables were statistically examined using SPSS 20.0 to determine relationship between personality traits and playing ability. The level of significance was tested at 0.05 level.

Table I: Showing the descriptive statistics of personality traits and playing ability of Kerala youth soccer players (Units in scores)

Variables	Mean	Std. Deviation	N
Psychoticism	15.40	1.520	60
Extraversion	13.97	2.379	60
Neuroticism	12.47	2.087	60
Playing ability	77.23	3.402	60

Table I shows that the mean and standard deviation scores of psychoticism, extraversion, neuroticism and playing ability of Kerala youth soccer players are 15.40±1.52, 13.97±2.38, 12.47±2.09 and 77.23 ± 3.40 respectively.

Table II: Computation of Pearson’s correlation between personality traits and playing ability of Kerala youth soccer players (Units in scores)

Personality traits vs playing ability	N	Pearson’s Correlation	Sig. (2-tailed)
Psychoticism	60	.549**	.000
Extraversion	60	.778**	.000
Neuroticism	60	-.653**	.000

*. Correlation is significant at the 0.05 level (2-tailed).

**. Correlation is significant at the 0.01 level (2-tailed).

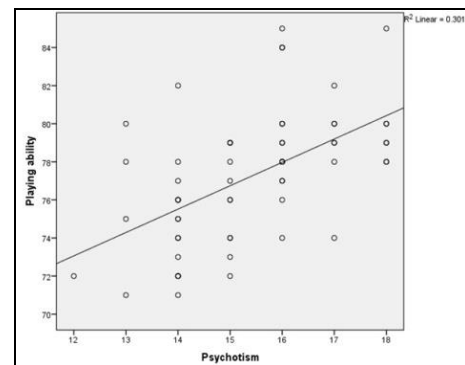


Fig 1: Psychoticism vs Playing Ability

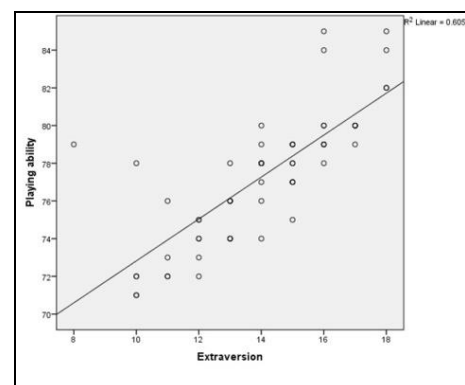


Fig 2: Extraversion vs Playing Ability

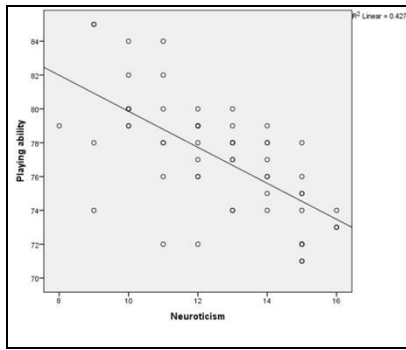


Fig 3: Neuroticism vs playing ability

Results

The results presented in table II showed that the Pearson's correlation between the dimensions of personality traits such as psychoticism and playing ability is ($r = .549$, $p < .05 < .01$), extraversion and playing ability is ($r = .778$, $p < .05 < .01$), and neuroticism and playing ability is ($r = -.653$, $p < .05 < .01$), thus the results revealed that the dimensions of personality traits such as psychoticism and extraversion were found to have positive correlation with playing ability whereas neuroticism with playing ability was found to be negatively correlated and the p-value was found to be lesser than .01 level of significance ($p < .01$).

Discussion on findings

The aim of this study was to examine the relationship between personality traits and playing ability of Kerala youth soccer players, soccer players from different regions in Kerala participated in this study. No research was found, which could directly concern studying the relation between personality traits and playing ability of soccer players, the present results is being studied with comparable and close researches. From the results of this research it is clear that personality traits have significant relationship with playing ability to an extent. The obtained r value between psychoticism and playing ability was .549 and it reveals a weak correlation exists between the variables meanwhile a strong correlation was found between extraversion and playing ability with $r = .778$. The obtained r value between neuroticism and playing ability was $-.653$ and indicates that a negative correlation was found between the variables. Further, few findings were given for the understanding of personality traits and sports performance and One of the few consistent findings is that athletes are more extraverted and less neurotic than non-athletes (Kirkcaldy, 1982; Morgan, 1980; Singer, 1975) [9, 10, 11]. According to Magdalena and Ciekot (2015) Sprinters, endurance athletes and futsal players demonstrated a significantly lower level on the scale of openness to experience compared to those from the standardization group. Endurance athletes and futsal players were characterized by lower levels of neuroticism and higher extraversion.

Conclusion

This study aimed to verify the relationship between personality traits and playing ability of Kerala youth soccer players. Based on the results, it was concluded that there is a Positive correlation exists between psychoticism and playing ability and also with extraversion and playing ability whereas negative correlation exists between neuroticism and playing ability.

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