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A study on psychological variables among personality traits and self concept of sports women's players

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Abstract

Sports are as old as the human society, and it has achieved universal states in the modern times. It now enjoys a popularity, which outstrips any other form of social activity. It has become an integral part of the educational process. Millions of fans follow different sports events all over the world with an enthusiasm bordering on devotion. Many participation in sports activity for fun for health, strength, and fitness. The teams are not prepared not only to play the games, but to win the games it is not only the proficiency in the skills that brings victory but more important is in the spirit of the players with which they play and perform their best in the competition.

Keywords: Psychological variables among personality traits and self concept on sports women's of players

Introduction

The physical education and the coach become interested in psychological studies because of the belief that the personality plays a role in the selection and participation in physical activities and sports. Moreover, the involvement in physical education and sports contributes to personal and social adjustment. The development of personality and the achievement of desirable social values have been the objectives of sports and physical education since ages. The findings that the athletes are different from non-athletes may not mean that athletics cause enhanced personality characteristics, it may be said that athletics and sports produce the more well-adjusted individuals in society or it helps in removing maladjustment.

Historically, one of the most popular issues in sport psychology is the concerns of the relationship between personality and sports performance. Although most sport personality research has focused on the description of personality characteristics in athletes and the influence of personality on sport behavior, the study and the effects of sport participation on personality development and the change found have also been the important area of research. It seems logical consider that certain personality attributes, (e.g; competitiveness, self – confidence) are important in achieving success in sport, s. Another common belief is that certain personality attributes (e.g self-esteem, emotional control) may be developed or modified- through sport participation, i.e; participation in sports and physical activities enhances psychological as well as physical development. Both of these concepts have been extensively investigated over the last three decades. Fisher (1984) found that wail over one thousand studies have been conducted on personality and sports behavior.

In the field of sports psychology, the personality research was characterized by a tradition of – between group comparisons, e. g; athletes were compared with non-athletes, successful athletes with less successful ones, and men athletes with women athletes. Comparisons were also made among athletes representing different sports disciplines. These studies generally served performance prediction and selection goals, Whether or not these attempts were very successful is difficult to say, but some studies have attempted to demonstrate an “athletic personality” traits in sports and physical education.

Personality dimensions

Self-concept: reflects to several kind of identifiable personality traits such as self- confidence, self-assurance, self-assertiveness, self- esteem, self-regard, self-consistency, self-enhancement, self-respect.

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What a person perceives of himself and his achievement in life is called self- concept. Self- confidence and self-assurance in athletes are expressed in behavior as cheerful, resilience, toughness, placidity, experience, carelessness, vigor, energy, fearlessness and self-security.

Interpretation of the Data

After the data had been collected, it was processed and tabulated using Microsoft Excel - 2010 Software. The data collected on personality traits and its components (i.e. sociability, dominance, extroversion, conventionality, self-concept, mental toughness and emotional stability), locus of

control and its components (i.e. powerful control, chance control and individual control) and anxiety from sports women players. Then the data were analyzed with reference to the objectives and hypotheses by independent ‘T’ test, one way ANOVA test followed by Tukeys multiple post hoc procedures for pair wise comparisons. Further, the Karl Pearson’s correlation coefficient technique has been applied to assess the relationship by using SPSS 20.0 statistical software. The statistical significance was set at 5% level of significance ($p<0.05$) and the results obtained there by have been interpreted.

Table 1: Mean and SD of component of personality traits i.e. self concept scores of sports women players belongs to nine games (Kho-kho, Kabaddi, Volleyball, Basketball, Handball, Cricket, Cycling, Athletics and Netball)

Types of games	Mean	SD
Kho-kho	41.42	6.58
Kabaddi	38.83	2.29
Volleyball	38.08	2.91
Basketball	44.50	4.88
Handball	37.92	3.70
Cricket	39.50	5.39
Cycling	38.92	3.82
Athletics	44.67	5.77
Netball	42.92	3.65
Total	40.68	5.03

The above table represents the Mean and SD of component of personality traits i.e. self-concept scores of sports women players who belong to nine games (Kho-kho, Kabaddi, Volleyball, Basketball, Handball, Cricket, Cycling, Athletics and Netball). The total mean self-concept scores of sports women players is 40.68 ± 5.03 , in which, the Athletics sports women players have higher mean self-concept scores

(44.67 ± 5.77) and Handball sports women players have lesser mean self-concept scores (37.92 ± 3.70) followed by Kho-kho (41.42 ± 6.58), Kabaddi (38.83 ± 2.29), Volleyball (38.08 ± 2.91), Basketball (44.50 ± 4.88), Cricket (39.50 ± 5.39), Cycling (38.92 ± 3.82), Netball sports women players (42.92 ± 3.65) women sports personal.

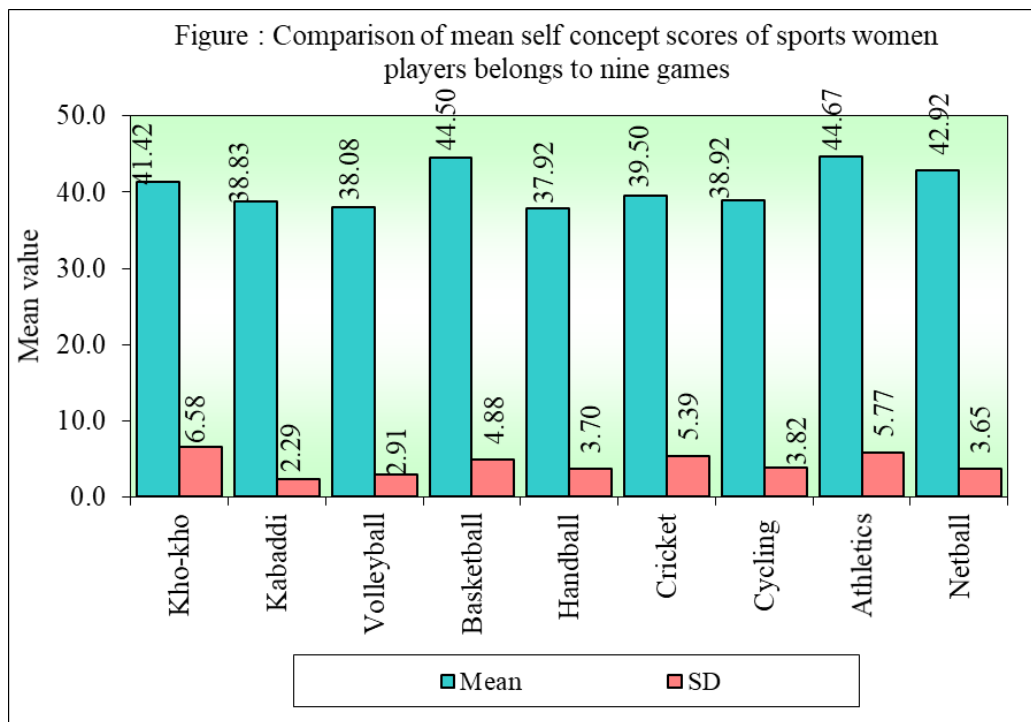


Fig 1: The mean scores are Self Concept presented in the following.

The Graph showing personality traits comparison of Self Concept scores of sports women players belong to nine games. High mean sores of Athletics 44.67 low Mean scores of Handball 37.92 respectively hence the comparison of nine games sports participation.

Hypothesis: There is no significant difference between sports women players who belongs to nine games (Kho-kho, Kabaddi, Volleyball, Basketball, Handball, Cricket, Cycling, Athletics and Netball) with respect to component of personality traits i.e. conventionality scores and its

components, i.e.

- Sociability, Dominance, Extroversion, Conventionality, Self-concept, mental toughness and Emotional stability.

To achieve this hypothesis, the one-way ANOVA test was performed and the results are presented in the table.

Conclusions

In the field of sports psychology, the personality research was characterized by a tradition of –between group comparisons, e. g; athletes were compared with non-athletes, successful athletes with less successful ones, and men athletes with women athletes. Comparisons were also made among athletes representing different sports disciplines. These studies generally served performance prediction and selection goals, Whether or not these attempts were very successful is difficult to say, but some studies have attempted to demonstrate an “athletic personality” traits in sports and physical education.

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