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Dr. Amit Arjun BudhePh.D., Principal, DBM College of
Physical Education, Gondia,
Maharashtra, India

Exploring the analytical study of personality differences among athletes and non-athletes

Dr. Amit Arjun Budhe

Abstract

Sport psychology is the scientific discipline the object of which is to study psychological manifestation of those who systematically practice competitive physical exercise. Sports psychology examines various aspects of sports activities and physical culture. It denotes a subcategory of psychology focusing on athlete. It is an applied area of psychology and new developing science. Sports psychology is the study of person's behavior in sport. It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. Some of the most important skills taught are goal setting, relaxation, visualization, self-talk, awareness and control, concentration, confidence, using rituals, attribution training and periodization. The word 'personality' has been derived from the Latin word 'Personae' which means "to sound through." This term was used to describe the voice of an actor speaking through mask. This term slowly began to be applied to the actors themselves. By personality, it is now generally meant that it is the organising and integration of a large number of human traits. The concepts of personality differ widely among different people. Personality may mean different things to different people. To some, it means a general sum of traits of the person. To others, it refers to unitary mode of response of life situations. Thus there prevails a great deal of controversy over the meaning of personality. Personality can be defined as a dynamic and organized set of characteristics possessed by a person that uniquely influences his or her cognitions, motivations, and behaviors in various situations. The study is to find out the personality of Athletes and Non-Athletes. The sample for the study are 60 Athletes and 60 Non-Athletes of RTM Nagpur University, Nagpur, Maharashtra. 60 Athletes are the students taken in the Inter College Athletics Meet and 60 Non-Athletes are Handball Players, Basketball, Football Players. It was found that Athletes are having good personality traits compare to non-athletes. It is recommended to coaches to give psychological training to sports persons to enhance the performance.

Keywords: sports psychology, personality, attribution training, football, handball, basketball etc.

Introduction

Sport psychology as the study of the psychological and mental factors that influence and are influenced by participation and performance in sport, exercise, and physical activity, and the application of the knowledge gained through this study to everyday settings. Sports psychology is upcoming and up growing branch of the Psychology now a day's sports psychology is a soul of Physical Education. Sports Psychology is the scientific study of people and their behaviours in sport. Modern day sports are very demanding. It requires for the sportsmen and athletes alike to perform to the very best of their abilities and beyond. The team includes supporters, trainers and sports doctors among others, who are all doing their bit in ensuring that that athlete performs in competitions at the height of the mental, physical and emotional abilities that he or she is capable of. In all of this, one area of psychology has an important part to play and that is sports Psychology.

Sports psychology is concerned with preparing the athlete or teams to be able to hand the high emotional stress levels that come with participating in sports competitions. Psychologists and Sports Trainers can work in tandem to enhance the performance levels of the athlete. The Coach can give appropriate information about the particular athlete to the psychologist, who will then be able to derive the psychological and behavioural patterns of the athlete before an event. With the help of this mental picture as well as the characteristic mental attitude of the athlete, the Coach will be able to set up the most effective training schedule that will bring out the best in all of the athletes capabilities.

Corresponding Author:**Dr. Amit Arjun Budhe**Ph.D., Principal, DBM College of
Physical Education, Gondia,
Maharashtra, India

Thus sports trainers can use psychology and help their charges better and get the best performance out of them. In modern competitive sports, psychological preparation of a team is as important as teaching them the different skills of a game with scientific methods.

Personality is defined as 'distinctive patterns of behaviour that characterize each individual's adaptation to the situations of his or her life. Personality can be defined as a dynamic and organized set of characteristics possessed by a person that uniquely influences his or her cognitions, motivations and behaviours in various situations.

Statement of the problem

To find out the Personality differences between Athletes and Non-Athletes.

Sample

The Study were conducted on 60 Male Athletes and 60 Non Male Athletes those who have taken part in the RTM Nagpur University Inter College Sports and Games during the year 2016-17.

Tools

Eysenck's Personality Inventory were used in the study.

Administration of the test

Questionnaires were distributed to 60 Male Athletes and 60 Male Non-Athletes of Handball, Basketball and Football Players those who have taken part in the RTM Nagpur University Inter College Sports and Games during the year 2016-17. Neuroticism, Extraversion, Psychoticism are the Personality traits are given more importance in this study.

Results and Discussion

The present study deals with the comparison of Personality traits among Athletes and Non-Athletes in respect to neuroticism, extraversion and Psychoticism. In this study total of 120 Players were selected out of which 60 athletes and 60 non-athletes. The data was treated statistically by employing 't' Test to determine the significant difference of personality characteristics between athletes and non-athletes.

Table 1: Employing 't' test to determine the significant difference of personality characteristics between athletes and non-athletes

Sports persons	Number	Mean	Standard deviation	T-value
Athletes	60	14.89	2.55	3.75*
Non-Athletes	60	13.16	2.01	

The Table No.1 shows that the athletes are good Personality Traits compare to non-athletes because the athletes are self-reliant, dedicated, highly motivated to achieve the high level of performance. Athletes performances are depend upon their own talent and skill but non-athletes are from football, basketball and hand ball and they have to depend upon their team effort to win the competitions. Hence non-athletes will differ from each other.

Conclusion and Recommendation

1. It is concluded that Athletes are having good personality traits compare to non-athletes.
2. It is recommended that Coaches and Trainers must give psychological training to sports persons to enhance the sports performance.

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