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## Personality development of senior secondary students by participating in individual sports or team game

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### Abstract

It is an undeniable fact that participating in sports or physical activity has an awe-inspiring impact on the various components of physical fitness of our body but it must be remembered that sport just not limits its merits to the physical development of an individual. The advantageous effects of sports can be seen in the overall personality development of a person. Though researches have already been conducted on the majestic impact of sports on the overall development of an individual but here we lay stress on how team game and individual sport differently alter the strategic thinking, leadership skills, self-reliance boosting the process of personality development.

A sport played either individually or in team nurtures the inner talent, builds capacities, enhancing new skill sets, empowers the strengths, grooms the overall personal traits of a person.

The present investigation has been conducted with an objective to highlight the holistic personality development of an individual within the context of sports and physical education. The study has been done to enlighten the fact that both individual sports and team game have a significant impact on the development of personal and social skills of an individual.

The purpose of this Research is to provide an overview of the examination conducted on the senior secondary students by avid observation, which lays emphasis on the role of sports played either individually or in team in developing the personal traits and social skills of an athlete.

**Keywords:** Personality development, individual sport, team game, senior secondary students

### Introduction

Rightly it is said, Sport does not build a character, it just reveals it. We all know that adopting sports helps us to recognize our strengths and abilities and helps to develop management skills, leadership skills, fair play and focused attitude leading to enhanced development of an individual in overall performance. But only a few studies have addressed to the highly magnificent impacts of sport on the character development of an individual. This has been significantly evident as we look into the research studies wrapped around the same central idea. Sports is a learning experience which not only facilitates better physical growth but also alters the cognitive aspects like better memorization & concentration, improved decision making skills, problem solving capacity, determination and perseverance.

Active participation in any activity, results in better confidence, negotiation skills, convincing skills and conflict management improvising the performance both at team or individual level. Whereas Team sport inculcates coordination, team spirit, leadership qualities, and an overall understanding of role and responsibilities as a member, individual sport encourages self-exploration and development, boosts self-confidence and results in a higher efficacy in the overall performance of a player.

This qualitative study has been carried out to highlight how different sport alter the behavioral aspects of our personality and lead to an overall improvised personal development by observing and analyzing the players participating in the two types of sports respectively.

### Methodology

A close reading of Literature and observational studying were used as a research tool in order to proceed with the research work. A proficient study was done to acknowledge the tremendous and prodigious changes brought in the personality development of senior secondary school students by participation in individual sport or team game.

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A descriptive research was done that also included a detailed analysis of the previous researches referring to how sport participation catalyses the growth of different aspects of an individual's personality.

The study was carried in the light of an observation of senior secondary students who were chosen as the subject of study and an overall judgment was made accordingly. Sportsmen can be evidently distinguished by the quality and quantity of behavioral interactions as well as the level of activity, energy, and the ability to exhibit positive emotions in the most critical situations. As evident from the present investigation, a person undergoing umbrella team work exhibits a higher sense of work ethics, coping skills, interpersonal skills, decision-making abilities, leadership skills, social capital, and develops a higher sense of responsibility, cooperation, divergent thinking, extraversion, creativity, earnestness and sincerity.

Individual sport turns out to be highly beneficial leading to enhanced personal traits of a person like higher self-esteem, dedication, perseverance, goal setting power, will power, positive attitude, skill set of time and stress management, concentration power and focus which ultimately lead to individual's growth at enormous level.

Combining the observation made by both the research tools, it has now been evident no matter whatever discipline a sportsperson may belong to, sports is much more beyond just building physique. It is about preparing an individual for the challenges of life and bringing out the best of hidden personality of a person.

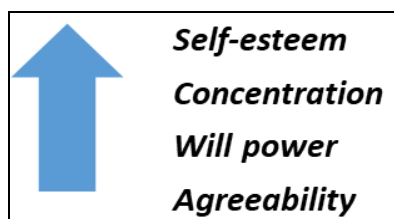
### Result and Discussions

Observational study reveals that the team game and the individual sport distinctly uplift the overall personality of a sportsperson which is reflected in almost every sphere of their lives. Whereas participating in a team uplifts the overall coordination, patience, healthy team spirit, synchronization, coordination, leadership and management skills of an individual, playing individually on the other hand helps to bring out the best of the inner personality of a person boosting one's moral, will power, self-esteem and agreeability.

Here, for reference we looked upon the former researches that reveal the advantageous effects of various sports on the senior secondary students. It is also revealed that sportsperson achieve higher academic and personal growth in comparison to a non-athletic person.



**Fig 1:** Personality traits uplifted by Team Game



**Fig 2:** Personality traits uplifted by Individual Sport

Also, the growth of the personality is unquestionably tremendous in both the cases.

### Conclusion

Based on the study the following conclusions have been drawn: - Individual sports and team game have a highly outshining impact on the personality development of a senior secondary student. Though the personal traits are targeted differently in both the cases but the overall growth and development of a person's attitude is highly appreciable in both the disciplines.

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