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SPORTS PERSONALITY CHARACTERISTICS

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ABSTRACT:

Physical education is an integral part of the total educational process is a field of Endeavour that has its aim, the improvement of human performance through the media of physical activities that have been selected with a view to releasing this outcome.

The human personality is a marvelously intricate structure delicately woven of motives, emotions, habits and thoughts into a pattern that balances, however precariously the pulls and pushes of the word outside. Personality is the total sum of his 'being' and includes physical, mental, social, emotional and intellectual aspects. One's personality reflects his perception, imagination, attitude, instincts, habits, values, interests and sentiments about himself and his self-worth. Intelligence, achievement, motivation, and modes of adjustment all these and much more constitute human personality.



KEYWORDS: biological and cultural heritage, Personality Traits, Emotional stability.

INTRODUCTION

Personality is a product of biological and cultural heritage. A child is born with some biological heritage while the cultural environment moulds and shapes his personality is in fact a product of the interaction of biological organism with the social environment. In other words, personality is the way an individual adjusts with his external environment; it is the way of responding to the environment. Therefore, the key to personality development is socialization where biology and culture

merge.

According to Cattell, "personality is that which tells what a man will do when placed in a given situation".

Morton Prince described, "Personality is the sum total of all the biological innate dispositions, impulses, tendencies, attitudes and instincts of the individuals and the dispositions and tendencies acquired by experiences. Gordon W. Allport said "Personality is the dynamic organization within the individual of those psycho-physical systems that determine the individual's unique adjustment to the environment".

Personality Traits: In everyday

life no one, not even psychologists doubt that underlying the conduct of a mature person there are characteristic dispositions in traits. We usually think personality as being made up of traits. Psychologists have defined traits as a mode of behaviour. Traits are not creations in the mind of the observer, nor are they verbal fictions; they are accepted biophysical facts, actual psychological dispositions. There are specific qualities of behaviour or adjustable patterns, such as reactions to frustration, ways of meeting problems, aggressive or defensive behaviour and outgoing or withdrawing behaviour in presence of others. The traits are

outward signs of dynamic forces that act and interact in an infinite number of ways. That is why the integration of these traits or personality is never the same in any two individual.

Cattell postulated that human behaviour is a result of interaction between external situations and individual traits. He has further divided personality traits into three categories on the basis of qualities of personality, temperamental traits (being persistently irritable, easy going or bold), ability traits (such as intelligence and skill, while dealing complex situations), and dynamic traits (such as motivation, interest and attitude). He further sub divided traits into attitudes, sentiments and urges.

Each of us has a unique system that determines and reflects own characteristics behaviour and thought. All the psychological variables differ from individual to individual. In the present study the investigator made an effort to compare self concept and personality traits among individual and team games.

PERSONALITY DIMENSIONS

Personality is an integrated whole with certain concrete and some abstract dimensions. Each Dimension has a specific purpose and a significant role to play in the totality of one's beings the maturational changes as a results of chronological growth and the environment interaction which an individual has though out largely determine the extent to which his personality shall be develop.

PHYSICAL DIMENSION

The physical body structure of the physique is the primary aspect or dimension of human personality and all other dimension are subservient to it. No doubt that heredity has a very important role in the development of this aspect of personality, but heredity alone would be helpless if appropriate environment is not sufficient enough for development of physical aspect of personality as without genetic support, it would be without any base.

MENTAL AND INTELLECTUAL DIMENSION

Well-built physical statures of an individual develop of mental and intellectual abilities are just like a status without life. The fact that human being has been bestowed with higher mental and intellectual ability is an important distinguishing feature between them and other living organism. Human personality loses its meaning if conceived without mind and intellect. Man is a psychophysical organism i.e. a mind and body unit and one part is incapable of effective survival without the other.

SOCIAL DIMENSION

Inherently by nature man is a social being. He has learnt speaking, reading, writing and behaving with others from the society in which he lives. If he is isolated completely from the society, he will not be able to survive for long. Human being are not only gregarious, liking to be in sight of his fellows but also have an innate propensity to get themselves noticed, and noticed favorably.

EMOTIONAL DIMENSIONS

Emotion is an all important factor in life and occupies a very permanent position in our daily life. A life devoid of emotions is inspired and unattached love, affection are not the only emotions by which our life is made worth living. Emotions are good as well as dull, happy as well as unhappy. These are present in each and every living organism at all the stages of development.

Thus personality is a sum of the ideas, attitudes and values of a person which determine his role in society and form an integral part of his character.

Sigmund Freud broke the human personality down to three significant components: the id, the ego, and the superego.

B.F.Skinner, a proponent of behaviorism, suggests that the human personality is developing through external stimuli.

Raymond Cattell's research propagated a two-tiered personality structure with fifteen “primary factors” and five “secondary factors”.

Building on the work of Cattell and others “**Lewis Goldberg**” proposed a five dimension personality model, nicknamed the “Big Five” or “Five Factor Model” (FFM).

1. Extroversion
2. Conscientiousness
3. Agreeableness
4. Neuroticism or Emotional stability
5. Openness or Intellect

Personality is the outward reflection of our inner thoughts, inner values, attitude and habits. Personality is the particular combination of emotional, attitudinal, and behavioral response patterns of an individual. Personality is an interaction or merging of all the parts of one’s psychological life the way one thinks, feels acts and behaves.

TRAITS OF PERSONALITY

1. **Physical Traits:** In this person is identity with the special quality of his body like color of skin, height, physical appearance, weight, his voice, and way of dressing. According to body structure they are classified into three types:
 - a) Endomorphic: Individual with this kind of personality has bulky but firm structure, incline to obesity found of eating, friendly and good natured and have a tendency to mix easily with others.
 - b) Mesomorphic: These individuals possess a healthy body. They are high ambitious and hardworking persons.
 - c) Ectomorphic: They are thin, tall and have self control on them.
2. **Mental Traits-** Qualities like intelligence, memory, thinking and logic etc. are there in this type.
3. **Sociality-** Man possesses the ability to learn, to behave in acceptable ways and live in co-operation with other. In the type some people adjust with society and some persons avoid society.
4. **Emotional Trait-** As per the psychologists it is endocrine gland which generates the secretion responsible for the character in an individual such as Brave or Coward and courteous or Emotional.
5. **Volition and character-** Under this influential symptom of character a person is having strong assessment power which helps him to maintain its abilities under the circumstances whether they are favorable or not.

Five Traits of Personality

Extraversion

Extraversion is the act, state, or habit of being predominantly concerned with and obtaining gratification from what is outside the self. Outgoing people will in general appreciate human associations and to be energetic, chatty, confident, and gregarious. They enjoy exercises that include enormous party, for example, parties, network exercises, open exhibits, and business or political gatherings. Legislative issues, lessons, deals, overseeing, and expediting are fields that support extraversion. An extraverted individual is probably going to appreciate time went through with individuals and discover less reward in time burned through alone. They will in general be weariness when they are independent from anyone else.

Agreeableness

Appropriateness reflects singular contrasts in worry with collaboration and social agreement. Pleasant people's worth coexisting with others. They are hence thoughtful, agreeable, liberal, supportive, and ready to bargain their inclinations with others'. Pleasing individuals additionally have an idealistic perspective on human instinct. They accept individuals are essentially fair, better than average, and dependable.

Pleasantness is clearly profitable for achieving and looking after prominence. Pleasing individuals are preferable enjoyed over unpalatable individuals. Then again, pleasantness isn't helpful

in circumstances that require intense or supreme target choices. Unpleasant individuals can make amazing researchers, pundits, or warriors.

Conscientiousness

Reliability concerns the manner by which we control, manage, and direct our motivations. Motivations are not naturally awful; infrequently time imperatives require a quick judgment call, and following up on our first drive can be a successful reaction. Additionally, in the midst of play instead of work, acting precipitously and incautiously can be entertaining. Indiscreet people can be seen by others as beautiful, amusing to-be-with, and wacky.

A sign of insight, what possibly isolates people from prior living things, is the capacity to consider future results before following up hastily. Savvy action includes examination of long-run objectives, sorting out and arranging courses to these objectives, and continuing toward one's objectives even with fleeting driving forces despite what might be expected. The possibility that insight includes motivation control is pleasantly caught by the term judiciousness, an elective name for the Conscientiousness area. Judicious methods both astute and wary. People who score high on the Conscientiousness scale are, truth be told, seen by others as insightful.

Openness

Transparency is frequently exhibited as more beneficial or increasingly full grown by analysts, who are regularly themselves open to involvement. In any case, open and shut styles of reasoning are valuable in various situations. The scholarly style of the open individual may work well for an educator, yet research has demonstrated that shut reasoning is identified with unrivaled employment execution in police work, deals, and various assistance occupations.

Neuroticism

Neuroticism or emotionality is described by elevated levels of negative influence, for example, misery and uneasiness. Neuroticism, as indicated by Eysenck's hypothesis, depends on actuation limits in the thoughtful sensory system or instinctive cerebrum. This is the piece of a mind that is answerable for the battle or-flight reaction notwithstanding risk. Enactment can be estimated by pulse, circulatory strain, cold hands, perspiring and strong pressure (particularly in the temple). Psychotic human who have low enactment edges, and incapable to hinder or control their enthusiastic responses, experience negative effect (battle or-flight) even with extremely minor pressure are effectively apprehensive or vexed. Sincerely steady human who have high initiation edge and great passionate control, experience negative influence just even with exceptionally significant pressure are quiet and gathered under strain.

Table
Comparison of Dimensional Personality Inventory Traits between the
Players of Individual and Team Games

Group	Mean	SD	SE	MD	O-'t'	df	T-'t'
Individual Game Players	69.147	13.388	0.780	0.483	0.619@	1278	1.96
Team Game Players	68.664	14.510					

@Not significant at 0.05 level.

From the above table it is observed that the mean of the Individual Game players in Dimensional Personality Inventory Trait is 69.147 and that of Team Game players it is 68.664. The Standard Deviations of the Individual Game players and Team Game players are 13.388 and 14.510 respectively. The Standard Error between the groups is 0.780. The Mean Difference (MD) is found to be 0.483. Hence the obtained value of the 't' is 0.619.

As the obtained value of the 't' is less than the table value of 't', it is concluded that there is no significance difference in the means of the Dimensional Personality Inventory Scores. After observing the two means it is found that the Individual Game and Team Game players show nearly Dimensional Personality Inventory Trait.

The reason might be that Individual Games and Team Games players are more or less develop the desirable level of personality trait, therefore insignificant difference has been shown in the study. The Mean Score in Dimensional Personality Inventory Trait is presented graphically in Figure.

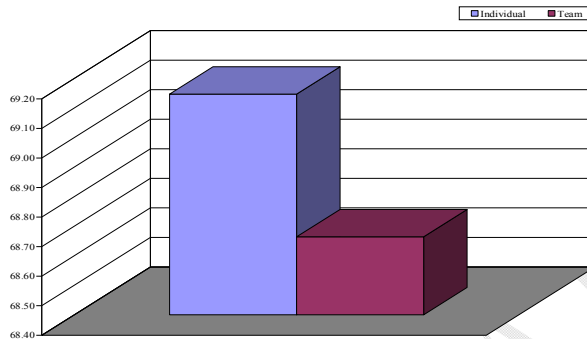


Figure
Figure Showing the Mean Score of Dimensional Personality Inventory Trait of both Individual and Team Games Players.

CONCLUSION

Gordon W. Allport said Personality is the dynamic organization within the individual of those psycho-physical systems that determine the individuals unique adjustment to the environment .

Personality Traits: In everyday life no one, not even psychologists doubt that underlying the conduct of a mature person there are characteristic disposition in traits.

He has further divided personality traits into three categories on the basis of qualities of personality, temperamental traits , ability traits , and dynamic traits .

No doubt that heredity has a very important role in the development of this aspect of personality, but heredity alone would be helpless if appropriate environment is not sufficient enough for development of physical aspect of personality as without genetic support, it would be without any base.

Thus personality is a sum of the ideas, attitudes and values of a person which determine his role in society and form an integral part of his character.

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