



THE INFLUENCE OF PERSONALITY AND ANXIETY SPORTS PERSONS

Narayan Madhavrao Shinde¹ and Dr. Rajeshwar Deshmukh²

¹Dnyanopasak College, Jintur.

²Department of Physical Education ,
Nagnath College, Aundha (Nag). Dist Hingoli.

ABSTRACT :

Sport is instinctive activity, which helps the child to develop physically and intellectually. Sport is joyful, spontaneous, creative activity in which man holds his fullest expression largely on competitive nature and development in function, sport shapes human personality during formative years. Infant's sport is mostly individualists that of a child move precarious, sports in competitive spirit, because adult and dab affair sport requires no formal teaching. Children sport whatever, whenever they want to sport, they neither need nor know any rules.

KEYWORDS : develop physically and intellectually.

INTRODUCTION :

There are many different opinions on what personality actually belongs to. One definition of personality is this: "A unique person is characteristic of all the attributes, behavioural, mental, emotional, and mentality." Another definition of what is a personality is: "Relatively stable, consistent and specific set of mental and emotional features when communicating alone or with the person and her or her external environment." There are other opinions on other personalities, but I think the personality is that we prepare it. Your beliefs, family, background, friends, interests, religion, and the environment are shy or outgoing, big or big, who you are. There are three main theories on how a person gets their traits. For example, if one is lazy or energetic, or if one is fast or slow.

1. **Trait Theory:** Property theory has suggested that individuals have specific characteristics that determine how they behave and how they work in non-sports situations and in sports conditions. Property theory also indicates that there are two types of people: introverts and extroverts.

Introverts:

- Introverts are embarrassed, calm and do not share opinions. The attribute theory tells us that intuition does not actively seek enthusiasm. They prefer quiet / quiet surroundings; it gives priority to such activities which have huge concentrations; and they unexpectedly dislike. Interactions play sports regularly, which do not have team and competitive conditions. Instead, the intro plays personal sports or activities.
- Introverts sports or participate in sports like golf, in which concentration is essential and personal sport. Another example is the snooker, which again takes high concentrations and time to remove your shot and is not a team sport. Athletics is a popular



place to see insights. They love to take part in marathons and 100 meters spins because they are a personal sport.

- However, not all introverts play is playing personal. Paul Scholes is such an example that I want to classify as an inclusion but play football, which is a sport in which many teams are involved. He is calm but when he comes to play football he is one of the best footballers nearby.

Extroverts:

- Extroverts are the complete reverse. Boycott is a kind of people who are outgoing and out loud. They give me more confidence and love to show. The attribute theory tells us that the boycott quickly gets the board; Are poor in such activities that require a lot of concentrations; Find excitement and changes; Pain is less responsive; and are more successful in sports conditions.
 - Extroverts promote sports like football and rugby because they include teamwork and hard work. They like sports that are fast and exciting and sometimes include aggression too.
 - Liverpool captain Steven Gerrard is an example of a person playing the sport. As captain, he should lead his team to win. It is strongly, aggressive and demanding, which is necessary.
2. **Social Learning Theory:** This theory indicates that your personality is not a stable feature and it can change constantly due to differences in social situations. In this we are integrated with people and communities with us. It also points out an issue that when we are in a sports situation and in non-sporting circumstances, it is not possible for us to behave in the same way. Moreover, it indicates that in the sport of circumstances, we learn in two different ways: Modelling and Reinforcement.
- **Modelling:** Modelling means that a person can make models on their own / her related people, such as in the same sport or same gender. It basically says that when we look at someone, we copy their actions.
 - **Reinforcement** is important because if a person's behaviour is strong or rewarded, then there is a possibility that behaviour may be repeated. You will have to pay more attention to maintain your skills. Motor responses and motivation skills must be very high

The difference between attribute and social theory is that the attributes of our personality are stable and nothing can change, whereas social theories indicate that our personality is not stable and can change due to many things.

3. **Marten's Schematic View and the Interactional Approach:** This theory is the only theory that many sports psychologists have widely accepted. It tells you that if you are going to accurately predict the behaviour in a sports setting, then it is important to take into account the characteristics of a person and the characteristics of a person. This theory is fundamentally a mixture of social teaching theory and Marton's schematic view. Martan's schematic view says that there are three different levels of mutual anxiety: physical, basic, specific responses and role-related behaviour.
- The physiological core is often referred to as the real you: what you believe in, what your interests are, and your attitude towards work and play.
 - Typical responses are the usual ways you respond to any given situation, and are also a good indicator of your psychological core.
 - Role-related behaviour determines the circumstances you are in. Circumstances are ever-changing, especially within a sporting environment. For example, in football you won't be the same all the way through the sport because you may get frustrated at some points. Role-related behaviour is seen as the changeable aspect of one's personality.

Sports Performance:

The sport's performance is measured in terms of which sport's participation. Sport display is a complex combination of biomedical functions, emotional components and training techniques. There is a popular way to pursue performance excellence in athletic context where athletes measure your performance as a breakthrough for excellence or achievement. There is a belief in the sport that athletes are

at the rivals competing or at the classical level; Athletes interested in simple participation for broader purposes like fitness or weight control are often athletes who do not set particular performance goals.

At one level, determining the sport's performance in most sports topics is a common matter. In the actions where results are measurable and defined, such as racing, jumping, or throwing an item, the final result is quantitative. In this sport, this is a search for improvement in performance which analyses individual elements of performance. When the athlete and coach can differentiate to focus on trainers' training, there is a possibility to improve the final result. There are four different things in the performance of the sports, each of which is subcategory, some of which are contained in physical certainty, the other of them are very convertible. The four parts contain relationships between neuromuscular components, nervous system and its magnitude, and musculoskeletal systems; Psychological control and psychological causes; Environmental conditions; Coaching and external support for the athlete.

Neuromuscular components, which are affecting sports performance, are generally the most comprehensive and represent those aspects of performance that take the largest position of focus and preparation. In many sports, how fitting it is to train athletes, if the person is not ready to compete physically, the performance will not be improved. The neuromuscular component of sports performance has been divided into its own separate components. Each of these components should be subject to specific training methods, including body type. Many sports lend themselves to a specific, usually predefined physical frame or snap; American football must have a significant degree of physical size in linemen and rugby forwards. If athletes do not have a natural preservation for a big building, they cannot compete successfully in this situation. Similarly, big-time athletes will not be successful runners or jumps because their genetically predominantly disqualified from the serious efforts of such a sports; they will be within such limits, even if they are passionate about the sports, to take more interesting involvement in such activities. In many sports such as gymnastics and basketball, athletes are directed to these activities through the desired natural physical properties.

Neuromuscular components both muscular and muscular strength are muscular tension. Because of the body type, the athlete's ability will have an effect on the ability to increase muscle strength, training will allow all athletes to increase their strength; Balanced, balanced relationship against movements between the upper body and the musculoskeletal structures of the body, in the form of the power, the known force or the function of basic force. Endurance is the ability to work on time, it is necessary to achieve success in all sports. In a short-term high-intensity sports, such as running and weightlifting, patience is like redbrown, it helps in the rapid and efficient recovery of events or training. Tolerance in sports is an important issue, such as running space or cross-country skiing, maximum tolerance, athlete's most important in showing the ability of the athlete to use and process oxygen expressed as a VO_2 Max.

Flexibility is a reflection of muscular strength; the ability to dynamically move as much as the motion of the athlete's movement. A flexible athlete is never possible to get excellent athletic performance. The flexibility of human pairs creates an imbalance in the composition cells and muscle structure, which reduces the maximum capacity of the muscles and increases the likelihood of injury. Ability to respond to external stimuli in the sports, such as the ability to respond to opponent's movement or starter bands, the athlete's motor control aspect is essential for the development. These specific neuromuscular capacities include reaction time features.

Agility, balance and coordination are three interrelated concepts. These aspects of the performance of the sports affect the hegemony and the body type significantly but all can be increased by training. Most sports have special drills that advance each of these areas, such as simple-moving drills where athletes should run through a sample placed on the surface of the run. When the drill runs in vomiting or in different sequences, the drill becomes severe. Each of these neuromuscular features of sports performance is affected by the power of the musculoskeletal system and is technologically and repeated. Speed is designed by training which focuses on the development of fast-gummy fibres of the skeletal muscles. Distribution of fast-twitch rebar by body muscles is also regulated by genetics, but training can increase rapid-doubling effects.

In many sports, the ability will be important to succeed in improving the performance of athletes. Running, cross-country skiing, cycling and speed skating are sports where the effective rhythm or strength establishment will keep athletes organized and physically efficient. The development of lactation is to stimulate musculoskeletal activity. Psychological factors related to mental control and performance of the sports are introverted, which are reflected in the final outcome of athlete's endeavours. In most cases, mental attributes of sports are difficult to master because they usually have a higher level of athletic experience and maturity required by which to reach bat. There are instances in every sports of athletes who are physically gifted, because they are called "fatigue" or "stuck in the press" because the athlete cannot overcome emotions during the competition. This development of athletic emotional control is capable of being examined by many perspectives with intelligence, which is an important item in athlete. Logic and analytical power help improve the athlete in any sport. Success is essential for both athletes' ability to achieve both competitiveness and training. In addition, creativity is also incomparable, which will only separate successful talented players. Creativity creates manifested in team sports by clever or well-known tricks. In personal sports, creativity is often reflected by the athletic perspective of training for training.

Discipline is both a practice and a factor in sports. Undefined performance will lead to error necessarily; Failure to practice athlete's practice studies will generally lead to a lower quality performance. The awareness and mental constriction that the athlete performance is the work of many joint elements, including physical conditions or stress related to sports, such as personal circumstances, education or employment pressure. There is hardly any environmental element in the athlete's individual control. The ability of athletes to successfully match the unexpected environmental factors is usually the result of efficiency. There are important environmental factors that can affect success. The playing conditions for all tournaments are the same; it will be on the surface of the alpine ski run, sudden sunny pitch consuming or unexpected heat on the gap. Athletes trying to increase performance should not only use mental control but to avoid weather or bad surface conditions, only athletes should find ways to keep the situation in a positive position.

Personality and Sport Performance:

Sports psychology is interested in how the athletes influence psychological and attitudes. In this period, it is clear that psychological features are different among the least effective players and teams. Furthermore, the ability to prepare mental preparations is considered to be a major component of such differences, as the personality of the behaviour has been recognized in the psychology of importance as a personality. Researchers have recently reported significant personal effects on sports. When athletes participate in competitive sports, their inherent personality traits will essentially contribute to how they behave. Personality "is defined as a psychological property that contributes to the continuous and specific patterns of a person's feelings, thoughts and behaviours. The five-factor model of personality has found a comprehensive discussion of the feudalistic theorists. There are many existing personality tests, but the commonly accepted empirical model in social sciences is called Big-Five or equivalent to five-factor models (FFM). Blanco, Hill and Piedmont saw that the five-factor model of personality can be used to predict the performance of a player in the sports. The five-factor model of personality is a very useful tool for personal calculations.

Big Five Dimensions of Personality:

The Big-Five Framework indicates that most different differences in human personality can be classified into five comprehensive, experienced-generated domains.

1. **Extraversion:** These properties, especially stimuli, socialism, dialogue, vigour and high emotional expression.
2. **Agreeableness:** This personality range includes beliefs, altruism, kindness, affection, and other behavioural traits.

3. **Conscientiousness:** Common features of these dimensions include high impetus control and high level of thinking with target-directed behaviour. People with discretion are considered in detail and carefully
4. **Neuroticism:** High-quality people experience emotional instability, anxiety, mood, anxiety, and grief.
5. **Openness:** These properties include features such as ideas and insights, and the higher in these attributes also have interesting scope.

Anxiety:

Anxiety is both a mental and physical event. Worry cannot be related to feelings of emotions such as fear and negative thoughts. Nervous physical issues include sweating, sleep, stress, headache, blood pressure and swelling / digestive function. The medical definition of anxiety tells us that accurate psychosis and physical symptoms are brought in the sense of danger threatened. It also tells that anxiety and anxiety can be different depending on the circumstances. This applies to the sports sector, which means that golfer may feel more anxiety about the national competition than the club competition. At the same time a club competition can attract the same person to other people. Psychologists usually distinguish between two types of anxiety. The anxiety of attributes is related to one aspect of personality in which the frightening personality is a stable personality. On the other hand political anxiety is a temporary feeling of anxiety in a particular situation. That is why a person with a nervous person appears to be stressed compared to someone worried about everyday situations.

Anxiety is therefore a useful stimulus, but they can both be favourable and inefficient. Where a little anxiety can be positive and encourages you, a high level of anxiety actually frustrates your investment due to fear, therefore it becomes unfortunate. The difference between fear / anxiety and anxiety is uncertain. However, it is generally considered to be a fear of the known source of danger, which is generally pronounced as it is a particular person / situation / thing. It is more difficult to specify what is the risk of frankness because it is more common in anxiety and / or suspicion. The condition of 'anxiety' is an emotional element in anxiety and a person feels that they have enough resources to deal with the situation. However, "headache" means the physical response to anxiety's such as headache and sweating. There are two main types of anxiety; state and trait.

1. **State Anxiety:** It is a short-term anxiety. Emotional stimulus is a result of a perceived risk or other specific cause or situation and a fight or flight reaction link. Typically, the anxieties of the situation are temporary due to some anticipated threat response, such as anxieties before speaking to the public.
2. **Trait Anxiety:** It is a long-term anxiety, and this means that the person is anxieties as a personality trait. This feature shows individual differences in responding to situations that are of political anxiety that is to give a proven response. For example, people with high quality anxiety are more likely to get excited about certain situations than others.

Regarding the sports, when there is a moderate level of anxiety or anxieties making sure that the athletes are prepared for the performance, the higher the level of anxiety the people fall below the normal standards of their performance. The Football Penalty Shootout is an obvious example, which sets bound sports for big football contests. Responsibility of picking up on penalties for players is often miserable because they are unable to handle the pressure. 'Choking' in the game is a very significant symptom of anxiety, which focuses on the athletes, instead of focusing on the implementation of the component components, rather than focusing on moving freely without striking efforts. However, if you accept the anxieties as a general mental response to the competition, the chances of having an impact on your performance will be reduced. Understanding what is the anxiety for every athlete and coach and I hope this article gives you deep insights into the field worried.

The anxiety of performance is like fire alarm. It seems to exist outside of us but there is an estimate of what has happened or done during the childhood, in a true sense. These memories or ideas are brought to consciousness by what is happening now and what we remember, these things have happened, or the relation between fearsome things that happen long ago. Here's how to protect this past from your past, so that they do not affect your current effectiveness. How do you play the starting line of the runner or face a

jump ball in your Reich league basketball game, or how do you feel about waiting for an initial service to your health club tennis tournament? If you are like me and are millions of inspirational, entertaining athletes all over the country, you can lose your ability to jump or jump back by trying your very best to anticipate your own threat or danger. First place you lose your focus even if you do not lose your focus very accurately.

CONCLUSION:

Both results are superficial: You're afraid of the possibility of success due to the failure of failure. Fast walking is a steady pace. Or maybe you feel tired of losing control of your body as tired. Most importantly, you do not know about the effects that govern you. These influences include self-defeating behaviours such as inadequate or excessive warm nymphs, poor pacing, and imbalance in the current form (include the equivalent of their own game). The anxiety of this methodology is that we swear, deny, deny, envy, sacrifice and annihilate. Modern lessons have modern equipment. This fire blur is to condemn the functioning of this operating system. By controlling your emotional thermostat, you avoid the need to protect yourself against harmful measures. Stay calm and do not deploy yourself to defeat your quest for peace. In this stage of focused readiness, we can know what is happening within us and what has happened against us. What are real and legendary, emotional dangers to your best efforts? In the case of a monitoring centre, you can know the difference. To solve your current efforts with the expectations of previous efforts and results, most often you can see current risks as reasonable and equitable.

REFERENCES:

1. Arlington (2013), 'Diagnostic and Statistical Manual of Mental Disorders', American Psychiatric Association (5th edn), American Psychiatric Publishing, USA, pp. 189-195.
2. Athan, & Sampson. (2013), 'Coping with pre-competitive anxiety in sports competition', European Journal of Natural and Applied Sciences, V. 1(1), pp. 1-9
3. Abrahamsen, Frank Eirik et al., (2008), 'Achievement Goals and Gender Effects on Multidimensional Anxiety in National Elite Sport', *Psychology of Sports and Exercise*, 9:4.
4. Feldman G, Hayes A, Greeson J, Kumar S, Laurenceau JP (2007), 'Mindfulness and emotion regulation: The development and initial validation of the Cognitive and Affective Mindfulness Scale-Revised (CAMS-R)', *Journal of Psychopathology and Behavioral Assessment* 29: 177-190.
5. Light. M (2000), 'Arousal Imagery Effects on Competitive State Anxiety and Performance of the Soccer Penalty Kick', A Thesis presented to the School of Kinesiology Lakehead University In Partial Fulfilment of the Requirements for the Degree of Master of Science in Applied Sport Science and Coaching.
6. Maryam, K., Fateme, K., Mohammad, S. and Zahra, C. (2010), 'The effect of relaxation and mental imagery on self-efficacy, competitive anxiety and sportive performance', *British Journal of Sports Medicine*, 44(1):44-57.
7. Patel, S. (2011), 'Comparison of competitive state anxiety components among individual, dual and team sports', *Asian Journal of Physical Education and Computer Science in Sports*, 4(1):148-150.
8. Radhakrishnan, M. K.(2008), 'Effect of mental imagery training programme on selected psychological variables and skill performances of volleyball players', Thesis, Submitted for the degree of Doctor of philosophy in Physical Education department in the faculty of education, University of Calicut.
9. Robazza, C. and Bortoli, L.(2007), 'Perceived impact of anger and anxiety on sporting performance in rugby players', *Psychology of Sport and Exercise*, 8, 875–896.
10. Singh, Amrit Preet (2011), 'A study of pre and post competitive anxiety level of inter-university basketball players", *Indian Journal of science and Technology*, vol: 4 (6).