



## “RELATIONSHIP BETWEEN PERSONALITY - MOTOR ABILITY AND ANTHROPOMETRIC MEASUREMENTS ON PERFORMANCE OF UNIVERSITY VOLLEYBALL PLAYERS”

Dr. J. S. Pattankar<sup>1</sup> and Dr. M. S. Pasodi<sup>2</sup>

<sup>1</sup>Lecturer in Phy. Edn, GFGC, Sedam.

<sup>2</sup>Director of Phy.Edn.Gulbarga Univeirsity, Kalaburagi.

### ABSTRACT:

*One of the major objectives of the study has been to examine the role of factors like personality physical fitness and anthropometric measurements on the performance of university volleyball players (both male and female) on sport performance. The sport performance was measured on motor tests.*

**KEYWORDS:** *major objectives , sport performance , physical fitness and anthropometric measurements.*

### INTRODUCTION :

Psychologists seem to have no common consensus as far as definition of personality is concerned. Personality has been defined in a variety of ways. Keeping the interaction of man's biological inheritance with the environment as the major consideration. Personality is the dynamic organization within the individual of those psycho physical systems that determine his unique adjustments to his environments.

Games and sports as a part of human education have always existed in the human society. Before the dawn of civilization and culture, physical exercise was very important aspect of human existence. In the primitive society, the necessity for survival motivated man to keep himself more physically fit and strong enough in comparison with strong forces for nature.

### METHODOLOGY :

#### Objectives :

1. To study the impact of personality dimensions on the performance of volleyball players.
2. To assess the effect of anthropometric measurements on performance of volleyball players.
3. To assess the effect of physical fitness on performance of volleyball players.

#### Hypothesis :



1. There is a significant influence of personality dimensions on performance in motor tests.
2. There will be significant differences on the performance of anthropometric measurement of volleyball players.
3. There is a significant difference on the performance of physical fitness among the volleyball players.

**The Sample :**

**Table – 1  
Distribution of sample**

Category	Male	Female	Total
University	100	100	200
Other university	100	100	200

**Data Analysis :**

**Table – 2  
Mean, SD, and t-value of motor ability of students in three dimensions of personality (N=400)**

Personality		Speed	Agility	Endurance	Strength	Flexibility
Psychoticism (129)	M	11.31	13.15	2303.30	7.65	3.25
	SD	2.02	2.08	271.41	3.12	1.82
	t-value	1.160	0.26	1.57	1.43	1.38
Neuroticism (121)	M	11.02	13.08	2359.4	7.09	4.18
	SD	1.92	2.1	281.25	3.00	1.92
	t-value	4.28	7.53	2.75	7.97	6.27
Extraversion (150)	M	10.12	11.12	2447.9	10.12	5.69
	SD	1.45	1.93	211.2	2.92	1.88
	t-value	5.40	12.15	4.61	6.33	8.01

\*\* Significant at 0.01 level

**Table – 3  
Mean, SD, and t-value of anthropometric measurements of students in three dimensions of personality (N=400)**

Personality		Height	Weight	Chest Girth	Upper Arm Girth	Thigh Girth
Psychoticism (129)	M	176.43	69.3	81.90	21.59	41.24
	SD	1.70	4.62	1.37	1.05	1.94
Neuroticism (121)	M	172.86	66.83	81.52	22.13	39.12
	SD	2.61	1.19	1.16	1.09	4.23
Extraversion (150)	M	172.69	66.83	82.85	24.84	44.4
	SD	3.65	1.19	2.35	2.86	1.28
Psychoticism VS Neuroticism	t-value	3.631	2.63	1.32	2.53	4.22
Psychoticism Vs Extraversion	t-value	3.028	1.544	1.83	3.23	3.28
Neuroticism Vs Extraversion	t-value	1.25	1.28	1.12	2.38	0.56

\*\* Significant at 0.01 level

This clearly reveals that personality is a factor which promotes sports performance in students. There are certain personality traits or qualities that are helpful in enhancing skills in the persons who possess such qualities. Thus, personality dimension are important in increasing sports performance.

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**CONCLUSIONS :**

1. The significance difference were found in all the personality factors between two age groups senior volleyball players are out going concrete thinking, dominant, enthusiastic, tough minded, practical, conscientious venturesome emotionally stable and experimenting than the lower age players juniors are reserved, more intelligent, humble, sober, expedient, shy, conservative, tender minded and imaginative.
2. The university participants have significantly higher performance scores than other university players.
3. The players with anthropometric measurement have displayed higher performance in all the motor tests.
4. Males have higher performance than the female players.
5. There is a significant effect of anthropometric measurements on weight, height, girth, upper arm girth tests.

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