



COMPARISON OF COGNITIVE PERSONALITY TRAIT BETWEEN HIGH AND LOW ACHIEVER SPORTSPERSON

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ABSTRACT:

This study compared cognitive personality trait in the form of self concept among high and low achiever sportsperson. This study was conducted on 30 high achievers and 30 low achiever sportsperson. The classification of high achiever sportsperson was based on participation in international / national level sports competition while for low achiever sportsperson it was deemed as participation in intercollegiate sports competition. The same comprise of both male and female sportsperson. To assess cognitive personality trait of the selected sportsperson, Self Concept Questionnaire prepared by Saraswat (2011) was preferred. Results indicate that cognitive personality trait in high achiever sportspersons was significantly superior as compared to low achiever sportsperson. It was concluded that perception towards own abilities were higher in high achiever sportspersons in contrast to low achiever sportsperson which assist them to perform with their optimum potential.

KEYWORDS: High achiever, low achiever, sportsperson, cognitive personality trait.

INTRODUCTION

Individual's concept about his/her self and surrounding environment organizes their behaviour. In simple terminology self concept or self perception can be considered as person's impression about his/her abilities. Due to its nature self concept is a fundamental factors which organizes human behaviour and his/her personality. Hence self concept is also referred to as cognitive personality trait. Woodfolk (2001) defined self concept in light of belief shown by an individual in his/her own abilities, actions and qualities. A definition given by Oner (1987) contends that it is a building block of human personality. Engler (1991) redefined Rogers work on self concept and defined the self which accentuate gradually in relation to interaction between organization and environment. "Who I am" or concept of oneself develop with time. Engler further postulates that it is a perception of an individual towards himself/herself. Self concept is made up of learned verbal labels about own identities which ultimately regulates emotions and human behaviour. The successful performance is associated with positive verbal labels or positive self concept (Staats, 1996). Branden (1994) contended that psychological problems such as anxiety, depression etc. arises from self concept issues. Fox (1990) and Marsh (1993) highlighted the importance of self concept in terms of human



well being and its role in human behaviour. Psychologists have also propagated the link between cognitive personality trait and self confidence, self assurance, self regard and self assertiveness respectively. Fox (1990) opined on the basis of previous research that self concept is associated with leadership ability, satisfaction, lowered anxiety and enhance physical performance and capabilities.

Psychological aspects of sports performance are extensively researched in modern times because it is now established facts that lack of psychological/mental skills can cost dearly in a match situation.

Researchers like Bois et al. (2009), Bhardwaj and Sharma (2011), Boroujeni et al. (2012), Ghosh (2014), Mishra (2015), Durge and Bhagwati Chandra (2017) have linked sports performance with quite a few psychological factors such as personality characteristics, mental toughness, frustration tolerance, anxiety, self confidence respectively. It is also noticeable that some of these psychological factors make self concept. Also the cognitive personality trait i.e. self concept has not been assessed on the basis of sports achievement. Hence it is worthwhile to comparatively assess self concept as cognitive personality trait between high and low achiever sportsperson.

OBJECTIVES:

The objective of the present study was to compare cognitive personality trait i.e. self concept between high and low achiever sportsperson.

HYPOTHESIS

It was hypothesized that high achiever sportspersons will show significantly more magnitude of self concept as compared to low achiever sportsperson.

METHODOLOGY :-

The following methodological steps were taken in order to conduct the present study.

Sample :-

For present study, 30 high achiever sportspersons (Average age 26.11 years) were selected as sample. To serve the purpose of this study, 30 low achiever sportspersons (Average age 22.01 years) were also selected as sample. The high achiever group comprise of international/national level medal winner sportspersons while low achiever group consists of intercollegiate sportspersons. Both male and female sportsperson were selected purposively in the present study.

Tools:

Self Concept Questionnaire :

To measure self concept of selected sportsperson, Self Concept Questionnaire prepared by Saraswat (2011) was used. This questionnaire measure self concept with the help of broad areas such as physical, social, temperamental, educational, moral and intellectual respectively. This questionnaire contains 48 questions and it is highly reliable and valid as per the coefficient of reliability and validity.

Procedure:

Selection of the subjects was purposive in nature in which inclusion criteria was followed. The ethical consent was obtained from selected sportspersons before administration of self concept questionnaire prepared by Saraswat (2011). The response so obtained for each subject was scored and tabulated. The comparison of self concept i.e. cognitive personality trait between high and low achiever sportsperson was made with the help of independent sample 't' test. Results shown in table 1

RESULT AND DISCUSSION

Table 1

Comparison of Cognitive Personality Trait (Self Concept) between High and Low Achiever Sportsperson

Groups	Cognitive Personality Trait		Mean Diff.	t'
	Mean	S.D.		
High Achiever Sportspersons (N=30)	181.70	20.02	17.03	3.10**
Low Achiever Sportspersons (N=30)	164.66	22.41		

** Significant at .01 level

t(df₅₈) = 2.00 at .05 level; 2.66 at .01 level

The data analysis shown in table 1 indicate that self concept in high achiever sportspersons (M=181.70) was significantly higher as compared to low achiever sportsperson (M=164.66). The calculated $t=3.10$ and mean difference of 17.03 between groups was found to be statistically significant at .01 level.

Results clearly indicate the supremacy of high achievers sportsperson over low achiever sportspersons in terms of their self concept. Since self concept is known to regulate anxiety, tension, self confidence and various psychological factors, results are in expected direction. High achiever sportspersons with superior self concept able to control their emotions which in turn facilitates their sports performance.

CONCLUSION

On the basis of results, it was concluded that well developed self concept is essential for performing at highest level in competitive sports.

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