



PERSONALITY TRAITS, LOCUS OF CONTROL AND LEVEL OF ANXIETY AMONG DIFFERENT SPORTS WOMEN OF KARNATAKA STATE WOMEN'S UNIVERSITY PLAYERS

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ABSTRACT :

The participation in modern sports is influenced by various physical and psychological factors during training. Besides, good physique and physical fitness of the athletes, the main emphasis is laid on the development of various types of motor skills involved in the game as well as on teaching of the strategies, techniques and tactics of the sports. Until recently, the coaches have been paying inadequate attention to the physical and psychological factors which although have been proved to contribute to the performance at events in the higher level competitive sports. Sports are as old as the human society, and it has achieved universal states in the modern times. It now enjoys a popularity, which outstrips any other form of social activity.



KEYWORDS : Sports Women of Karnataka State Women's University Players.

INTRODUCTION:

The sports is a psycho-social activity which has both psychological dimension and social dimension. Besides physical physiological and technical aspects, women's interest in sports is found in all over the world and the nation's have a common interest in sports competitions especially at certain times during the Olympic games, where people from all Nations focus their attention on that drama of competition. The quality of the however, participation of the athletes and sports women's is determined by their psychological factors in this modern era of competition. The psychological preparation of a team is as much important as teaching the different skills of a game on the scientific times. The teams are not prepared not only to play the games, but to win the games it is not only the proficiency in the skills that brings victory but more important is in the spirit of the players with which they play and perform their best in the competition. Sports are as old as the human society, and it has achieved universal states in the modern times. It now enjoys a popularity, which outstrips any other form of social activity. It has become an integral part of the educational process. Millions of fans follow different sports events all over the world with an enthusiasm bordering on devotion. Many participate in sports activity for fun for health, strength, and fitness. It is taking the shape of profession to some with high skills, with ample financial benefits linked with high degree of popularity and professionalism.

CONCEPT OF PERSONALITY:

The word personality is derived from the Latin word persona. This means a 'mask' which the ancient Greek actors used to enact the role of characters they portrayed on the stage. However, at present the term is explained in various ways.

J.P Guilford (1952) defined personality as "an integrated pattern of traits. It is the synthetic unity of all personal traits. All the mental traits such as emotional, intelligence and impulse should be organized and integrated into a unity. A sound Personality comprises mental traits closely related and integrated". McDougall regards integration of personality as "integration of intellect and integration of character".

ROLE OF PERSONALITY IN SPORTS

The physical education and the coach become interested in psychological studies because of the belief that the personality plays a role in the selection and participation in physical activities and sports. Moreover, the involvement in physical education and sports contributes to personal and social adjustment. The development of personality and the achievement of desirable social values have been the objectives of sports and physical education since ages. The findings that the athletes are different from non-athletes may not mean that athletics cause enhanced personality characteristics, it may be said that athletics and sports produce the more well-adjusted individuals in society or it helps in removing maladjustment.

OBJECTIVE OF THE STUDY

The present study was undertaken with the following objectives in view.

1. To study the personality traits locus of control in Karnataka State Women's University at different level of inter university sports player.
2. To evaluate the personality traits of women's players participating in different sports/games inter university sports women player of Karnataka State Women's University, Vijayapura.
3. To suggest improvement in Women's University competition as a mean of enhancing of sports in anxiety level of Inter- University sports player.
4. To study and find out the differences between sports women players playing different nine games (Kho-kho, Kabaddi, Volleyball, Basketball, Handball, Cricket, Cycling, Athletics and Netball) with respect to personality traits and its components (i.e. sociability, dominance, extroversion, conventionality, self-concept, mental toughness and emotional stability), locus of control and its components (i.e. powerful control, chance control and individual control) and anxiety scores.

SIGNIFICANCE OF THE STUDY

The present study may be satisfied as worthwhile on the following grounds.

1. It may throw light on various conditions that affect the participation of women's University player in Inter- University level of sports participating.
2. It may help the investigator to carryout similar studies in other aspects which affect the anxiety level of Karnataka State Women's University sports player.
3. It enables to formulate remedial measures to set right personality traits locus of control and level of anxiety among different sports women of Karnataka State Women's University player.
4. Influences have been considered very significant in determining an athlete's behavior on and off the field.

ANALYSIS AND INTRPETATION OF THE DATA

DESCRIPTIVE STATISTICS

In this section, we calculated mean and SD values of personality traits and its components (i.e. sociability, dominance, extroversion, conventionality, self-concept, mental toughness and emotional stability), locus of control and its components (i.e. powerful control, chance control and individual control)

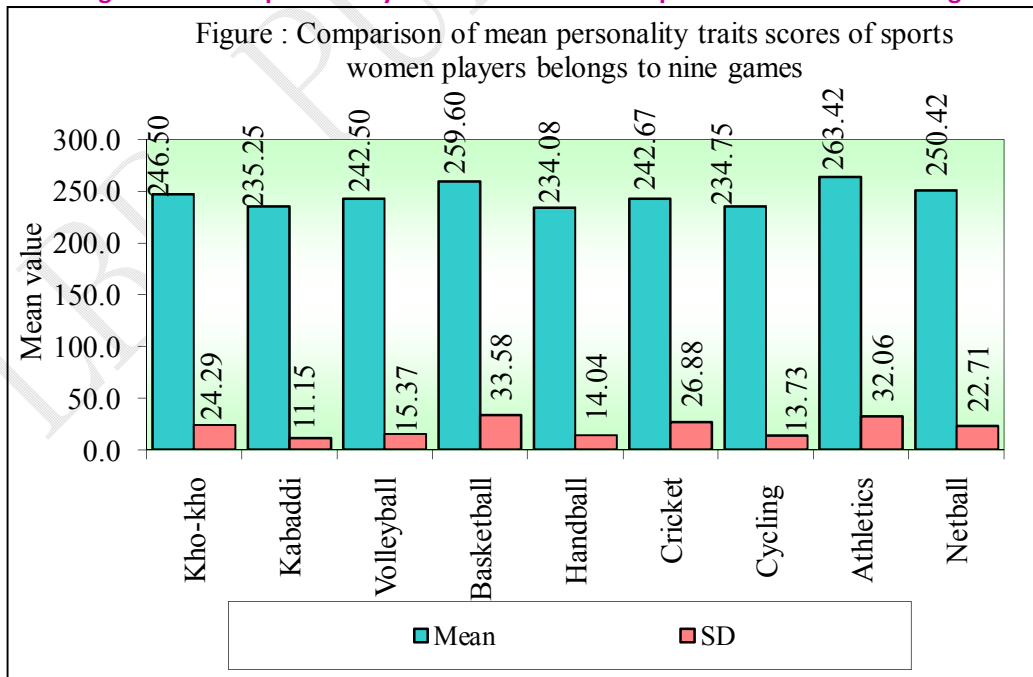
and anxiety from sports women players according to different games (Kho-kho, Kabaddi, Volleyball, Basketball, Handball, Cricket, Cycling, Athletics and Netball) and presented them in the following section.

Table : Mean and SD of personality traits scores of sports women players belongs to nine games (Kho-kho, Kabaddi, Volleyball, Basketball, Handball, Cricket, Cycling, Athletics and Netball)

Types of games	Mean	SD
Kho-kho	246.50	24.29
Kabaddi	235.25	11.15
Volleyball	242.50	15.37
Basketball	259.60	33.58
Handball	234.08	14.04
Cricket	242.67	26.88
Cycling	234.75	13.73
Athletics	263.42	32.06
Netball	250.42	22.71
Total	245.20	23.97

The above table represents the Mean and SD of personality traits scores of sports women players belongs to nine games (Kho-kho, Kabaddi, Volleyball, Basketball, Handball, Cricket, Cycling, Athletics and Netball). The total mean personality traits scores of sports women players is 245.20±23.97, in which, the athletic sports women players have higher mean personality traits scores (263.42±22.71) and Cycling sports women players have lesser mean personality traits scores (234.75±13.73) followed by Kho-kho (246.50±24.29), Kabaddi (235.25±11.15), Volleyball (242.50±15.37), Basketball (259.60±33.58), Handball (234.08±14.04), Cricket (242.67±26.88), Netball sports women players (250.42±22.71) women sports personal.

Figure No .1The personality traits mean scores are presented in the following.



The Graph showing personality traits comparison of nine games players high mean scores of Athletics 263.60 and low mean scores Cycling 234.75 respectively hence of the sports women players belongs to nine games sports women's.

Hypothesis: there is no significant difference between sports women players belongs to nine games (Kho-kho, Kabaddi, Volleyball, Basketball, Handball, Cricket, Cycling, Athletics and Netball) with respect to personality traits scores its components, i.e.

- Sociability, Dominance, Extroversion, Conventionality, Self concept, mental toughness and Emotional stability.

To achieve this hypothesis, the one way ANOVA test was performed and the results are presented in the table.

CONCLUSIONS

The sports participation have positive influence on the psychological variables such as an Anxiety and social intelligence behaviour among the sports group comparing to their non sports men. The sex is not influenced and acted as detrimental factors on developing the Psychological variables such as personality traits, locus of control, and anxiety, among sports women's, sports participation helped in cultivating an developing psychological factors in this study.

Researchers have suggested many explanations for the relationship between personality traits locus of control and level of anxiety sports women participation. Psychological class itself affects sports achievement.

In the present study it was observed that majority of the sports participants belonged to personality traits locus of control and level of anxiety of Karnataka state women's inter university sports participation women players.

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