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A CORRELATION STUDY OF ANXIETY AND PERSONALITY TRAITS BEHAVIOR OF SPORTSWOMEN

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ABSTRACT

The purpose of the present research was to describe and compare the personality traits, anxiety of competitive athletes in level of Group game and Individual sports. The method of the study is descriptive analyses, total 300 (Each 150) samples representing both in individual and group game were selected men women and to collect the data. Participating in state, national, and all India interuniversity tournament, later 'correlation was applied to assess the significant difference in factor of personality traits anxiety, between sportswomen of individual and group game, the correlation was drawn. Comparing to their counterpart, it was rationalized that nature of group participation develops and cultivates the social values and character among the participants.

KEY WORD: A correlation study of anxiety and Personality Traits behavior of Sportswomen.

INTRODUCTION:-

Sport psychology is the scientific study of people and their behaviors in sport contexts and the practical application of that knowledge. Sport psychologists identify principles and guidelines that professionals can use to help adults and children participation and benefit from sport and exercise activities in both team and individual environments. Sport psychologists have two objectives: (a) to understand how psychological factors affect an individual's physical performance and (b) to understand how participation in sport and exercise affects a person's psychological development, health and well-being. Sport psychology is deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. Some of the most important skills taught are goal setting, relaxation, visualization, self-talk, self esteem awareness and control, concentration, confidence, using rituals, attribution training, and per iodization

The aim of present investigation is to examine personality traits, cognitive distortions, Life expectations and achievements as risk factors of anxiety and depression among students, now the question arises why the investigator decided to explore all these factors. If we see the overall scenario we will find that, student population is worst affected with anxiety and depression.there are several reasons such as the illogical competition among parents, demand of academic excellence from their children's put lot of pressure on their children's to excel in any subject they consider proper thus in turn if children's are not able to achieve parental expectations it results in anxiety and depression, sometimes they develop suicidal tendency too. This study intends pose light on Psychological preparation of woman athletes. Female athletes have received limited attention in sports psychology research.

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PERSONALITY TRAITS.

Personality is one of those concepts that is familiar to everyone but is difficult to define, most people use the term, "Personality" to identify the most obvious characteristics of a person, or to refer to that person's social skills.

Although the construct of personality has been defined in many ways, there is a general consensus on what personality is, All port (1937) collected some more than 50definitions of personality and also created one of his own, according to Allport Personality is dynamic organization within the individual of those psychophysical systems that determine his unique adjustments to his environment.

ANXIETY

Anxiety is an emotional state, represented by a feeling of dread, apprehension, or fear. In humans, this can be defined by description using language. A considerable amount of research in sport psychology has examined the nature of competitive anxiety and how it relates with various motivational and cognitive variables. The aim of that line of inquiry is to provide important information with regard to situations where athletes may experience negative affective states, the antecedents of such situations, and the possible means that will enable sport performers to cope successfully with their negative emotions. Current research in sport (competitive) anxiety has primarily based its analysis on the multidimensional conceptualization and measurement of anxiety symptoms in other areas of psychology. Specifically, it has distinguished between cognitive anxiety (worry) and somatic anxiety (emotionality). They referred to negative expectations and cognitive concerns about oneself and the situation as the elements of cognitive anxiety, while the somatic component of anxiety was considered to reflect perceptions of physiological responses such as nervousness and tension.

1.1   STATEMENT OF THE PROBLEM

The personality is product of interaction between environment and heredity factor of sportsperson. Sports performance and selection of games and physical activities depends upon the nature of personality. Same time activities and Nature of participation also leads to determine and mould and the certain character and qualities of sportsperson, and continuous exposé to shape sports activities results in term of developing personality abilities and characteristics, hence researcher made a plane to assess." **A correlation study of anxiety and Personality Traits behavior of Sportswomen"**

SIGNIFICANCE OF THE STUDY

The findings of the present study would help the coaches, sports trainers, Physical   educationists in their professional work, the details which are discussed below.
1. The present study would acquaint physical education, experts, players and coaches with the psychological factors which are useful in the modern sports not only during the training period, But also during higher sports competitions.
2. The coaches will know about the importance of psychological training in ensuring the peak performance among the sports person..
3. Once the causes of the psychological problems in the players are understand by the coach with the help of sports psychologist, various kinds of remedial techniques may be applied and help may be rendered to overcome the excessive emotional problems which affect their performance.

1.3 OBJECTIVES OF THE STUDY

The aims of the present study are as follows:
1. To find out the difference in psychological factors of different level participants with respect to personality traits, anxiety behavior
2. To find out the nature of correlation between level of participation and manipulation of   psychological factors.

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1,4 HYPOTHESIS

1. There would be significant different in personality traits of sportsperson participated in national, state, and all India university tournaments.
2. There would be not significant different in personality traits of sportsperson participated in national, state, and all India university tournaments.
3. There is a positive correlation between sports participation with respective development of personality traits.
4. There is significant influence of is personality traits, on sportsman participated different levels.
5. There would be significant different in personality traits, , anxiety, different level of sports participation.

1.5 LIMITATION:

1. The present study and personality traits anxiety not other factors of sports person.
2. Data will be collected by administering standardized scale and questionnaire on individual and group game participated at State, National, All India Inter University, sports participation of Karnataka Universities.
3. The selected for individual and group game the Study are limited to Karnataka.

1.6 DELIMITATIONS:

1. The study is Delimited to the measuring the level of personality traits, anxiety and State, National, and All India Inter University sports participation Of Karnataka Universities.
2. The study sample is delimited to 300 players in various games.
3. The Sample is delimited to Sportsperson participated at State, National, and All India Inter University sports participation of Karnataka Universities.
4. The subject's age ranged from 19 to 28 years.
5. The study is going to conducted on Women sportsperson.
6. The study sample is limited to 150 players in various individual games and 150 players in various group game players.

Table: 1

Correlation coefficient between anxiety scores and component of personality scores of sportswomen as a whole samples

Variables	Correlation coefficient between anxiety scores of sportswomen with		
	r-value	t-value	p-value
Sociability	-0.2288	-4.0565	0.0001*
Dominance	-0.1202	-2.0900	0.0375*
Extroversion	-0.1776	-3.1160	0.0020*
Conventionality	0.7551	19.8813	0.0001*
Self-concept	0.6645	15.3491	0.0001*
Mental toughness	0.7332	18.6149	0.0001*
Emotional stability	-0.1770	-3.1052	0.0021*

*$p<0.05$

From the results of the above table it can be seen that,

- A significant and negative correlation was observed between anxiety scores with sociability scores of personality ($r=-0.2288$, $p<0.05$) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the anxiety scores and sociability scores of personality of sportswomen are dependent on each other.
- A significant and negative correlation was observed between anxiety scores with dominance scores of personality ($r=-0.1202$, $p<0.05$) at 5% level of significance. Hence, the null hypothesis is rejected and

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alternative hypothesis is accepted. It means that, the anxiety scores and dominance scores of personality of sportswomen are dependent on each other.

- A significant and negative correlation was observed between anxiety scores with extroversion scores of personality (r=-0.1776, p<0.05) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the anxiety scores and extroversion scores of personality of sportswomen are dependent on each other.
- A significant and positive correlation was observed between anxiety scores with conventionality scores of personality (r=0.7551, p<0.05) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the anxiety scores and conventionality scores of personality of sportswomen are dependent on each other.
- A significant and positive correlation was observed between anxiety scores with self-concept scores of personality (r=0.6645, p<0.05) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the anxiety scores and self-concept scores of personality of sportswomen are dependent on each other.
- A significant and positive correlation was observed between anxiety scores with mental toughness scores of personality (r=0.7332, p<0.05) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the anxiety scores and mental toughness scores of personality of sportswomen are dependent on each other.
- A significant and negative correlation was observed between anxiety scores with emotional stability scores of personality (r=-0.1770, p<0.05) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the anxiety scores and emotional stability scores of personality of sportswomen are dependent on each other.

CONCLUSION:

The most of the personality factor and sports participation have positive correlation with each factors of personality traits, if assertive traits increases the dominance nature and performance is increased, competence and self-confidence also increases ,it means positive correlation has exist between personality traits and sports behavior.

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