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“THE INFLUENCE OF PERSONALITY AND ANXIETY ON THE PERFORMANCE OF WOMEN SPORT PERSON”

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ABSTRACT:

Personality, though a highly ambiguous term which is difficult to define, has become a viable and useful concept for describing and categorizing behaviour in physical activity and sport. The reason for this is that personality in its broadest context can be interpreted as representing the total psychological structure of the individual. The personality of a person is integration or merging of all the parts of one's

psychological life, the way one thinks, feels, acts and behaves. It is this combination that characterizes or distinguishes a person from other people and that represents the more permanent or enduring aspects of one's behavioral patterns (Alderman, R.B., 1974).

KEYWORDS: *categorizing behaviour , psychological structure.*

INTRODUCTION:

In general, a person's personality is judged on the basis of the ways he interacts with other people in various situations and how they, in turn, view him. A person, for example, may project to other people a very competitive or aggressive personality, or he may be very friendly, or retiring or self-confident. Such attributes become even more consolidated into a person's psychological structure when other people react to him in such a way as to reinforce those traits which are typical of him. When a person acts very aggressively in most situations,

people view him as being aggressive, and this gradually, he incorporates aggressiveness into his personality. Though such general descriptions of personality are useful in understanding the surface behaviour of people, a more in-depth analysis is necessary if we are to gain insight into why people behave the way they do. The important questions are not so much that a person is aggressive or friendly or competitive, but why he is aggressive, friendly or competitive (Alderman, R.B., 1974).

PERSONALITY

Personality is what makes an individual unique. It is the uniqueness that impels us to enquire into the pertinent

different among the individuals. A pleasing personality has a marketable value in the society. Personality is a factor to be comprehended meticulously as it is considered being the sum total of behavior of an individual in relation to the society. The term 'Personality' emanates from the Latin word 'Persona' that was associated with Greek theatre. The mask worn by actor was called 'Persona'. The mask or persona of the actor implied a cover for the real person behind it. The term personality in English 'Personalite' in French, 'personlichkeit' in German has a close similitude with the personalities of Medieval Latin. The concept of personality differs from culture to culture. Each culture has its own value system and approved way to living,

which affects the thoughts the feelings the emotions the actions and endeavors of its people. These fundamental values of a culture to which a child belongs, tends a pattern to his basic personality. For instance the western culture emphasizes egocentric and more realistic tendencies where as Indian culture emphasizes such values sympathetic attitude, self sacrifice cooperation and self discipline. To make the concept of personality more clear, some of main approaches to study personality have been mentioned below:

THE PSYCHOLOGICAL APPROACH

The psychological approach considers personality as a certain style peculiar to the individual. This style is determined by characteristic organization of mental trends, emotions and sentiments.

The psychological approach enables us to understand the phenomena of personality disorganization and the role of wishes in mental conflict and of repression and sublimation in the growth of personality.

DETERMINANTS OF PERSONALITY

Man is the byproduct of a complex system of variables, which constantly interact with personality and shape it. Some important determinants among them are genetic social and cultural determinants.

There has been a constant warfare between hereditarianism and environmentalists as regards the contribution of these factors in the development of personality. But various studies have concluded that an individual is the product of the constant interaction of hereditary and environmental influence. Heredity provides basis or potential for the development of any personality traits. Training and experiences in the environment contribute to the development of traits. Heredity influences physique, motor-sensory equipment and level of intelligence, certain diseases and temperamental characteristics. But environment can suppress good inheritance but good environment is not substitute for bad heredity. Heredity sets the limit of maximum development of characteristics, which cannot be crossed by providing best environment. Good training and experiences definitely improve the performance of children.

DIMENSIONS OF PERSONALITY TRAITS:

It is increasingly obvious that the coaching and teaching of children engaged in sport must be oriented toward the individuality they display. Nowhere is this more obvious than with individual differences in personality. Though most psychologists are still not in agreement as to what personality actually is consensus is being reached on how to measure it. And it is with the concept of traits that most of the evaluation is proceeding. The reason is that this approach tends itself to a rough kind of quantitative scaling. A coach, for example, can say with a certain amount of confidence that one player is more self confident, or aggressive than another player. It is because of such practical application that measurement of single traits has predominated and become most popular. Though hundreds of tests exist for the measurement of personality traits, the major positions have been those of Gordon Allport and factor analysis Guilford and Cattell. It is though Allport's various distinctions that a general conceptualization of the term trait can probably be best achieved.

Allport (1961) defines a personality trait as a neuropsychic structure which renders stimuli into functional equivalents and which initiates and guides consistent forms of behaviour. A trait in this sense refers to those traits which are common to a number of individuals. Traits which are specific to the individual are called personal dispositions by Allport and have much the same definition as traits. Dispositions are concerned with the person's "Unique patterns of adjustment which distinguish him from other people. Among the traits which exist in a person there is considerable variation in the degree to which each trait drives the person to action. Some traits such as achievement related ones, exert explicit motivational states in the individuals where as other have little effect. Traits actively create situations within which they themselves become operable. That is a person who is highly emotional for example, does not passively wait for emotional stimuli to appear; rather he actively seeks

and initiates emotional situations. This is partly the reason why traits and dispositions can't be observed directly but must be inferred from overt behaviour.

SPORTS AND PERSONALITY

Personality is a term commonly used by people concerned with almost every aspect of human interaction while interviewing applicants for positions in the field of education, the administrative place great emphasis on the personality of the prospective employee. A coach evaluate a player will often refer to his or her personality. Sport commentator's off or use "personality conflicts" to account for a team's power performance. Parents sometimes compare their children on the basis of personality traits. Numerous other examples of the importance of personality in our society can be cited. In keeping with the focus of this, we will discuss personality related to sport psychology.

To a physical educators it seems, important to have some understanding of why some individuals prefer to or respond to certain types of activities while other individuals may go in for activities of quite different type it would seem to be of value to a physical educator to know more about the personality characteristics of individuals person in a specific sport. Perhaps they would be guided into some activity somewhat similar, but at the same time differing in some respect, so that a specific type could be benefited. Specific type of athletic activities was associated with characteristics personality traits. In Griffith's psychology and athletics the following statements are found.

"There is something about close bodily contact that put boxing and wrestling under independences to the emotions just as was the case in football. Football teaches courage team work, fair play, stick to it, direness regard for personality and control of emotional life. Basketball is a more intellectual game than football. Basketball provides also a way of learning stead stable control and fine training for mental quickness and alertness.

Any characteristics that are found to differentiate athlete from non-athletes or different groups of athlete from one another could be due to selecting in the sense that certain types of persons are attached to athletics (Alderman, R.B.: 1974).

STATEMENT OF THE PROBLEM

The present problem for investigation is stated as under topic "The Influence of Personality and Anxiety on the Performance of Women Sport Person".

OBJECTIVES OF THE STUDY

Following are the main objectives of this study.

1. To study the influence of personality traits on performance of women sports person.
2. To study the influence of anxiety on performance of women sports person.
3. To compare the influence of personality traits and Anxiety on women sports person.
4. To study the impact of sports personality on the sports performance of the sample.
5. To assess the effect of anxiety on sports performance of student athletes.

HYPOTHESES OF THE STUDY

The study was conducted with the following hypotheses:

1. There is significant influence of sports personality on the sport performance of the sample.
2. There is significance influence of anxiety on sports performance of student athletes
3. There is no significance difference between women sports persons in respect of personality traits.
4. There is no significance difference between women sports persons in respect of anxiety.
5. No significance difference exists between anxiety and personality traits.

SIGNIFICANCE OF THE STUDY

The present study shows the similarities between the personality traits of women sports persons. It also shows the dissimilarities between the personality traits of women sports people's

personality and anxiety, Secondly, personality traits and anxiety may differ from each other or they may remain the same. Whatever may be cared the sports persons and non sports person.

Every research has its importance for its aims and objectives. Hitherto many researches have been undertaken to test or study only one component or some components of sports psychology. To compare one component to another and on state level or national level sportsperson or sports events. But no study and test effects of the components selected for present study which too, comparatively on the women sports person in the area under study. Hence the present research holds importance from the point of view that it is undertaken to test the effects of anxiety and personality of performance of sportsmen of undergraduate studies of Hyderabad and Karnataka region so as to provide the result and recommendations to the Sports coaches so as to produce competitive sportsperson in the area.

DELIMITATIONS OF THE STUDY

The present study is delimited as follows:

1. The study is delimited to 400 samples only.
2. The study is delimited to women sports persons only
3. The study is delimited to Hyderabad Karnataka region only.
4. The study is delimited under graduate women sports persons only.
5. The study is delimited to Personality and Anxiety only.
6. Further the study is delimited to 100mts, 800mts events only.
7. Further it is delimited to sixteen factors of personality traits as suggested by 16 PF test (R.B. Cattell) and anxiety questionnaire.
8. Sports persons were participated in various sports competitions.

LIMITATIONS OF THE STUDY

1. The responses of the subjects are considered as the limitations for the study.
2. Food habits and the life style of all women sports persons are considered as limitations for the study.
3. Standard Questionnaire is limitation for this study.
4. Declaration of age and achievement is considered as the limitation for the study.

DATA ANALYSIS AND INTERPRETATION

To find out the personality and anxiety on the performance of women sports person of athletic game of 100 m and 800 m running, the data were collected through administrations of questionnaire before and after the competition. The data were collected through the administration of questionnaire from different under graduate and post graduate faculties of various colleges of Hyderabad and Karnataka region. The collected data were analysed by retaining statistical test and percentage statistical techniques. All the data pertaining to the present study were examined by employing test to find out whether any significance difference between the mean score of personality and anxiety for women sports athletes. The data were examined by employed Chi-square statistical technique to see the significant result and to see the comparison of data percentage statistical techniques.

Table 1 Game wise Female Player

Sr. No	Game	No of Players
1.	100 M Running	250
2.	800 M Running	150

Source: Fieldwork

The above table 1 describes about the selection of game wise female players for the research work by scholar. The 250 number of female player was selected from the 100m running and other 150 number of female player was selected from the 800m running game of athletics.

Table 2 Age wise Distribution of Female Athletes

Sr. No.	Age	Total	Percentage %
1.	18 – 20	67	16.75
2.	21 – 23	168	42.00
3.	24 – 26	116	29.00
4.	27 – 28	49	12.25
Total		400	100.00

Source: Fieldwork

The above table 2 describes about age wise distribution of the female athletes for the research work, the selected female athletes age wise for the research work were 67 female athletes are between 18 – 20 years of age, 168 female athletes were between 21 – 23 years of age, 116 female athletes were between 24 – 26 years of age, 49 female athletes were between 27 – 28 years of age. From the research work it was found that most of the respondents are between 21 – 23 year and 24 – 26 years of age.

Table 3 spot personality of female athletes

	N	Mean	Std. Deviation	Std. Error Mean
Sports Personality	5	80.0000	65.85211	29.44996

	Test Value = 0					
	t	Df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Sports Personality	2.716	4	.053	80.00000	-1.7662	161.7662

Interpretation: the above table 3 reveals about sports personality of female athletes. The mean score of sport personality of female athletes calculated was 80.00, Standard Deviation was 65.85211 and their Standard Error Mean was 29.44996.

Table 4 Sports Performance of female athletes

	N	Mean	Std. Deviation	Std. Error Mean
Sports performance	5	80.0000	33.30916	14.89631

	Test Value = 0					
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Sports performance	5.370	4	.006	80.00000	38.6412	121.3588

Interpretation: the above table 4 reveals about sports performance of female athletes. The mean score of sports performance of female athletes calculated was 80.00, standard deviation was 33.30916 and their standard error means was 14.89631

Table 5 Mean Differences between the sports performance and sports personality of female athletes

Sports Personality and Performance	t	df	Sig. (2-tailed)	Mean Difference	SD	SEm
	2.716	4	.053	80.00	65.85	29.45
	5.370	4	.006	80.00	33.30	14.90
Average	4.043	4	0.0295	80.000	49.57	22.17

Significant at 0.05 level of confidence

The above table 5 describes that the mean difference of the scores of sports personality and sports performance of female athletes are 80.00 and their SD is 49.57, whereas the calculated 't' value of sports personality and sports performance is 4.043 which was lesser than the tabulated significant value of 0.05 (5%) level, it was found that there is no significant difference between the sports personality and sport performance of female athletes. In spite of the above findings the sports performance of female athletes was more as compared to sports personality, hence the hypothesis is accepted.

1. There is significance influence of anxiety on sports performance of student athletes

Table 6 Anxiety of Sport Performance

	N	Mean	Std. Deviation	Std. Error Mean
Anxiety of sport performance	5	80.0000	50.48762	22.57875

	Test Value = 0					
	T	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Anxiety of sport performance	3.543	4	.024	80.00000	17.3113	142.6887

Interpretation: the above table 6 reveals about the anxiety of sports performance of female performance of female athletes. The mean score of anxiety of sports performance of female athletes calculated was 80.00, Standard Deviation was 50.48762 and their Standard Error Mean was 22.57875.

Table 7 Effect of Anxiety on Sports Performance

	N	Mean	Std. Deviation	Std. Error Mean
Effect of Anxiety	5	80.0000	20.82066	9.31128

	Test Value = 0					
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Effect of Anxiety	8.592	4	.001	80.00000	54.1477	105.8523

Interpretation: the above table 7 reveals about the anxiety of sports performance of female performance of female athletes. The mean score of anxiety of sports performance of female athletes calculated was 80.00, Standard Deviation was 20.82066 and their Standard Error Mean was 9.31128.

Table 8 Mean Significant Difference of Anxiety and its effect on sports performance of student athletes

Anxiety and its effect on sports performance	t	Df	Sig. (2-tailed)	Mean Difference	SD	SEm
	3.543	4	.024	80.00000	50.49	22.58
	8.592	4	.001	80.00000	20.82	09.31
Average	6.0675	4	0.0125	80.0000	35.65	15.94

Significant Difference – 0.05 level of confidence

The above table 8 describes that the mean difference of the scores of anxiety and its effect on sports performance of female athletes are 80.00 and their SD is 35.65, whereas the calculated 't' value of anxiety and its effect on sports performance was 6.0675 which was greater than the tabulated significant

value of 0.05 (5%) level, it was found that there is significant difference between the anxiety and its effect on sport performance of female athletes. In spite of the above findings the sports performance of female athletes was more as compared to sports anxiety, hence the hypothesis is rejected.

The above table 4.3 describes about respondents are feel in control or not with their personality for the research work and it is observed that out of 400 female athletes 18 (4.50) athletes are never feel in control, 26 (6.50) female athletes are occasionally feel in control, 129 (32.25) female athletes are fairly often feel in control, 59 (14.75) female athletes are very often feel in control, 168 (42.00) female athletes are always feel that they are feel that they are in control. From the research work it was found that most of the respondents are always feel in control and fairly often that they are in control.

SUMMARY:

The participation of the female athletes are increased in every year in difference sports activities, it may individual or team sports. Female athletes individual or team sport performance purports that an inverse relationship exists between psychopathology and sports performance. In the area of sports there are lot of different situation which creates anxiety behaviour which may implications for the players, these mechanisms pools to create an unpleasant feeling that is typically related with nervous, fear or worry. The anxiety of the player makes negative impact on their performance. It will affect's on sports players performance in physiological, behavioural and cognitive ways. If any of the sports players suffer with anxiety before any competition then it will be affected on performance.

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