

Review Of Research

THE INFLUENCE OF CERTAIN PERSONALITY VARIABLES ON ATTITUDE TOWARDS LIFE AMONG SPORTS PERSONS



Taufiq Ahmad

Assistant Director of Physical Education, Department of Physical Education, Aligarh Muslim University, Aligarh.

ABSTRACT:

The present study examined the role of personality variables with respect to sports persons' (body builders and weight lifters) attitude towards life. A total of 200 sports persons (age between 18 and 25 years) from All-India Interschool and other similar State and National level tournaments of bodybuilders and weightlifters took part in the study. They completed two questionnaires with regard to Personality Variables and Attitude towards Life. In order to find out the significance of difference between body builders and weight lifters' group with regard to personality and life attitude, z-test was used. Findings of the analysis showed that both the groups differed significantly in terms of personality variables and on different factors of attitude towards life. Although mean score of both body builders and weight lifters were above average on most of the dimensions of personality variables except adaptability and achievement motivation.



Syed Tariq Murtaza

Assistant Professor, Department of Physical Education, Aligarh Muslim University, Aligarh.

Weight lifters scored significantly higher than body builders in terms of mean score on personality variable and life attitude scale. In case of weight lifters group most of the dimensions of personality variables were positive in nature and played a positive role in the development of positive attitude towards life. Weight lifters had meaning and purpose in life which motivate them to do something and shape their attitude of how to live.

KEYWORDS:

Personality, Body builders, Weight lifters, Attitude and Attitude towards life.

**Taufiq Ahmad¹, Syed Tariq Murtaza², Naushad Najeeb³, Mohd Imran⁴
and Mohammad Sharique⁵**

¹Assistant Director of Physical Education, Department of Physical Education, Aligarh Muslim University, Aligarh. ²Assistant Professor, Department of Physical Education, Aligarh Muslim University, Aligarh. ³P. G. T, (Physical Education) Al- Barkat Public School.

⁴Part Time Teacher & Corresponding Author, Senior Secondary School (Boy's), Aligarh Muslim University, Aligarh. ⁵Assistant Professor, Department of Physical Education, Khwaja Moin-Uddin Chisti Urdu Arabic Farsi University, Lucknow



Mohd Imran

Part Time Teacher & Corresponding Author, Senior Secondary School (Boy's), Aligarh Muslim University, Aligarh.



INTRODUCTION

Sports persons are growing up in the world of modernization, competition, stress and tension. Sports persons are those persons who volitionally and purposefully do various physical activities, like running, jumping, throwing, catching, diving etc. themselves within the given framework of rules and regulations.

In all these, personality is one of the most important factors which play an important role in the development of attitude towards life. Actually human personality is a very complex psychological phenomenon – psychologists have tried to understand and measure it from different dimensions and characterized it by the quality of uniqueness. Allport (1961) defined “Personality as the dynamic organization within the individual of those psycho-physical systems that determine his unique adjustment to his environment”. On the other hand, the term “attitude toward life” has been floated by existential psychologists. To some existentialists, meaning and purpose of life should be on the continuum of illusion because the immortality remains unproven and unknowable. Kierkegaard (1952) described three stages of life experience, represent three attitudes towards life: (i) Aesthetic (ii) Ethical and (iii) Religious.

Literature has also showed that there are several dimensions of personality which are related to attitude towards life, Reid & Ware (1974) investigated that persons whose life is under their control have internal locus of control as well and were also documented to be living more meaningfully and overcome existential frustration and have the attitude to accept death in a positive way. Also, Tonk (1996) investigated a significant relationship between autonomy and life attitude among adulthood. Butler (1968) found that purpose in life has been related to social action.

OBJECTIVES OF THE STUDY

- (i). To identify the significance of difference between body builders and weight lifters on personality variable and its dimensions.
- (ii). To identify the significance of difference between body builders and weight lifters on life attitude variable and its dimensions.

RESEARCH HYPOTHESES

In the light of the objectives of the present investigation, following hypotheses are made. All the hypotheses are formulated in the form of null hypotheses.

H1 There will be no significant difference between body builders and weight lifters group on personality variable and its dimensions.

H2 There will be no significant difference between body builders and weight lifters group on life attitude variable and its dimensions.

Methodology

The methodology followed in conducting the study plays a prominent part in determining the dependability and usefulness of the findings.

Sample

The sample for the present study was intended to represent sports persons of body builders and weight lifters. For the sake of feasibility, the sample was restricted to the All India Interschool and other state and national level tournaments. The procedure of cluster sampling was adopted for the selection of sample. The size of the sample was 200 sports persons included both 100 body builders and 100 weight lifters with the age between 18 and 25 years.

Tools of the Study

In order to achieve the objectives of the study two measures were used:

(1) Life Attitude Profile (LAP):- For the present study LAP developed by Recker and Peacock (1981) was used to assess the attitude towards life of bodybuilders and weightlifters. The LAP deals with seven factors namely- life purpose, existential vacuum, life control, death acceptance, will to meaning, goal seeking and future meaning to fulfill and

(2) Multidimensional Assessment of Personality (MAP):- The personality of bodybuilders and weightlifters were measured by using the multidimensional assessment of personality (MAP) scale, developed by Sanjay Vohra (1993) of Psy-com services. The test is constructed to measure 20 dimensions covering adaptability, achievement motivation, boldness, competition, enthusiasm, general ability, guilt proneness, imagination, innovation, leadership, maturity, mental health, morality, self control, sensitivity, shrewdness, self sufficiency, suspiciousness, social warmth and tension. The MAP form A has 147 items. Each of its items in the questionnaire has three choices from which the subjects has to select one category.

Data Collection and Scoring

Before collecting the data, the investigator approached the heads of the respective faculties and obtained the permission for the same. Each player was given two questionnaires, which were filled in two sittings. Important instructions were given to the students regarding filling up the questionnaires. The data were gathered individually by the investigator. After collection of data scoring was done according to the instructions provided in the respective manual of each test undertaken for the study.

Statistical Analysis

To achieve the objectives of the study combined sample of 200 sports persons was divided into two groups of body-builders (100) and weight-lifters (100), z-test was used for the purpose of analyzing data.

Result

For analyzing the data, z-test was used, findings showed that there was significant difference found in between body builders and weight lifters in terms of mean score on different dimensions of personality variable i.e. Adaptability (z=1.54) significant at 0.05 level, Achievement Motivation (z=3.59) at 0.01 level, Competition (z=2.51) at 0.05 level, Enthusiasm (z=5.05), General Ability (z=7.28) and Guilt Proneness (z=7.32), Mental Health (z=3.12), Self-sufficiency (z=3.93) and Social Warmth (z=3.63) found to be significant at 0.01 level of significance. Innovation (z= 2.29) and Self-Control (z=2.64) both were significant at 0.05 level.

Table 1.1 Z-tests between Body Builders and Weight Lifters on the dimensions of Personality Scale.

Factors of Personality	Body Builders		Weight Lifters		Z
	Mean	SD	Mean	SD	
Ad	7.94	1.903	8.21	1.499	1.54*
Am	7.69	1.627	8.27	1.597	3.59**
Bo	7.94	1.586	8.18	1.522	1.48
Co	8.40	1.334	8.78	1.707	2.51*
En	8.06	1.292	8.83	1.708	5.05**
Ga	8.44	1.591	9.68	1.866	7.28**
Gp	7.76	1.478	8.97	1.848	7.32**
Im	8.20	1.572	8.49	1.413	1.63
In	8.48	1.812	8.82	1.763	2.29*
Ld	8.18	1.314	8.38	1.615	1.25
Ma	8.12	1.588	8.14	1.610	0.09
Mh	7.92	1.370	8.36	1.480	3.12**
Mo	8.12	1.589	8.24	1.373	0.87
Sc	8.26	1.378	8.62	1.380	2.64*
Se	8.16	1.209	8.23	1.302	0.55
Sh	7.98	1.466	8.04	1.501	0.43
Ss	7.62	1.536	8.08	1.525	3.93**
Su	7.88	1.500	8.12	1.591	1.61
Sw	8.30	1.442	8.94	2.056	3.63**
Tn	7.98	1.358	8.12	1.605	0.87

** Significant at 0.01 level, * Significant at 0.05 level.

Table-1.2 shows significant difference between body builders and weight lifters group on Life Purpose (z= 8.87), Existential Vacuum (z= 9.41), Life Control (z=2.65) and Death Acceptance (z=11.71). All dimensions of life attitude profile were found to be significant at 0.01 level of significance.

Table-1.2: Z-test between Body Builders and Weight Lifters on the factors of Life Attitude Scale.

Factors of Life Attitude	Body Builders		Weight Lifters		Z
	Mean	SD	Mean	SD	
Life Purpose	9.20	4.71	13.22	4.33	8.87**
Existential Vacuum	12.08	4.48	8.60	2.70	9.41**
Life Control	14.43	7.45	16.49	7.73	2.65**
Death Acceptance	7.82	2.00	12.03	4.67	11.71**
Will to Meaning	21.80	6.37	22.08	6.66	0.44
Goal Seeking	13.31	6.95	13.68	5.59	0.58
Future Meaning to Fulfill	22.94	5.20	23.20	5.33	0.47

** Significant at 0.01 level, * Significant at 0.05 level.

DISCUSSION

The present study of attitude towards life of sports persons triggered by conviction that meaning and purpose play a powerfully generative role in development and its role has been recognized in research and practice. "Meaning" and "purpose" could make a difference that they could motivate someone to do something and shape a person's basic choices about how to live. A number of researches of meaning and purpose in life have been conducted related to different dimensions. But no study has been conducted on attitude towards life of sports persons, related to various dimensions of personality. Thus, the present researcher has made a humble attempt to explore attitude towards life in relation to certain personality variables among sports persons. In this context the objectives of the present study were to identify the significance of difference between body builders and weight lifters on different dimensions of personality variables and attitude towards life.

In this study, there were twenty dimensions of personality scale and seven factors of life attitude questionnaire were used.

To identify the significance of difference between body builders and weight lifters in terms of personality variables and attitude towards life z-test was used and the analysis showed that although mean score of both body builders and weight lifters were above average on most of the dimensions of personality variables except adaptability and achievement motivation. Weight lifters scored significantly higher than body builders in terms of mean score on personality variables i.e. adaptability, achievement motivation, competition, enthusiasm, general ability, guilt proneness, innovation, mental health, self-control, self-sufficiency, and on social warmth dimension of personality variable. Weight lifters score on life attitude scale had also indicated that they were significantly higher on life purpose, life control and death acceptance except existential vacuum.

The plausible explanation for the preceding differences in body builders and weight lifters group with regard to personality and life attitude is that, in case of weight lifters group most of the dimensions of personality variables were positive in nature and play a powerful generative role in the development of positive attitude towards life. Weight lifters have meaning and purpose in life which motivates them to do something and shape their attitude of how to live. Similarly in a study Mc-Carthy (1980) found that the entire human race may suffer from existential vacuum, if they do not find meaning and purpose in their life. Similarly, Yalom (1980), and Zika found that strong religious beliefs inculcated positive meaning towards life, clear vision of life and enjoys healthy social interactions.

SUGGESTIONS FOR FURTHER RESEARCH

Researches and explorations are not the end results but that always open the way for future investigation. Similarly, the present work is not the end in this area. In fact, all the variables can never be studied in a single research. So the present study is confined to study the attitude towards life and certain personality variables only. The results of the present investigation led to certain possibilities for further researches.

It is suggested that further studies in this area may compare on sports persons of different games. This type of study may also be conducted in cross cultural context and larger sample provide better results. Moreover, some other psychological inventories may be used, especially in live of MAP because it is too lengthy and at the times subjects felt difficulty in sitting for too long.

REFERENCES

- 1.Allport, G.W. (1961). Pattern and Growth in Personality. Holt Rinehart and Winston, New York.
- 2.Butler, A.C. (1968). Purpose in life through social action, Journal of Social Psychology, 74(2), 243-250.

3. French, S. and Joseph, S. (1999). Religiosity and its association with happiness. Purpose in life, and self-actualization, *Mental Health, Religion and Culture*, 2, 177-120.
4. Mc Carthy, J.B. (1980). *Death Anxiety: The loss of self*, New York: Gardner Press, Inc.
5. Reid, D.W. and Ware, E.E. (1974). Multidimensionality of internal versus external control: Addition of a third dimension and non-distinction of self-versus othera. *Canadian Journal of Behavioral Science*, 6(2), 131-142.
6. Reker, G.T. & Peacock, E.J. (1981). The life attitude profile (LAP): A multinational instrument for assessing attitudes towards life, *Canadian Journal of Behavioral Science*, 13, 64-73.
7. Shostrom, E.L. (196)., *Personal Orientation Inventory Educational and Industrial Testing Service*, San Diego, C.A.
8. Tonk, R. (1996). The relationship between life attitude, death acceptance and autonomy in adulthood, *Family Therapy*, 23(2), 135-149.
9. Yalom, I.D. (1980). *Existential Psychotherapy*, New York: Basic Books.
10. Zika, S., & Chamberlain, K. (1992). On the relation between meaning in life psychological well-being, *British Journal of Psychology*, 83, 133-145