

A Study of Personality as a Psychological Differential between Female Volleyball and Basketball Team Sports Person

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Abstract

Background: The purpose of the study was to find the personality as a psychological differential between female Volleyball and Basketball team sports person.

Method: For the purpose of the study, 22 female team sports person (12 Volleyball 12 Basketball) were randomly selected as the subjects for the study. The variable selected for the purpose of this study was: Personality. The Personality was assessed by the total scores in Personality Inventory by S.S Jalota and S.D Kapoor Eysenck's "Personality Inventory" adapted and standardized in India. With the help of the questionnaire related to personality as a psychological variable necessary data were collected. Data were collected with regard to personality variable from 24 female team sports person in a group setting. Before administering of research questionnaire, the Team Incharges, Coaches/Managers of different teams were contacted and their cooperation in the task of data collection was solicited. The data pertaining to Personality variable had been analyzed by using the 't' test in order to assess and compare the psychological variable between inter-university female Volleyball team sports person and inter-university female Basketball team sports person.

Results: The findings of the study revealed that there is a significant difference between inter-university female team sports person.

Conclusions: On the basis of the findings of the study, the following conclusions are drawn: The inter-university female Basketball team sports person is better on the variable of personality in comparison to inter university female Volleyball team sports person.

Key words: Personality, Team sports person, Volleyball, Basketball.

INTRODUCTION

Over the years, ABC's wide world of sports has repeatedly and graphically brought home to countless millions of television viewers the excitement and thrills of traditional and popular sports. But the fascination, flavor, danger and delight of more exotic and less familiar diversions have also been captured the crouching surfer braving the awesome power of the sea, the lonely climber scaling the sheer and treacherous mountain side, the frail cliff diver leaping into the perilous ocean, the agile cowboy clinging to the back of an enraged bull. All sports however have two common denominator dynamic challenges to man and a psychological spur to victory.

Sports psychology is the scientific study of behavior in sports or sports related context. It is a psychological attempt to understand underlying sports behavior. Sports psychology is defined as the study of mental processes as they relate to human sports performance. It consists of theories and laws of learning the importance of reinforcement and the linking of perceptual abilities with motor performance which contribute to the body of knowledge. The sports psychologists utilize the information when studying topics such as aggression, intelligence, Personality and personality development.

The Personality is a dynamic organization within the individual of those psycho-physical systems that determine his unique Personality to the environment (Allport, 1948). The personality

trait concepts are also very much a part of Eysenck's (1967) theory of personality. In Eysenck's (1993) view, personality consists of hierarchy structure of personality factors. At the top of this hierarchy are broad, general dimensions called types. Personality composed of traits, which in turn are made up of habitual responses, which are composed of specific response, the behavior actually observed, Eysenck et. al (1962) hypothesized three broad personality dimensions: neuroticism stability, extraversion –introversion and psychoticism, which are evaluated and measured through a personality inventory. The Eysenck personality inventory (EPI) is designed to measure the two pervasive and relatively independent dimensions of neuroticism stability and extraversion – introversion as identified by Eysenck (1964). Neuroticism refers to general emotional instability and the individual's predisposition to neurotic breakdown under stress, while extraversion refers to the uninhibitive, outgoing, impulsive, and sociable inclinations of a person. Cattell (1962) defined trait as structure of the personality inferred from behavior in different situations. He distinguishes four types of traits as common traits which are widely distributed in general population like honesty, aggression, cooperation;

The purpose of the study was to find the “Personality as a Psychological Differential between Female Volleyball and Basketball Team Sports person”. It was hypothesized that there might not have been significant difference in personality as a psychological variable between team sports person.

METHOD

Sample: For the purpose of the study, 22 female team sports person (12 Volleyball 12 Basketball) were randomly selected as the subjects for the study.

Tool: The variable selected for the purpose of this study was: Personality. The Personality was assessed by the total scores in S.S Jalota and S.D Kapoor Eysenck's “Personality Inventory” adapted and standardized in India.

Procedure: With the help of the questionnaire related to personality as a psychological variable necessary data were collected. Data were collected with regard to personality variable from 24 female team sports person in a group setting. Before administering of research questionnaire, the Team Incharges, Coaches/Managers of different teams were contacted and their cooperation in the task of data collection was solicited.

Techniques: The data pertaining to Personality variable had been analyzed by using the ‘t’ test in order to assess and compare the psychological variable between inter-university female Volleyball team sports person and inter-university female Basketball team sports person.

RESULTS

The findings pertaining to descriptive statistics for the personality variable between inter-university female Volleyball team sports person and inter-university female Basketball team sports person have been presented in table no. 1

Table 1: ‘t’ Value Inter-University Female Volleyball Team Sports Person and Inter-University Female Basketball Team Sports Person with respect to Their Mean Score on ‘Personality’

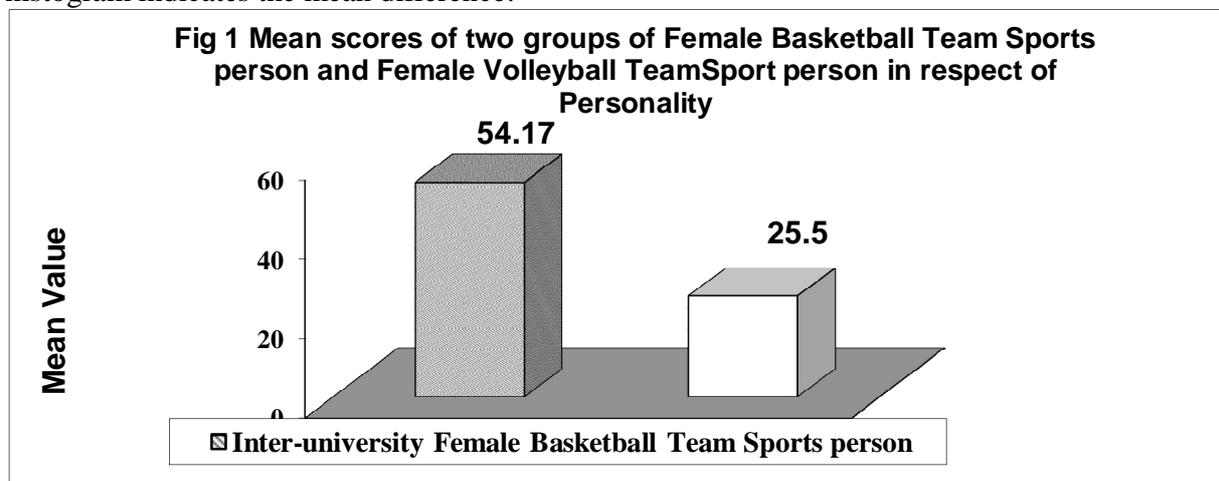
| Groups | N | Mean | MD | SD | SEM | ‘t’ |
|---|----|-------|-------|-------|------|------|
| Inter-university female Volleyball Team sports person | 12 | 25.50 | 28.66 | 15.22 | 4.39 | 5.30 |

| | | | | | | |
|---|----|-------|--|-------|------|--|
| Inter-university female Basketball Team sports person | 12 | 54.17 | | 10.86 | 3.13 | |
|---|----|-------|--|-------|------|--|

Significant at 0.05 level of confidence

Table 1 reveals that the 't' value for inter-university female Volleyball team sports person and inter-university female Basketball team sports person with respect to their mean score on 'Personality' came out to be 5.30 ('t' = 2.07 for df 22) which is significant at 0.05 level of confidence. This indicates that the Inter-university female Basketball Team sports person differ significantly with respect to 'Personality'. Since the mean score for Inter-university female Basketball Team sports person (54.17) is higher in comparison to inter-university female Volleyball team sports person (25.50), it may be interpreted Inter-university female Basketball Team sports person are more neurotic which is nothing but reflection of extreme level of cortical nervous functioning under situation which leads to arousal. They are un-inhibitive, impulsive, dominant, assertive, craving for excitement and group activities, often tends to take chances and risks, express their feeling openly in comparison to the inter-university female Volleyball team sports person. Hence the formulated null hypothesis that "There will be no significant difference inter-university female Volleyball team sports person and inter-university female Basketball team sports person on personality" stands rejected.

Total Personality is graphically depicted in the figure 1 in which comparison of mean value of inter-university female Volleyball team sports person and inter-university female Basketball team sports person are shown by drawing the histogram type of graph. The difference in the height of histogram indicates the mean difference.



Discussion

The result presented in the table 1 indicated that inter-university female Volleyball team sports person is the lowest scorer in the 'personality' whereas inter-university female Basketball team sports person were found highest scorer. The results expressed that inter-university female Volleyball team sports person do not hold better personality to compete in team sports as compared to inter-university female Basketball team sports person. The results attributed that inter-university female Volleyball team sports person are more serious because they will win the competition. They know that losing in sports will cause a great loss on their personality. So they want to win at any cost. Inter-university female Basketball team sports person showing better personality because

they never bothered about their performance and achievement. They knew that their winning or losing will not cause any effect on their personality. These players afford to be winner or loser.

Discussion of Hypothesis

The hypothesis earlier set that there might have not been significant difference in Personality as a psychological variable among team sports person is rejected.

CONCLUSION

On the basis of the findings of the study, the following conclusions are drawn: inter-university female Basketball team sports person are better on the variable of personality in comparison to inter-university female Volleyball team sports person.

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