

## "COMPARISON OF EYSENCK'S PERSONALITY TRAITS OF SPORTSMAN IN INDIVIDUAL AND TEAM SPORTS"

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### Abstract:

*The purpose of this study was to compare the Eysenck's personality traits of sportsman who participated in individual and team sports of inter-University level. For the purpose of the study, two groups namely Hockey, Kho-Kho, cricket (team sports) and Track & field, table Tennis and Gymnastics (individual sports) who have participated in universities in inter-university competition of above mentioned games. Dimension of Eysenck's Maudsley personality inventory as standardized by Jalota and Kapoor were selected to collect the data.*

### KEYWORDS:

Sportsman ,Eysenck's Personality ,Gymnastics ,standardized.

To find the significance difference on Eysenck's Maudsley personality traits between individual and team sportsman of inter university level;'t' test was employed. The level of significance was set at .05. The result revealed that in Extraversion dimension there is no significant difference between team and individual game. The result also revealed that in Neuroticism dimension there is significant difference between team and individual game

### INTRODUCTION

The application of psychological principles to the improvement of performance in sports has received greater attention in these days. Coaches, physical educationist and sports scientist have always expressed a greater need to know more about those psychological principles which are helpful in improving the motor skill of the players. Why people compete, what are the main motives behind sports, which can learn to win, why should one prepare oneself psychologically etc are a few questions which require proper explanation.

Personality is the dynamic integration of an individual's expression of his need in his reaction to himself and others.

Trait is a very broad and general term and personality trait may be as inclusive as a general attitude of self confidence or as narrow as a specific habit such as a conditioned muscular contraction in response to a sound. A Trait may be characteristic indicated by behavior as of physical make up.

Neuroticism refers, to general emotional instability and the individual's predisposition to neurotic breakdown under stress.

Extraversion refers to the uninhibitive, outgoing impulsive and sociable inclinations of a person.

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**METHOD**

Thirty male football players who participated in Senior National tournament (Santosh Trophy) on behalf of Uttar Pradesh state were selected as subjects for the study. Thirty subjects were classified into defensive and offensive groups; each group consisted of fifteen subjects. The age of the subjects ranged between 17 to 25 years.

The anxiety score of the subjects was obtained by using Sports Competition Anxiety Questionnaire – A form developed by Renier Marten. The questionnaire had fifteen statements out of which five were spurious questions which had been added to the questionnaire to diminish response bias towards the actual test items. These five statements were not scored. Every statement had three possibilities i.e. (a) Hardly ever (b) Some times (c) Often. The ten test items which were taken for scoring purpose were 2,3,5,6,8,9,11,12,14,15 and spurious items not scored were 1,4,7,10,13. In order to find out the competition anxiety of the subjects, the scores on the above mentioned items were added.

The aggression score of the subjects was obtained by using Sports Aggression Inventory developed by Anand Kumar and Prem Shanker Shukla. This inventory consisted of 25 items, in which 13 items are keyed 'Yes' and rest of 12 are keyed 'No'. The statement which are keyed 'Yes' are 1,4,5,6,9,12,14,16,18,21,22,24,25 and the statement which are keyed "No' are 2,3,7,8,10,11,13,15,17,19,20 and 23. Scores obtained by each subject on each statement was added up which represent one's total score on Aggression. Scores was added separately for defensive and offensive players.

In order to compare the Anxiety and Aggression of Defensive and Offensive groups 't' test was applied. The level of significance was set at .05

**FINDINGS**

**TABLE – 1  
SIGNIFICANCE OF MEAN DIFFERENCE IN ANXIETY OF  
ATTACKING AND DEFENSIVE PLAYERS**

Group	Mean	DM	σDM	't' Value
Attacking	20.66			
		-0.266	0.68	0.38
Defending	20.4			

Not significant at .05 level of confidence. 't' value required to be significant at .05 level with 28 degree of freedom is 2.05

**TABLE – 2  
SIGNIFICANCE OF MEAN DIFFERENCE IN AGGRESSION OF ATTACKING AND  
DEFENSIVE PLAYERS**

Group	Mean	DM	σDM	't' Value
Attacking	13.2			
		.933	0.38	3.8*
Defending	14.1			

\*Significant at .05 level of confidence. 't' value required to be significant at .05 level with 28 degree of freedom is 2.05

#### **DISCUSSIONS OF FINDINGS**

The findings of the study showed that there is insignificant difference between defensive and attacking football players in anxiety. This might be due to the fact that in modern football, the concept of the game has shifted to total football i.e. there is no fixed position of the players during the course of the game, but specific responsibilities are assigned to each player. Due to these factors, players regularly shift from attack to defence according to the need of specific situation in the game.

Significant difference between defensive and attacking football players in aggression. This might be due to the fact that in today's game the defenders go for over-lapping and support the front line players in scoring goals and some times defensive players score goals themselves. Moreover, the defensive players have to be more aggression in their approach that is due to their responsibility in the game. The defensive players in order to prevent the opponent from scoring the goals have to perform hard tackles and spectacular saves.

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