



A COMPARATIVE STUDY ON SPORTS PERSONALITY TRAITS AMONG VOLLEYBALL AND HANDBALL FEMALE PLAYERS

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ABSTRACT :

Personality is the product of interaction between environment and heredity. The socio-economic condition and Status of that person is influenced by society the society, further, social environment also plays significant role developing personality of sportperson. physical activities and sports phenomena also influence bio-psychological make-up of the individual, long exposing to physical activities and sports brought tremendous changes in the personality of participants. Hence, research scholar has made an attempt to assess the significant influence and difference of personality traits of volleyball and handball players. Personality traits of sportsmen have strong being on their performance. High level sports performance need learning complex motor movements. Quickly and thoroughly learned, these movements can be swiftly and confidently applied during the competitions. The sports performance of an individual is believed to be influenced by his physical fitness on the one hand and by the psychological adjustment on the other. It is strictly so with regard to successful sportsmen because for the high level achievements in competitive sports they need to be physically and mentally well balanced.

KEYWORDS : sports personality traits , volleyball and handball female players .

INTRODUCTION:

Personality is the total quality of the structure aptitudes, interest, capacities, Attitudes and behavior patterns, which are manifested in mans relation with the environment. It is a compound, grouping and resultant of many coordinated elements, some of which are inherited, some absorbed and some predominantly acquired.

Personality traits of sportsmen have strong being on their performance. High level sports performance need learning complex motor movements. Quickly and thoroughly learned, these movements can be swiftly and confidently applied during the competitions. The sports performance of an individual is believed to be influenced by his physical fitness on the one hand and by the psychological adjustment on the other. It is strictly so with regard to successful sportsmen because for the high level achievements in competitive sports they need to be physically and mentally well balanced.

Usually sports persons to be extroverts, introverts, dominating, sociable self esteemed, less anxious tough minded, confident, emotionally stable and intelligent. These personality traits to be developed through continued participation of the individuals in sports competitions.

SPORTS AND PERSONALITY:

Personality is the product of interaction between environment and heredity. The socio-economic

condition and Status of that person is influenced by society the society, further, social environment also plays significant role developing personality of sportperson. physical activities and sports phenomena also influence bio-psychological make-up of the individual, long exposing to physical activities and sports brought tremendous changes in the personality of participants. Hence, research scholar has made an attempt to assess the significant influence and difference of personality traits of volleyball and handball players.

Statement of the problem:

A study of personality traits between handball and volleyball players.

Hypothesis of the Study:

1. There is a significant difference in the personality traits of volleyball and handball players.

Objective of the Study:

1. To know and assess the significant differences between the personality of the volleyball and handball players.

Significance of the Study:

In view of competitive sports gaining significance the study personality assumes importance in the context that the importance of this study may be summarized in the following manner;

1. To know the personality correlates of the psychological profile differentiation among the volleyball and handball female player.

LIMITATION:

The study is limited to the sports man personality traits of volleyball and handball players.

DELIMITATION:

The study is delimited to volleyball plyers of K.S.W.U., Bijapur the study is the delimited to handball plyers of K.S.W.U., Bijapur.

The study is delimited to female players only the study is delimited to U.G students of K.S.W.U. Bijapur only.

METHODOLOGY

The purpose of this study was to find out weathertheir was a significant difference of sports personality between the volleyball players and handball players women's Karnataka State Women's University, Post Graduation students of Bijapur. To get the appropriate data from the selected sample standardized questionnaire devised by Prof. L.N. Dubbey was administered. And scoring has done according to manual.

Sample

In the present study the total sample consists of to 80 post graduation students from Women's University out of 40volleyball and 40 handball players women's, the sample designed is given below.

Table 1: showing the mean value=Standard deviation and 't' score of personality Neuroticism

Sl.No.	Players	Sample	Mean value	Standard deviation	
1.	Handball	40	14.78	3.78	3.07
2.	vollyeball	40	12.72	3.73	

Significant at 0.05 level

The above table shows the mean value, of standard deviation and t value of anxiety of female handball and volleyball, the t value had shown significant difference between female handball and volleyball. Volleyballers are more anxious than handball female players.

Table 2; showing the mean value = standard deviation and 't' score of Extraversion

Sl.no	Players	Sample size	Mean value	Standard deviation	't' value
1.	Handball	40	12.55	2.31	-2.76
2.	Volleyball	40	14.00	2.21	

Significant at 0.05 level

The above table shows the mean value, of standard deviation and t value of self concept of female handball and volleyball. The t value had shown a significant difference between handball and volleyball. Volleyballers are having more self concept than handball female players

CONCLUSION

This research article reveals that phenomena of sports plays significant role on developing and shaping the personality of sportsperson. If children's deprived by such activities and environment they personality could be able notice some deficiencies of personality, Hence, study suggest that athletic activities make participants more courageous, task oriented behavior and to develop some social and cognitive abilities among participants.

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