

A COMPARISON OF PERSONALITY PATTERN OF INTER-UNIVERSITY LEVEL INDIVIDUAL AND TEAM GAME'S PLAYERS

Dr. Rajinder K. Pathania* and Devarshi K. Chaubey**

ABSTRACT

The purpose of the present study was to compare and assess the personality pattern among Inter-university level male and female players individual and team games of various sports and games. The total number of players in different games were one hundred and seventy four, who have taken part in inter-university level tournaments organized time to time in the different corners of India. The 100 players were selected as a sample for the study in their performance order to complete and fulfill the aim of my study. The introversion and extroversion type of personality of players was explored by using the Introversion and Extroversion Inventory of P.F. Aziz and Rekha Agnihori (1991). To assess the personality characteristics of inter-university level male and female players belong to individual and team games, percentage, mean, standard deviation and t-ratio were computed from raw scores. The results of the study revealed that most of the inter-university level male and female players different games and sports. Inter-university level male and female players of individual and team games belong to different games and sports did not differ significantly in their total personality pattern. It was also observed that personality pattern of players does not effected by the game's types.

Key words: Personality pattern, Individual games , Team games , male and female players

* Grade-I Gymnastic Coach, Sport Authority of India, N.S.N.I.S. Patiala (PB)

** Sport Officer D. P. Vipra College of Education, Koni-Bilaspur (Chhattisgarh)

INTRODUCTION

Personality can be influenced by some factors such as environment (family, sports, community, school, nature of sports, etc.), heredity and gender. and individual. Personality is the product of environment and role of sport and personality traits in psychological heredity and childhood experience is separated

Some studies have shown the positive effect of sport on personality, on the contrary some have shown no positive effect of sport on personality. Some believe that team athletes are more extraversion, with higher anxiety and dependency, on the contrary individual athletes are more introspection and with higher self-confidence. Then the study of athletes' personality characteristics, either individual or team sport athletes provide an opportunity for sport counselor, coaches and specialists to discover and select the talented ones for guiding them to the highest level of skills. Based on this, the main purpose of the present study is to survey and diagnose athletes' personality characteristics in individual and team sports and to compare their personality characteristics with each other

Different levels of personality characteristics proportionally influences feelings, emotions, and behaviour. For example, high score in extraversion predicts positive emotions like happiness, liveliness, optimism, high level of energy and activity (David, Green, Martin & Slus, 1997; Magnus, Diener, Fujita, & Pavot, 1993)

In the view of Eysenck, the main reason for the difference between extroverts and introverts is their level of cortical stimulation. The level of cortical stimulation in extroverts is lower than introverts and they have a higher sensory threshold; thus, they less react to sensory stimulation and require many stimuli for reaching a desired level of stimulation; they look for highly stimulating situations and in other words, they have athirst for stimulation. Therefore, tendency toward liveliness and sociability can often be observed in their behavior and psychopathic introverts are usually prone to anxiety, depression, phobia, and obsessive-compulsive disorder. However, psychopathic extroverts are usually antisocial and aggressive. They often have criminal and aggressive tendencies.

On the basis of characterization, Jung (1925) has classified personality into two types; extroverts and introverts. The person taking more interest in others and has an attitude to face outer world is called as extrovert. Introvert, on the other hand, means the person with mental tendencies directed inwards to himself and has an attitude to face the inner world. In the general way an individual may have either extroversion or introversion type of personality. Extraversion is more apparent in participants of team rather than individual sports, and sprinters are more extraverted than marathon runners (Dowd & Innes, 1981; Eysenck et *al.*, 1982; cf. also Svebak & Kerr, 1989).

The Catell sport psychologists has defined personality as "That which tells what a man will do when placed in a given situation." Alderman (1974) defines personality as "integration or emerging of all the part of one's psychological life the way one thinks, feels, acts and behaves. According to Eysenck a clinical psychologist defined the personality as: "Personality is sum total sum of actual Behavior pattern of the organism.

Fatemeh et.al.(2012) showed that there is a significant difference between individual and team athletes in extraversion. Team athletes have higher levels of extraversion than individual athletes. Agyajit (1990) stated that the individual games players are more extrovert than the team game players. Behzadi et.al. (2012)B showed that there is a significant difference

between individual and team athletes in extraversion, and that team athletes have higher levels of extraversion. Ghaderi and Ghasemi (2012) showed that team athletes are more extroverted than individually athlete. The results also showed that there was no significant relationship between extroversion, introversion, emotional intelligence. Ilyasi and Salehian (2011) indicated that the individual sportsmen have higher degree of extraversion than team sportsmen. Mirmansouri (2009) concluded that there is a significant difference between team and individual athletes in extroversion/introversion and that team athletes are more extrovert than individual athletes. Hoyt et.al. (2009) concluded that the scores of team athletes are higher in extraversion than individual sport athletes. Kirkcaldy (1991) concluded that those who are more extroverted and less neurotic are more inclined toward team sports. [Nia](#) and [Besharat](#) (2010) concluded that athletes' personality characteristics are different for individual and team sports. Moallefti (1968) concluded in a study that individual athletes are more introverted than team athletes. As the results of the present research show, there is a significant difference between individual and team athletes in personality traits. The results revealed that the level of extroversion and responsibility is higher in team athletes than the individual athletes

Egloff and Gruhn (1996) indicted that the tri-athletes and long-distance runners were more extraverted. Outstanding athletes were more extraverted than average sportsmen. Attila (1992) stated that endurance athletes have higher extraversion than non-athletes. Ericson (1993) found a significance difference in personality traits between athletes and non-athletes (Besharat, 2001) showed no differences between athletes and non-athletes college students. Morgan (1978) studied the personality traits of a team of marathoners and concluded that these athletes are less anxious and more introverted.

Pasaei et.al. (2013) indicated that personality introversion-extraversion variable have the ability to predict the performance of skilled archers. Thus suggests that athletic trainers [and coaches] and those involved in the selection, training, exercises and games should be given the necessary attention to personality introversion-extraversion variable.

Furthermore, Eysenck, Nias & Cox (1982) believe that there is no explanation for similar personality characteristics between team and individual sport athletes. However, despite being acceptable theoretical supports for this suggestion, it is leaved without any study and empirical confirmation.

Today, the study of sports has become essential as it is a recognized mode of behaviour. As a result, anthropologist, human biologists and sports scientists are interested in differentiating several groups of phenomena that lead to the maturity of the individual as well as species. Sports influence both personality traits and improve psychomotor efficiency (Kane 1970).

The process of discovering talented athletes for participation in an organized exercise program is one of the most important issues in sport nowadays, so the study of athletes' personality characteristics, either individual or teams port athletes provide an opportunity for sport counsellor, coaches and specialists to discover and select the talented people for guiding them to the highest level of skills. Based on this, the main purpose of the present study was to compare and assess the personality pattern among Inter-university level male and female players individual and team games of various sports and games.

METHODOLOGY

Selection of Sample:

A general survey is done first of all to select the sample in which it includes the different game's player of chhattisgarh state, who have participated in inter-university level tournament of current year as per age required by AIU Sport Board. Out of these Games, 5 to 6 players from each game as per their best performance during university team selection are taken from in total team and individual player. The total number of players in different games were one hundred and seventy four, who have taken part in inter-university level tournaments organized time to time in the different corners of India. The 100 players were selected as a sample for the study in their performance order to complete and fulfill the aim of my study. 59 male player of individual and team games and 41 female players of individual and team games were selected in the form of sample. The details of sample is given in Table 1

TABLE 1
DISTRIBUTION OF SAMPLE

S.No.	Name of games	Type of Game	Male	Female	Total
1.	Hockey	Team Game	06	05	11
2.	Football	Team Game	05	05	10
3.	Volleyball	Team Game	05	05	10
4.	Basket ball	Team Game	06	06	12
5.	Kho-Kho	Team Game	06	06	12
6.	Gymnastic	Individual game	06	04	10
7.	Badminton	Individual game	06	05	11
8.	Wrestling	Individual game	07	00	07
9.	Athletes	Individual game	06	05	11
10.	Table Tennis	Individual game	06	00	06
	Total Players		59	41	100

Selection of Variables:

Keeping in view the importance of the selected psychological variable amongst male and female players of various sports and games, the sexes, form of games, and type of games have been selected as Independent variables. The personality pattern in the form of extrovert, introvert and ambivert sportsperson in various games and sports will serve as the dependent variables.

Instrumentation:

The sports student's introversion and extroversion type of personality was explored by using the Introversion and Extroversion Inventory of P.F. Aziz and Rekha Agnihori (1991) for the sport's students. This inventory consisted of 60 items. In which 30 items pertaining to an introversion characteristics and 30 items to an extroversion characteristics with 'Yes' and 'No' responses. Its reliability has been determined as ' $r=0.91$ '. The criterion validity is ' 0.95 ' which is in terms of validity coefficient. Researcher prepared the inventory in Hindi

language as per the convenience of the players. Ordinarily an individual will take 10 to 15 minutes to fill up this inventory. It was also emphasized that all the items have to be answered either in the positive or in the negative in 'Yes' or 'No'. One mark is awarded for each correct response. After checking the responses of the subject, score is calculated by the following formula:- Score obtained = No. of correct responses - No. of incorrect responses.

RESULTS

To assess the personality characteristics of inter-university level male and female players belong to individual and team games, percentage, mean, standard deviation and t-ratio were computed from raw scores and data pertaining to this have been presented in Table 2 to 5 and depicted in Figure 1 to 4

TABLE 2
PERCENTAGE INDICATION OF EXTROVERT, AMBIVERT & INTROVERT IN INTER-UNIVERSITY LEVEL MALE & FEMALE PLAYERS

Sex	Extrovert		Ambivert		Introvert	
	Scores	percent	Scores	percent	Scores	percent
Male	42	72.88	13	20.03	03	5.08
Female	29	70.73	12	29.26	00	00
Total	72	72.1	25	25	03	2.9

It is evident from table 2 that the 72.88 % inter-university level male players of different games and sports were found extrovert followed by 20.03 % ambivert and 5.08 % introvert personality pattern. In case of the inter-university level female players of different games and sports, 70.73% were found extrovert followed by 29.26% ambivert and 00.00% introvert in nature. As a whole, 72.1% of players of inter-university level players were found to be extrovert followed by 25% ambivert and 2.95 introvert personality pattern.

TABLE 3
DESCRIPTIVE STATISTICS OF INTER-UNIVERSITY LEVEL MALE AND FEMALE PLAYERS

Games	Sex	N	Mean	SD
Individual Games	Male	31	19.12	7.15
	Female	14	17.92	4.75
Team Games	Male	28	2.05	8.39
	Female	27	17.18	4.86

The mean scores of total personality pattern as scored by inter-university level male and female players belong to different individual and team games have been depicted in figure 1 to 4.

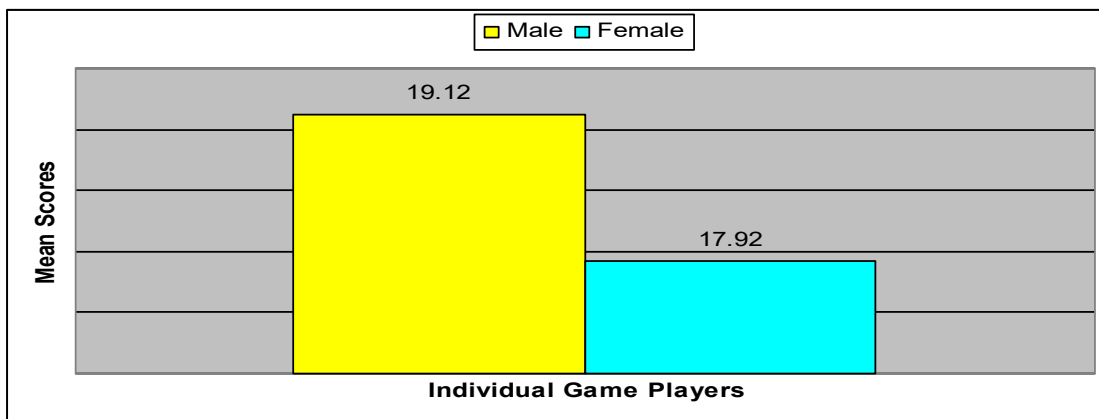


Figure:1-Mean Scores of Inter-university level Male and Female players of Individual Games.

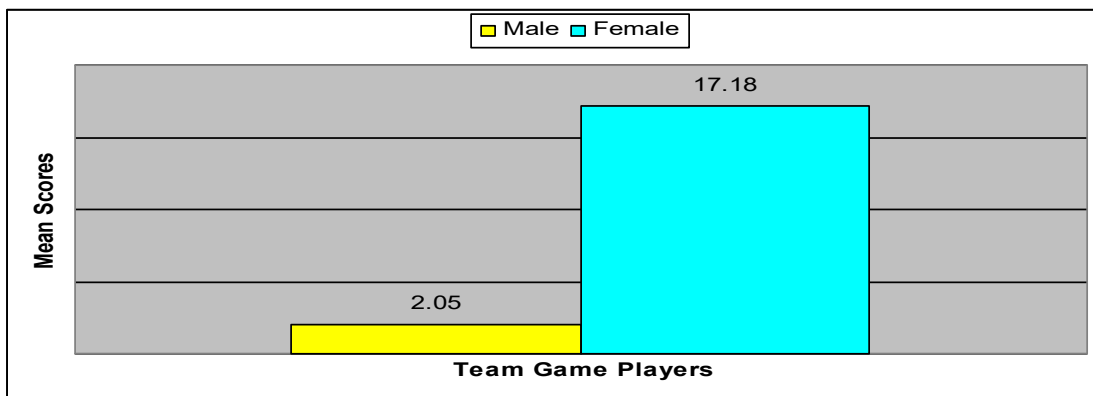


Figure:2 -Mean Scores of Inter-university level Male and Female players of Team Games.

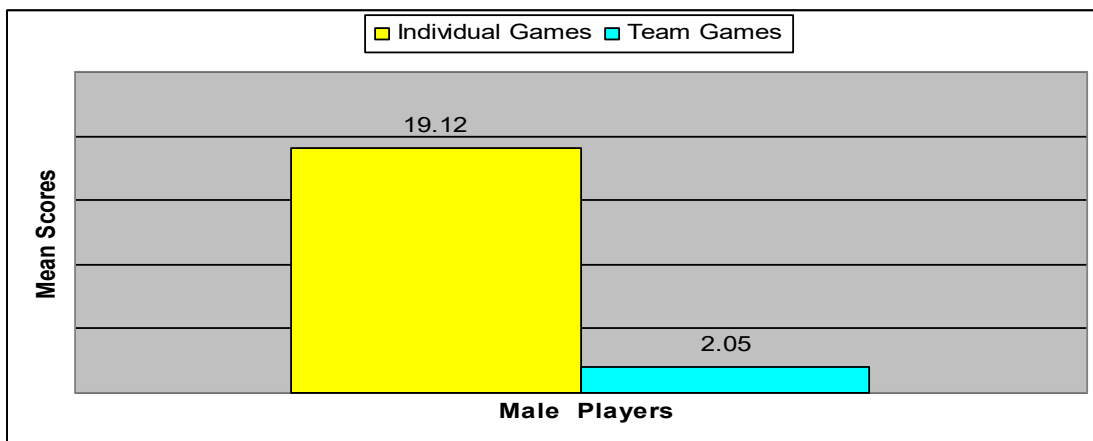


Figure:3-Mean Scores of Inter-university level Male players of Individual and Team Games

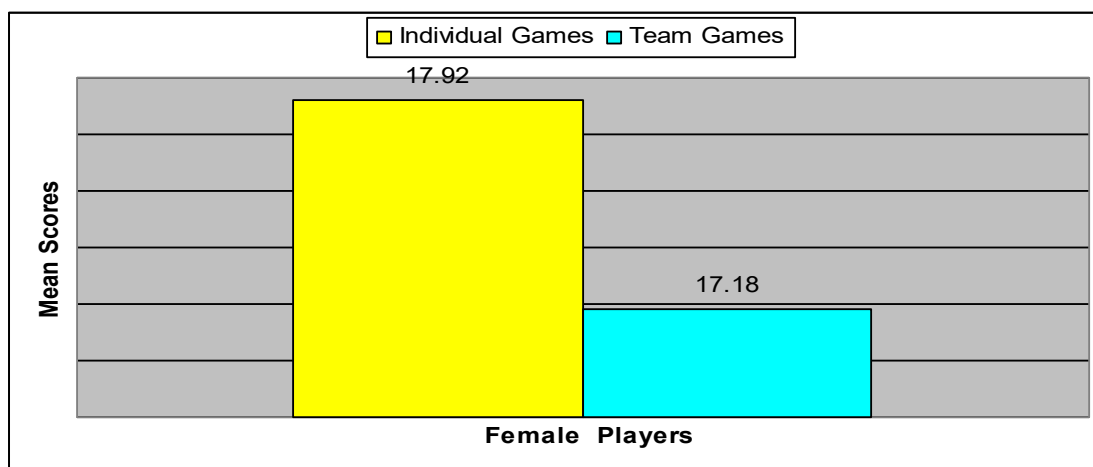


Figure:4-Mean Scores of Inter-university level Female players of Individual and Team Games

TABLE 4

SIGNIFICANCE OF DIFFERENCES BETWEEN MEAN SCORES OF TOTAL PERSONALITY PATTERN OF MALE AND FEMALE PLAYERS OF INDIVIDUAL AND TEAM GAMES OF DIFFERENT GAMES AND SPORTS

Sports	Mean	SE _D	Md	t-ratio
Individual Game (N=45)	19.12	2.03	1.38	0.67
Team Game(N=55)	2.05			

Insignificant at .05 level

t.05 (98) = 1.98.

It is clear from table 4 that statistically insignificant difference was observed between inter-university level male players of individual and team games in their total personality pattern, as the obtained t-value of 0.67 was less than the required t-value of t.05 (98) = 1.98. It suggest that the male players of individual and team games have similar personality pattern.

TABLE 5

SIGNIFICANCE OF DIFFERENCES BETWEEN MEAN SCORES OF TOTAL PERSONALITY PATTERN OF MALE AND FEMALE PLAYERS OF INDIVIDUAL AND TEAM GAMES BELONG TO DIFFERENT GAMES AND SPORTS

Sex	N	Mean	SE	MD	t-ratio
Male	59	19.77	1.27	2.34	1.84
Female	41	17.43			

Insignificant at .05 level

t.05 (98) = 1.98.

It is clear from table 5 that statistically insignificant difference was observed between inter-university level male and female players of individual and team games belong to different games and sports in their total personality pattern, as the obtained t-value of 1.84 was less than the required t-value of t.05 (98) = 1.98. It suggest that the male and female players of individual and team games of different games and sports have similar personality pattern.

DISCUSSION

Participation in individual or team sport activities is a demonstration of personality of athletes. Team sport's athletes are different from individual athletes. It denotes the change in the personality characteristics of athletes. It is one of the important issue that have always been of interest of behavioral scientist. These scientists are always faced with questions such as :participation in individual or team sport activities and a demonstration of personality by these athletes in changing pattern of their personality characteristics.

The mental profiles of athletes in different sports is different due to the type of sports. Coaches can make more precise decisions for certain sports by having knowledge of their personality of athletes in different sports . It is one of the important issue that have always been of these scientists. They are always faced many questions such as: Is participation in individual or team sport activities a demonstration of personality? Is the individual athletes? Do some specific sports change the personality characteristics? And does the mental profiles of athletes change due to the type of sport? To assess the personality characteristics of inter-university level male and female players belong to individual and team games, percentage, mean, standard deviation and t-ratio were computed

Percentage of different type of personality pattern showed that about three-fourth inter-university level male players of different games and sports belong to individual and team games were found extrovert in nature. This was supported by Moallefi, 1968; Hoyt et.al., 2009 and Kirkcaldy, 1991. less than one fourth male players were of ambivert in nature. Very few male players were found to be introvert in nature. When the percentage was calculated for inter-university level male and female players as a whole, about three -fourth players were of extrovert in nature, one-fourth ambivert and very few of introvert in nature.

Inter-university level female players of different games and sports indicated the same personality pattern in extraversion. But more than one -fourth of female players were of ambivert nature, where as, non of them was found introvert nature. When the inter-university level of both sex's players of individual and team games were compared together on total personality pattern, t-ratio resulted insignificant in their total personality. This study was supported by Eysenck, Nias & Cox (1982). Inter-university level players of both sex of individual games as a whole were found more extrovert in nature than their counter parts. When the inter-university level male and female players of different games and sports as a whole were compared together on total personality pattern, they exhibited statistically the insignificant difference between both sexes players. It suggest that the male and female players of different games and sports as a whole have similar type of personality pattern.

CONCLUSIONS

1. Most of the inter-university level male and female players of individual games and team games were found extrovert followed by ambivert and introvert in nature
2. Similar personality pattern was observed between inter-university level male players of individual and team games belong to different games and sports..
3. Inter-university level male and female players of individual and team games belong to different games and sports did not differ significantly in their total
4. The personality pattern of players does not effected by the game types.

REFERENCES

- Alderman. R.B (1974):** Psychological Behavior in sports Philadelphia, W.B. Saunders Co. pp. 136
- Attila, S., 1992.** Habitual participation in exercise and personality, Perceptual and Motor Skills, pp: 978.
- Besharat, M. A. (2001).** Comparison of athletes' and non-athletes' sociotropy and autonomy characteristics. Journal of Psychological Science,1 (2001) : 62-70.
- Behzadi, F., Nourollahi, M. A., and Hedayatikatooli A.** "A Description and Comparison of Personality Traits of Competitive Individual and Team Athletes" Annals of Biological Research, 3 :1 (2012) :36-40.
- Cattel, Raymond B.** The Scientific analysis of personality, Battimorg Penguin, 1965.
- Dowd, R. and Innes, K. M.** "Sport and personality is effected by the type of sport and level of competition". Perceptual and Motor Skills, 53 (1981) : 79-89.
- Devon, S.** Character Theory, Translator by Y. Karimi, et al., Arasbaran Press Publishing, 2000.
- David, J. P., Green, P. J., Martin, R., and Slus, J.** "Differential roles of neuroticism, extraversion, and event desirability for mood in daily life: an integrative model of top-down and bottom-up influence". Journal of Personality and Social Psychology 73 (1997) : 149-159.
- Egloff, Boris and Jan Gruhn A.** "Personality and Endurance Sports" Pergamon 21: 2 (1996) : 223-229.
- Erickson, R.S.,** "Personality difference between athletes and Non-athletes". 31 (1993): 59
- Eysenck, H. J., Nias, D. K., and Cox, D. N.** "Sport and personality". Advances in Behaviour Research and Therapy, 4 (1982) : 1-56.
- Eysenck, H. J.** Crime and personality, 1953.
- Ghaderi, Narges and Ghasemi, Abdollah.** "The association between personal characters (Extroversion, Introversion) and emotional intelligence with choose type of sport (team and individually)" European Journal of Experimental Biology, 2 : 6 (2012) :2038-2042.
- Hoyt, A. L., Rhodes, R. E., Hausenblas, H. A. and Giacobbi, P. R.** "Integrating five-factor model facet-level traits with the theory of planned behavior and exercise". Psychology of Sport and Exercise, 10 (2009) : 565-572.
- Ilyasi, G. and Salehian M. H.** "Comparison of Personality Traits Between Individual and Team Athletes" Middle-East Journal of Scientific Research 9 :4 (2012): 527-530.
- Kirkcaldy, B. and Furnham, A.** Journal of Personal Individual Differences, 12:7 (1991) :737-745.
- Magnus, K., Diener, E., Fujita, F., & Pavot, W.** "Extraversion and neuroticism and predictors of objective life events: a longitudinal analysis". Journal of Personality and Social Psychology, 65 (1993) : 691-706.
- Morgan, W. P.** Sport Psychology: The credulous skeptical argument in perspective, In W.F. Straub (Edition), Sport Psychology: An analysis of athlete behaviour, Ithaca, NY: Movement.1978.

- Mahin Etemadi Nia' , Mohammad Ali Besharat** “Comparison of athletes’ personality characteristics in individual and team sports” Procedia - Social and Behavioral Sciences 5 (2010): 808–812.
- Morgan, W.P. (1978)** Sport Psychology: The credulous skeptical argument in perspective, In W.F. Straub (Edition), Sport Psychology: An analysis of athlete behaviour, Ithaca, NY: Movement
- Mirmansouri, R.** “Study of personality traits male athletes in team and individual sports and comparing them with each other”. Master Thesis, Tarbiat Modares University, 2009.
- Nasrin Pasaei, Behrouz Abdoli, Seyyed kazem Vaez Mousavi and Mohammadali Aslankhani** Does Predict Personality Introversion-Extraversion Dimension the Archer’s Performance? Middle-East Journal of Scientific Research 13 (6): 760-763, 2013
- Svebdk, S. and Kerr. J.** “The role of impulsivity in preference for sports”. Personality and Individual Differences. 10 (1989) : 51.- 58.
- Singh, Agyajit** “Personality Traits of top level Indian Sports even of Individual and team Games” , SNIPES 13 : 2 (1990) : 52.