



A COMPARATIVE STUDY OF PERSONALITY DIFFERENCES BETWEEN MALE AND FEMALE SOFTBALL PLAYERS

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ABSTRACT

The purpose of the study was to study and investigate the personality differences of rural and urban Softball players of Chhattisgarh. For this purpose, two hundred (one hundred males and one hundred females) softball players of state and national level belonging to rural area of Jajgir district and urban area of Bilaspur district were randomly selected to serve as the subjects for this study. The Introversion-Extroversion Inventory prepared by P. F. Aziz was used to measure the personality pattern of male and female softball players of rural and urban area. To assess the types of personality characteristics of male and female softball players, means and standard deviations and Analysis of variance (ANOVA) were computed. The results of the study revealed that male and female softball players of urban area as well as rural area exhibited similarity in their personality pattern. It was also concluded that female softball players residing in urban and rural area were have better personality than their male counter parts.

Key words: Introvert, Extrovert, Ambivert, Personality pattern, softball players

1. INTRODUCTION

Sport Psychology is a term used to refer to the psychological aspects of sport, physical recreation, physical education, exercise, health, and related physical activities. The International Society of Sport Psychology (ISSP) is dedicated to the development and professionalism in the field of sport psychology from a global perspective. The following ethical principles are guidelines that regulate ISSP professionals in sport psychology to act responsibly and ethically in the provision of services to insure the dignity and welfare of individuals, athletes, professionals, volunteers, administrators, teams, and the general public. These ethical standards are expressed in general terms in order that they can be applied to sport psychologists engaged in varied roles. The application of the ethical standards may vary depending upon the context (i.e., country and organization). The ethical standards outlined in this statement are not exhaustive, and the fact that a conduct is not addressed by these principles does not indicate that ISSP endorses it as either ethical or unethical. It is the individual responsibility of each sport psychologist to aspire to the highest possible standards of conduct. It is expected that each sport psychologist will act in accordance, and not violate, the values and rules described in the ethical principles, as well as the values and norms of one's culture.

The personality of the athlete has been a key research focus of sport psychologists (Wann, 1997). For many sport psychologists, the relationship between personality and behaviour is best understood through the interaction approach, i.e. in order to understand the person more fully, one must consider the person, the situation, and the interaction between the person and the situation. Although differing aspects of personality have been disclosed, as yet a complete trait profile has not been determined. While this may take years of research and enquiry, sport psychologists are obliged to maintain a scientific standard through the pursuit of academic enquiry into indefinite domains.

In the modern sports world the psychological, makeup of a sport person is as much important as physiological variables, teaching and tactics. Psychology has become the backbone of high performances especially in achieving peak performances, both training and competition. Sports Psychology, though still in infancy in the developing countries, has made a definite impact on sports performance, during training and competition (Seaton, 1956).

Most of the coaches agree that the physical characteristics, skills and training of the players and extremely important but they also indicate the good mental preparation for competitions is necessary component of success. In western countries like Russia, G.D.R. Bulgaria and Czechoslovakia (East European countries), much stress has been given on the mental preparation of their national teams as well as on the psychological conditioning of their players and sportsman. This include developing not only the physical attributes but also his' attitudinal, motivational and psychological traits (Singh, 1987).

Relationship between personality and performance in athletic or Sport skill are often discussed in the pages of professional Journals and by individuals on the playing fields. People placed in situation which call for action usually several more of themselves than is exposed in

less dynamic situations. Some have speculated that movement characteristics /who may be or the traits of the total personality complex (Cratley, 1989).

The personality was generally been acknowledged 'as an important part of physical activity. Some investigators are of the opinion that there are some personality traits which are directly responsible for success and failure of a sport person. Kroll and Carlson stated that there was direct relation between personality traits and level of performance.

The personality make-up of an individual plays a vital role in his achievements in every field of life. "Human personality refers to the unique expression of the characteristics of an individual and it must be studied within the social context in which it develops. It is not an isolated phenomenon, separate from the environment. Although it is often perceived in such a way.

The participation in Sports contributes to building up self confidence, enhance intellectual level, personality development and outgoing tendency or extraversion as such proficiency leads to enhanced success in sports activities which is highly valued in one's group. Human life is a complex of physical, intellectual, emotional and social development patterns sports and physical activities are integral parts of these patterns. People compete in sports because of the opportunity provided to evaluate their competence in interacting with one's environment. Competition provides people of all levels of ability with the opportunity to seek out their enforcements attractive to them and gain certain measures of self- evaluation (Sinha, 1986).

Sports and physical education are an integral part of the learning process and will be included in the evaluation of performance. A nation wide infrastructure for physical education, sports and games will be built into the education edifice". The infrastructure will consist of play fields, equipment, coaches and teacher of physical education as part of the school improvement program. Efforts will be made to establish sports institutions and hostel where specialized attention will be given to sports activities and sports - related studies along with normal education (Aggarwal, 1972).

Personality can have a profound effect on the positive or negative experience of sports for those involved. Such effects can either help or hinder the athlete, depending on the emotion that the athlete chooses to express and the situation in which he or she chooses to express that emotion. There are several factors that can come into play in the emotional situations and conflicts that arise during athletic participation. Such factors include the level at which an athlete participates.

Relationship between personality and athletics from the viewpoint that, not only can personality play an important role in athletic participation, but athletics may have an important influence on personality and the emotions that can mold an individual's personality (Bailey, Moulton, and Moulton,1999).

Only psychological factors such as personality can not be used to make a prediction about athletic performance, but the two (personality and performance) actually work hand in hand

(Raglin,2001) Most motivation factor among athlete was simply enjoyment of physical activity and exercise (Reiss, Sherman, and Wiltz's, 2001).

Bhusan(1978) indicated that the high achiever scored significantly higher than low achiever on dominance and urgency Ranu(1981) concluded that sportsman differ from non-sportsman in personality characteristics. .Bawa and Randhawa(2003) revealed that sportsmen of individual sports disciplines were significantly were more reserved, humble, sober and relaxed when compared with the sportsmen of combative sports ,discipline. Sharma(1999) revealed that mostly of .all the male & female players were of Extrovert in nature in various sports and games. The results also revealed that personality pattern of sports parson does not affected by the game differences.

The purpose of the study was to study and investigate the personality differences of rural and urban Softball players of Chhattisgarh .It was hypothesized that Male and female softball players of urban area and rural area would not differ in their personality pattern.

2. MTEHODS AND MATERIALS

2.1 Selection of Subjects

The population of the sample consisted of male and female Softball players of Bilaspur and Janjgir districts were drawn from players belong to school's student. Initially, 120 males and 120 females softball players agreed to participate, however, the surveys from twenty were never received, resulting in an 83.33 % return. A purposive sampling technique was used in selecting players for obtaining subjects. The basis for players selection was two-fold: (a) National level male and female softball players residing in urban area (b) National level male and female softball players residing in rural area. The mean age and SD of the male players of urban and rural area were 18.56 ± 0.76 and 18.26 ± 0.66 respectively and mean age and SD of the female players of urban and rural area were 18.44 ± 0.86 and 18.52 ± 0.65 respectively. and Please refer to Table I &2 for a summary of subjects and summary of the respondents.

TABLE 1
SUMMARY OF SUBJECTS

S.NO.	Areas	Male players	Female Players	Total
1.	Urban	60	60	120
2.	Rural	60	60	120
	Total	120	120	240

TABLE 2
SUMMARY OF RESPONDANTS

S.NO.	Areas	Questionnaire Provided sample	Response	% for Original return
1.	Urban	120	100	83.33%
2.	Rural	120	100	83.33%

2.2 Measure:

The Introversion Extroversion inventory which was prepared and developed by P.F. Aziz and Rekha Gupta. was used. The preliminary form of the inventory consisted of 70 items of "Yes" - "No". The inventory has 60 items - 30 pertaining to an introvert's characteristics and 30 to an extrovert's characteristics. The reliability and validity of the inventory were 0.95 and 0.91 respectively. All items have to be answered either in the positive or in the negative in 'Yes' or 'No' and that no statement must be skipped. Scoring system is very easy Extrovert responses are considered to be correct. One mark is awarded for each correct response.

It is a self administering inventory. Though it may be administered on groups of reasonable sizes, it can also be used individually. There is no fixed time limit. Ordinarily an individual takes 10 to 15 minutes. It should be duly emphasized that al items have to be answered either in the positive or in the negative in 'Yes' or 'No' and that no statement must be skipped.

3. RESULTS OF STUDY

To assess the types of personality characteristics of male and female softball players of urban area of Bilaspur district and rural area of Janjgir district, means and standard deviations and Analysis of variance (ANOVA) were computed and data pertaining to the observational and statistical analysis have been presented in table 1 to 9.

TABLE 3

PERCENTAGE OF PERSONALITTY PATTERN OF MALE AND FEMALE SOFTBALL PLAYERS OF URBAN AREA AND RURAL AREA

Sex.	Area	Extrovert		Ambivert		Introvert	
		Scores	%tage	Scores	%tage	Scores	%tage
Male	Urban	08	16%	44	88%	01	02%
	Rural	05	10%	41	82%	01	02%
	Total	13	13%	85	85%	02	02%
Female	Urban	09	18%	41	82%	00	00%
	Rural	05	10%	45	90%	00	00%
	Total	27	27%	171	73%	00	00%

Table 3 reveals that the male softball players of 13% , 85% and 02% were found extrovert, ambivert and introvert in nature as a whole respectively. Whereas, the female softball players of 27% , 73% and 00% were found extrovert, ambivert and introvert in nature as a whole respectively. These data have not required any other statistically verification. This indicates that personality pattern of female softball players as a whole of both area were found more extrovert in nature than their male counter parts and just reverse in case of ambivert and introvert personality pattern.

TABELE 4
DESCRIPTIVE STATISTICS OF PERSONALITY PATTERN OF MALE AND FEMALE SOFTBALL PLAYERS OF URBAN AREA AND RURAL AREA

Location	Males (N=50)		Female (N=50)	
	Mean	SD	Mean	SD
Urban area	04.12	08.14	07.20	10.18
Rural area	05.34	09.95	04.68	07.59

The mean scores of male and female softball players of urban and rural area in their personality pattern have been depicted in figures 1 to 4.

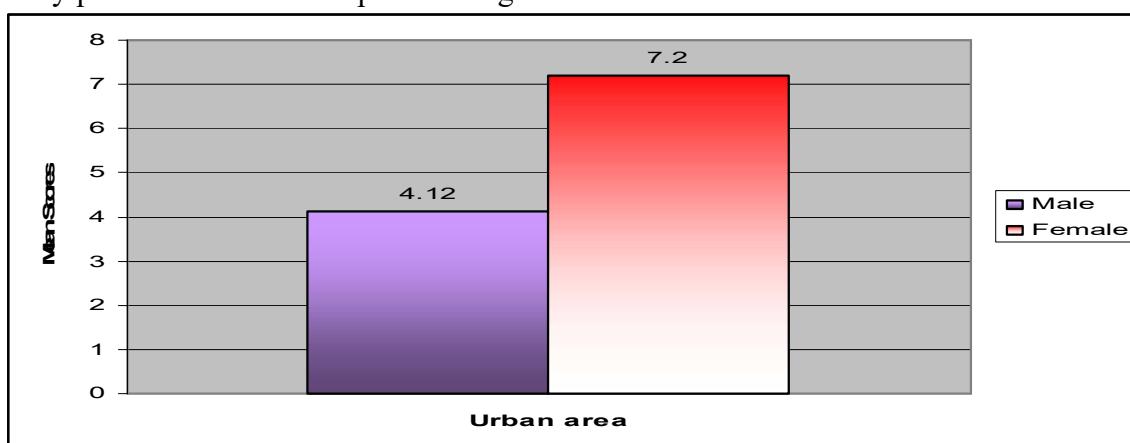


Fig. 1. Mean Scores of Male and Female Softball Players of Urban Area in their Personality Pattern.

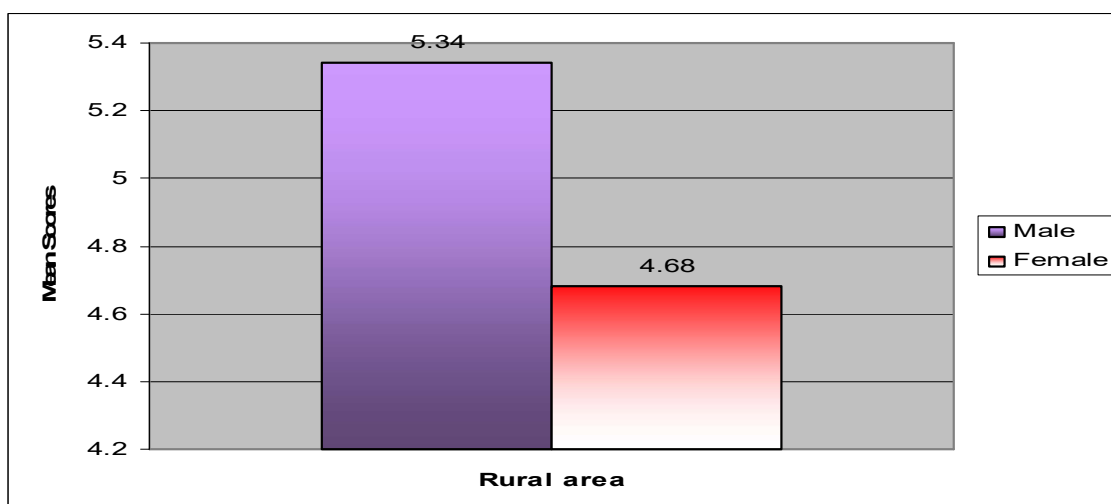


Fig. 2. Mean Scores of Male and Female Softball Players of Rural Area in their Personality Pattern.

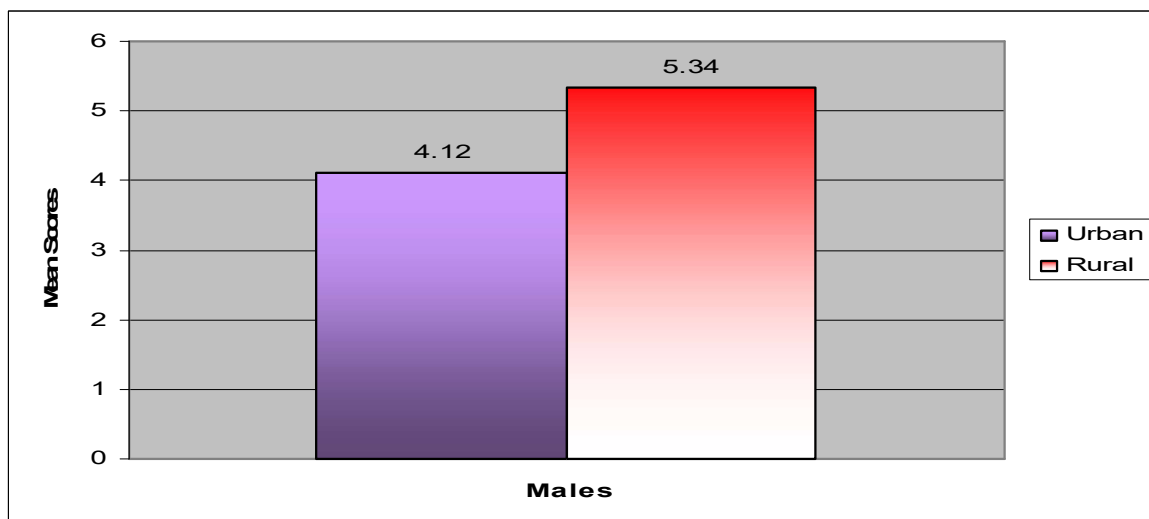


Fig. 3. Mean Scores of Male Softball Players of Urban and Rural Area in their Personality Pattern.

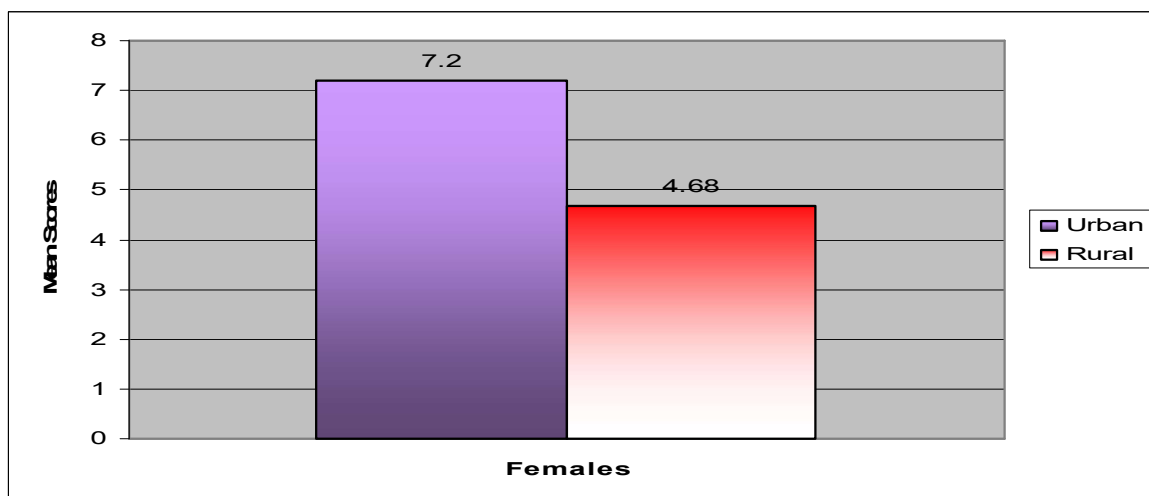


Fig. 4. Mean Scores of Female Softball Players of Urban and Rural Area in their Personality Pattern.

TABLE 5
SIGNIFICANCE OF DIFFERENCE BETWEEN MEAN SCORES OF MALE AND FEMALE SOFTBALL PLAYERS OF URBAN AREA IN THEIR PERSONALITY PATTERN

Location/Area	Sex	Mean	M.D.	σ DM.	t-value
Urban	Male	4.12	3.08	1.84	1.67
	Female	7.20			

Insignificant level at 0.05.,
t.05 (98) = 1.98

It is evident from Table 5, that there was no statistically significant difference between the mean scores male and female softball players of urban area in their personality pattern, as

the obtained t-value of 1.67 was less than the required t-value of $t_{.05(98)}=1.98$. This implies that both the groups of urban area are homogeneous with respect to their personality pattern

TABLE 6
SIGNIFICANCE OF DIFFERENCE BETWEEN MEAN SCORES OF MALE AND FEMALE SOFTBALL PLAYERS OF RURAL AREA IN THEIR PERSONALITY PATTERN

Location/Area	Sex	Mean	M.D.	DM.	t-value
Rural	Male	5.34	0.66	1.77	0.37
	Female	4.68			

Insignificant level at 0.05.,
 $t_{.05(98)} = 1.98$

It is evident from Table 6, that there was no statistically significant difference between the mean scores male and female softball players of rural area in their personality pattern, as the obtained t-value of 0.37 was less than the required t-value of $t_{.05(98)}=1.98$. This implies that both the groups of rural area are homogeneous with respect to their personality pattern

TABLE 7
SIGNIFICANCE OF DIFFERENCE BETWEEN MEAN SCORES OF MALE SOFTBALL PLAYERS OF URBAN AND RURAL AREA IN THEIR PERSONALITY PATTERN

Sex	Location/Area	Mean	M.D.	DM.	t-value
Male	Urban	4.12	1.22	1.81	0.67
	Rural	5.34			

Insignificant level at 0.05.,
 $t_{.05(98)} = 1.98$

It is evident from Table 7, that there was no statistically significant difference between the mean scores male softball players of urban and rural area in their personality pattern, as the obtained t-value of 0.67 was less than the required t-value of $t_{.05(98)}=1.98$. This implies that male softball players of both area are homogeneous with respect to their personality pattern.

TABLE 8
SIGNIFICANCE OF DIFFERENCE BETWEEN MEAN SCORES OF FEMALE SOFTBALL PLAYERS OF URBAN AND RURAL AREA IN THEIR PERSONALITY PATTERN

Sex	Location/Area	Mean	M.D.	DM.	t-value
Female	Urban	7.20	2.52	1.79	1.40
	Rural	4.68			

Insignificant level at 0.05, .
 $t_{.05(98)} = 1.98$

It is evident from Table 8, that there was no statistically significant difference between the mean scores female softball players of urban and rural area in their personality pattern, as

the obtained t-value of 1.40 was less than the required t-value of $t_{.05(98)}=1.98$. This implies that female softball players of both area are homogeneous with respect to their personality pattern.

TABLE 9
SIGNIFICANCE OF DIFFERENCE BETWEEN MEAN SCORES OF URBAN MALE AND RURAL FEMALE SOFTBALL PLAYERS IN THEIR PERSONALITY PATTERN

Area-wise Sex	Mean	M.D.	σ DM.	t-value
Urban male	4.12			
Rural female	4.68	0.56	1.57	0.35

Insignificant level at 0.05.,
 $t_{.05(98)} = 1.98$

It is evident from Table 9 that there was no statistically significant difference between the mean scores of urban male and rural female softball players in their personality pattern, as the obtained t-value of 0.35 was less than the required t-value of $t_{.05(98)}=1.98$. This implies that urban male and rural female softball players are homogeneous with respect to their personality pattern.

TABLE 10
SIGNIFICANCE OF DIFFERENCE BETWEEN MEAN SCORES OF URBAN FEMALE AND RURAL MALE SOFTBALL PLAYERS IN THEIR PERSONALITY PATTERN

Area-wise Sex	Mean	M.D.	σ DM.	t-value
Urban female	7.20			
Rural male	5.34	1.86	2.01	0.92

Insignificant level at 0.05., $t_{.05(98)} = 1.98$

It is evident from Table 10, that there was no statistically significant difference between the mean scores of urban female and rural male softball players in their personality pattern, as the obtained t-value of 0.92 was less than the required t-value of $t_{.05(98)}=1.98$. This implies that urban female and rural male softball players are homogeneous with respect to their personality pattern.

TABLE 11
SIGNIFICANCE OF DIFFERENCE BETWEEN MEAN SCORES OF MALE AND FEMALE SOFTBALL PLAYERS AS A WHOLE IN THEIR PERSONALITY PATTERN

Sex	Mean	M.D.	σ DM.	t-value
Male	4.73			
Female	5.94	1.21	1.20	0.94

Insignificant level at 0.05, $t_{.05(198)} = 1.97$

It is evident from Table 11, that there was no statistically significant difference between the mean scores of male and female softball players as a whole in their personality pattern, as the obtained t-value of 0.94 was less than the required t-value of $t_{.05(198)}=1.97$. This implies that male and female softball players as a whole are homogeneous with respect to their personality pattern.

4. DISCUSSION

Findings of the observational analysis of male and female softball players of urban and rural area on personality pattern indicated that personality pattern of female softball players as a whole of both area were found more extrovert in nature than their male counter parts and just reverse in case of ambivert and introvert personality pattern.

Findings of the descriptive statistics of male and female softball players of urban and rural area on personality pattern indicated that the female softball players of urban area were found more better than their male counter parts. Whereas, the male softball players of rural area were have better personality than their female counter parts. But the female softball players as a whole were have better personality than male softball players

When the male and female softball players of urban and rural area were compared separately and as a whole, they had no significant differences in their personality pattern, which showed that male and female softball players of urban as well as rural area separately and as a whole are homogeneous with respect to their personality pattern. This may be attribute to the similarity in age group, level of competition, cognitive aspect of one' behaviour, playing ability, motivational characteristics, inter-personal relationship and interaction between coach and players

There would be no significant difference among male and female softball players of urban area and rural area would not differ in their personality pattern is accepted, as there was minute mean differences in their personality scores of male and female softball players of urban area and rural area.

5. CONCLUSIONS

1. Male and female softball players of urban area as well as rural area exhibited similarity in their personality pattern .
2. Female softball players residing in urban and rural area were have better personality than their male counter parts.

3. Male and female softball players of national level belong to different schools as a whole had similar personality pattern.

6. RECOMMENDATION

It is recommended that coaches may modify their coaching program according to personality pattern of softball players. This study may be conducted on more population to find out the differences in male and female softball players at their different level of participation. Similar study may be replicated on different individual and team game players of different levels with their competitive performance relationship.

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