

A STUDY ON PERSONALITY TRAIT AND AGGRESSION BEHAVIOUR OF SPORTS WOMEN OF INDIAN UNIVERSITIES

Dr. Vibharani M. Nivargi
GHS Bachahalli
Devanahalli

Abstract

Aim of this present research work is to investigate Personality traits and aggressive behavior of Indian sports women of Indian Universities. Now the question arises why the investigator decided to explore only these two variables. If we see the overall scenario we will find that, in this study the subjects were taken from women cricket players and individual event in athletics, that is track event athletes. Hence, the main theme of this particular study was to explore the comparison of personality aspect and aggression behavior of the players. Here, from this particular study we can reveal the status of the women cricket players personality behavior and aggression behavior of an athletes of track events. Through this research we can find good level of personality and aggression behavior of sportswomen of Indian Universities. Overall through this study we can refer to the coaches and the sports directors to follow the techniques of the good performer either neither from athletes nor from women cricketers training programme. Finally this particular study helps to improve the qualities and performance of the players.

Key Words: Personality, Aggression, Variables, Athletes, Investigate.

Introduction

Sports

The etymology of the word 'sport' comes from the Old French 'desport', meaning leisure. The oldest definition in the English language dates from around 1300 and means 'anything humans find amusing or entertaining' [source: Wikipedia]. The first English language use of the word 'sport' to mean a game involving physical exercise appeared in the mid-1500's. What we perceive as 'sport' in one instance may not be in another; sport takes on many forms and is constantly changing based upon societal norms, trends, and new directions.

An activity we perceive as sport in one context may not be in another context, sport takes on many forms and our notion of "what is sport" is continually changing. There are a number of factors influencing our willingness to engage in sport, these factors also shape our perception of what is (or is not) sport.

METHODOLOGY

Problem of the study

The study is carried out to assess the Influence sex and sports participation on personality traits, aggressive behavior among the team and individual game participating in All India inter-university sports competition.

Variables

Independent variables are

1. Sex and nature of games.

Dependent variables are

1. Personality Traits
2. Aggressive behavior

The samples of study consisted of 400 (200 male and 200 female) was Selected randomly from All-India inter university athletes and women cricket players participating in cricket matches.

Nature of Samples	Individual game Sportsperson	Team game Sportsperson	Total
Athletes	100	100	200
Women cricket players	100	100	200
Total	200	200	400

The study pertaining to A study on Personality Traits, Aggressive Behavior Was carried out in the background of ex-post fact research methods and exploratory methods, Nature of game and sex are also independent variables of the study. Therefore, the sample was administered with the stander zed scales and tools and questionnaire constructed by Prof Ajit Singh personality traits scale, Aggressive Scale the constructed by A. Kumar.the data of this particular study was collected in All interuniversity Athletic meet held at Guntur Andrapradesh and another group game data of women cricket players were collected in All india women cricket tornament held jaunpur utter Pradesh in 2013. To assess the significant difference in their psychological variable among the samples sub group “t” test has used. To know the nature of correlation of between independent and dependent Variables Pearson Product correlation formula has used.

Table no - 1

Results of the ‘t’-test of group and individual game personality traits of sociability of the sports persons

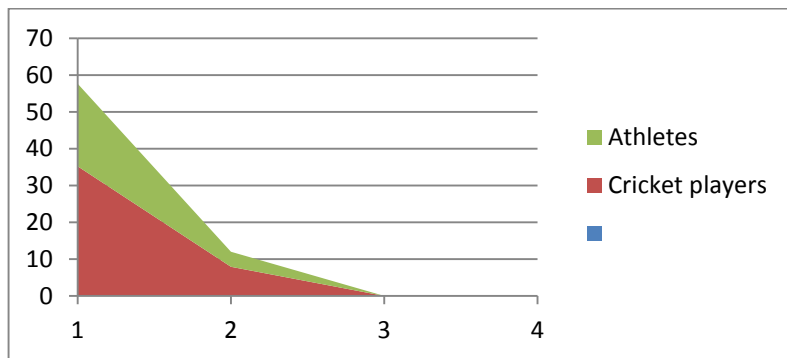
Variable	Games	Mean	Std. Deviation	t-value	P	Sig
Sociability	Group Games	35.21	7.88	2.405	P<.05 (0.001)	S
	Individual Games	22.48	4.14			

***Significant at 0.05 level**

The above Table reveals the Mean, SD and t values of the Sociability dimension of personality of athletes and group women cricket players of Indian universities. The mean score of Group Game sportswomen is 35.21 and the mean score of Individual game sports person is 22.48 respectively.

Graph no - 1

Representing the Mean score and SD of Sociability factor of personlity dimension of Sportsperson



***Significant at 0.05 level**

The obtained t value of 2.405 is significant at 0.05 level indicates that there is a significant difference of sociability nature between Athletes and Women Cricket players. This represents that women Cricket Players belonging to team game gets lot of opportunity to involve in experiencing social and emotional feeling in sports competition. They also expose to high level of social, interpersonal and emotional experiences. And excess to the high level of competition and scientific training would help to develop and calculate social quality among the group game sports person, early group sports socialization process would be effective and meaningful these factors might be contributed to the interpersonal skills communication skills and knowledge about conformability about the sociability. Whereas individual game sports person would be deprived by the excess to social gearing rituals. Due to lack of these faculties there social inter actuation it will be hinders. Hence the formulated hypnosis's conformed. The rational that nature of sports situation is expected to beahve in particular manner. Thus social nature of game conditions has undoubtedly affects on the attitude, asserative nature, hardness, persuding and dominance practices of individual is including the sportsperson. And nature of individual game leads less social interaction and social skills and aloness makes him to think rigidly and narrow mindly, less dominance and less social nature among the paraticepents.

Table no - 2

Results of the 't'-test of Group Game and individual game of the personality traits of Dominancy of the sports persons

Variable	Types of Game	Mean	Std. Deviation	t-value	P	Sig
Dominance	Cricket Players	22.66	3.43	0.000	1.000	NS
	Athlestes	22.66	3.43			

1. *Significant at 0.05 level

The above table presents the Mean, SD and 't' values of Dominance factor of High and individual gamesportsperson. In the above table the Group game sports person have the mean 'score of 22.66 on factor dominance and Individual gamesportsperson have the mean score of 22.66 the obtained t value for these two group game sports persons is 0.000 which is significant at 0.05 level suggest that is no significant difference of factor dominance between the high and Individual gamesportsmen. The results of the table indicates that the sports competition leads to desire sportsperson to influence and control one's environment by subduing, persuding, seducing or commanding them and being more assertive, independent, aggressive, competitive and dominant in their approach and behaviour.

Showing the Mean, SD and 't' values of Aggressive Behavior of High and Athletes and Women Cricket

Players

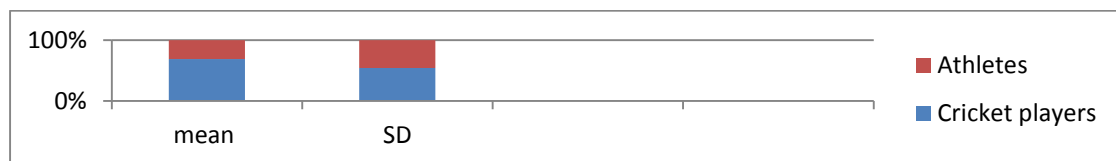
Variables	Women cricket Players	Athletes
Mean	14.43	6.43
SD	4.90	5.97
t-value	3.13**	

**** Significant at 0.01. Level**

Table reveals the Mean, SD and 't' values of aggressive behavior of sportsperson belonging to women Cricket players and Athletes. The Mean score of individual and team game sportsperson on aggressive behavior is 14.43 and 6.43 respectively. This difference in their Mean score suggests that the sportsperson belonging to Group Game are noticed more aggressive behavior when compared to the sportsperson of Individual Game, who less aggressive. The obtained t' value 3.13 which is highly significant at 0.01 levels suggests the fact that, there is a significant difference between the sportsperson of individual and Group Game sportsman in aggressive behavior. Therefore, the hypothesis that there is a significant difference in the aggressive behavior of sportsperson belonging to high and individual game is confirmed.

Graph no - 2

Showing the Mean and SD of aggressive behavior of Women cricket players and Athletes



**** Significant at 0.01. Level**

The sportsmen of Group Game are more s in expressing their aggression at high level than the individual game sportsperson. It is due to their quality education, exposure to the different sport competitions, proper training and ideal mental makeup. This is not so, in case of

sportsperson of Individual Game, who are high aggressive in their behavior as they are deprived of quality education, proper training and exposure to the different sport competitions.

RESULTS AND FINDINGS

- There is a no significant difference of sociability nature between individual and women cricket players
- There is no significant difference of factor dominance between the Athletes and Women Cricket players.
- There is a significant difference between Athletes and Women cricket players in Conventuality factor.
- There is a significant difference between Athletes and group Women Cricket players in dimension of self-concept.
- There is no significant difference between Athletes and Women Cricket Players on mental stuff dimension.
- There is a significant difference between Athletes and Women Cricket players on emotional stability dimension.
- There is a significant difference between the sportsperson of Athletes and Women Cricket Players in aggressive behavior.

References

- Sternberg RJ: Handbook of intelligence. New York: Camb Uni Press, 2000.
- Aidman E, Schofield G, Personality and Individual Differences in Sport 2nd Ed, Wiley, Milton, Aust, 2004. Reza Nikbakhsh et al Euro. J. Exp. Bio., 2013, 3(3):439-442
- Cervone, D., Pervin, L. Personality: Theory and research, 11th ed. NY: Wiley, 2010.
- Costa, P., McCrae, R. The Revised NEO Personality Inventory. Odessa, FL, 1992.
- McCrae, R., Costa, P. Personality in Adulthood: A Five-Factor Theory perspective, 2nd Ed, Guilford Press, NY, USA, 2003.