

“A STUDY OF SPORTS PERSONALITY AND MOTOR FITNESS OF INTER UNIVERSITY PLAYERS”

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INTRODUCTION

In the everyday being, physical training and nourishment seemed to have picked up a position of need. It was a wrong thought that physical activities lead to torment, disappointment and humiliation. These side effects if exist at the underlying phases of activity are just brief. It is just through physical action, and physical exercise that the physical wellness is manufactured and kept up. On the off chance that one has improved his physical wellness, it very well may be assumed that he has improved the productivity of his heart and lungs. A few inquires about quality the advantageous impacts of activity on stress, the decreased electrical action in the muscles and expanded sentiment of wellness. A couple of different advantages of physical movement that lead to physical wellness are the deferral in maturing process, assurance of low weight, decrease in the rate of occurrence of heart illnesses and the connection of medications that instigate rest.

Conceptual Frame Work

Sports personality

For the vast majority, identity is "the thing that makes one individual unique in relation to another." The announcements like "Mahatma Gandhi was an incredible identity", "our history educator does not have an amazing identity," and "Shyam has no identity by any means" are commonly heard which say a lot about individual contrasts which exist among individuals. In light of these depictions, identity appears to allude to a 'characteristic that individuals have in shifting sums.' Yet identity isn't something individuals have in substantial or little amounts, nor is a solid thing that is effectively noticeable, for example, white skin or dark hair. Or maybe, it is the thing that one is an aggregate of every one of his qualities and ascribes which go to make him a remarkable individual like any one else.

Definitions of sports Personality

Therapists appear to be not having a typical agreement to the extent meaning of identity is concerned. In this way, identity has been characterized in various ways. Keeping the cooperation of man's natural legacy with the earth as the significant thought Prince (1925) characterized identity in this manner as "an entirety of ontological inborn demeanors, motivations, inclinations and of the individual and miens and propensities gained by understanding." John Locke alluded identity to 'a reasoning in being that has and can think about self as itself. For Norman Cannon identity is "the dynamic association of interlocking conduct that every one of us has, as he develops from a natural infant bio-social grown-up in a situation of different individuals and refined items." James got 'self' (he occasional the word identity) "comprising of layers saw from inside. In grouping, they are: the individual self (body, assets, family, companions and so forth,) social self, otherworldly self and unadulterated inner self." "Identity", says Carl Pearson "is the endless supply of a living being's appearance, and conduct so far as they are translated as unmistakable indications of that being." Eysenck seen identity as the pretty much steady and suffering association of individual's character, personality, astuteness and body, which decide his one of a kind acclimation to the earth. Allport (1961) saw, "Identity as the dynamic association inside the person of those psycho-physical frameworks that decide his exceptional changes in accordance with is condition.

Personality and Sports Performance

With the rise of game brain science as an unmistakable field of study and research explicitly committed to the comprehension and adjustment of human conduct in athletic-setting, the analysts (therapists, physical educationists mentors) truly started to look into the scan for those mental variables both hereditary and ecological which appeared to have the most grounded association with athletic execution. The significant point of these endeavors was to analyze and foresee execution in the premise of different identity factors too to improve attribute extraversion self

preoccupation since it has been contended this is the characteristic for which tip top games people score higher than is normal (Eysenck, Nias and Cox 1982; Hardman, 1973), as contrasted and regularizing information. Most examinations were led utilizing I6PF, EPI or EPQ. The meta-investigation, in this way, affirmed the invalid theory that there would be no contrast among competitors and typical populace on the extraversion identity quality. Hardman (1973) who analyzed reports on 42 first class athletic populaces (dated 1952-1968) was master right. The general cases that extraversion is a fundamental component of the amusements player's identity, can't be acknowledged.

MOTOR FITNESS

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|------------------------|---|---------------------|
| 1. Speed | - | 50 yard dash |
| 2. Strength | - | Pull up test |
| 3. Agility | - | Sit and Reach test |
| 4. Muscular Endurance | - | 400 yard walk test |
| 5. Leg explosive power | - | Standing broad jump |

SIGNIFICANCE OF THE STUDY

The examination would be of incredible centrality as it would give a chance to the physical instructors, mentors and competitors as it is ready to deductively comprehend and asses the adjustments in engine capacity parts physiological factors and athletic execution.

Statement of the Problem

A Comparative study of sports personality and motor ability of inter University players

Objectives of the Study

1. To analyze the sports personality of inter University players
2. To analyze the motor ability of inter University players
3. To study comparison between the sportsmen and non-sports men of inter University players in their sports personality.
4. To study comparison between the sportsmen and non sportsmen of inter University players in their motor ability skills.

Hypothesis of the study

Based on the study of works undertaken by different Scholars and their interpretations and the pretests of the researcher, the following Hypotheses were formulated;

1. There would be significant difference in speed (the physical fitness component) of sports men and non-sports men.
2. There would be significant difference in strength (the physical fitness component) of sports men and non-sports men.
3. There would be significant difference in agility (the physical fitness component) of sports men and non-sports men.
4. There would be significant difference in endurance (the physical fitness component) of sports men and non-sports men.
5. There would be significant difference in flexibility (the physical fitness component) of sports men and non-sports men.
6. There would be significant difference between the sports personality among sports men and non-sports men.

DEFINITION AND EXPLANATIONS OF THE TERMS USED

Motor Ability

It is a term to the complete powerful physiological condition of a person. The parts of engine capacities are quality, speed, spryness, adaptability and perseverance. It alludes to the player's status on those parts, which are basic for productive working in psychomotor space. These segments are execution situated and are reliant after working of various frameworks of the body in a necessary way.

Methodology :

“A research design is the arrangement of conditions for collection and analysis of data in a manner that aims to combine relevance to the research purpose with economy in procedure” - Jahoda and others (1959).

The research programme starts with a problem or a question in mind once the research problem is formulated clearly to specify the types of information needed, the researcher must have a well planned design according to which he will carryout the investigation and that problems need to be attempted in a systematic manner. The present specificity of methodology to be adopted is a must for the researcher as it controls and regulates his work since the present selected problem is of high importance and forms the major portion in the educational system. To study and resolve it, a type of methodology is adopted and it stated in the proceeding pages. The problems unfold it and show its distinguished nature. The problems need to be studied with a particular type of methodology.

A methodology chosen unfolds the problems but provides valuable information regarding the type of tool to be used, the hypotheses to be framed and tested the procedure of the research etc. Attaching on the problems with full preparation gives valuable results and makes the researcher to arrive at more stable generation of knowledge and contributes his best to the system of education.

Statement of the problem

A Comparative study of sports personality and motor ability of inter University players

Objectives of the Study

- a. To analyze the sports personality of inter University players
- b. To analyze the motor ability of inter University players
- c. To study comparison between the boys and girls of inter University players in their motor ability skills.

Hypothesis of the study

Based on the study of works undertaken by different Scholars and their interpretations and the pretests of the researcher, the following Hypotheses were formulated;

- a) There would be significant difference in speed (the physical fitness component) of men and women players.
- b) There would be significant difference in strength (the physical fitness component) of men and women players.
- c) There would be significant difference in agility (the physical fitness component) of men and women players.
- d) There would be significant difference in endurance (the physical fitness component) of men and women players.
- e) There would be significant difference in flexibility (the physical fitness component) of men and women players.
- f) There would be significant difference between the sports personality among men and women players.

Data Collection

The data for the study comprised of secondary and primary data collected through the following method.

Secondary Data

The secondary data comprised of the published books and the articles from various journals which were used to formulate the hypotheses, Review of literature and conceptual framework for the present study these materials were photocopied from the libraries like Gulbarga University Library, Karnataka University, Library and Bangalore University Library etc. A background theoretical Knowledge was gathered through these material regarding personality motor ability on the performance of sportsmen etc.

Primary Data

The primary data was collected by two methods

- a. C.D. Spielberger (Indian adoption by L.N. Dubey) scale for Sportsman Personality test.

These questionnaires were distributed to the sportsmen before the sports events at in these questionnaires were again stratified into faculty wise groups of the sportsmen. Performances of the athletes in 100mts run 400mts run and shot put throw were recorded at the events mentioned above were recorded so as to measure their level of performances.

- a. Motor ability tests.

SELECTION OF SUBJECTS

The present study was conducted on 120 male subjects from inter University team selected players are sportsmen and non-players of the university are considered as non-selected sportsmen as subjects for the study. The age of the subject were ranging from 21 to 25 years.

SELECTION OF VARIABLES

The research had gone through the scientific literature pertaining to the analysis of motor performance and sports personality variables from books, journals, periodicals magazines and research papers and also consulted the expert in these areas. Along with the said literature and opinions of experts, the administrative feasibility in terms of availability of instruments and expertise for measuring and recording of data was also given due consideration while selecting motor performance and sports personality variables. Based on the above mentioned criteria the following variables were selected.

SELECTED VARIABLES AND TEST TERMS

Motor Performance Variables	Variables Test
Strength	Pull ups
Speed	50 mtr.yard Dash
Power	Standing Broad Jum
Muscular Endurance	400 yards Run/walk test
Agility	Sit and Reach test

- D. Spielberger (Indian adoption by L.N. Dubey) scale for Sportsman Personality test.

CRITERION MEASURES**Motor Performance Variables**

By glancing into the literature, and in consultation with professional experts, the following variables were selected as the criterion measures in this study

1. Strength was measured by pull up test
2. Speed measured by 50 meter dash test in 1/100th of a second.
3. Power was measured by standing broad jump in nearest centimeter.
4. Endurance was measured by 400 yard walk/run test.
5. Agility was measured by sit and reach.

RELIABILITY OF DATA

The reliability of data was ensured by establishing the instrument reliability, testers competency and subjects reliability.

INSTRUMENT RELIABILITY.**A) Motor Ability**

Swiss made stop watches calibrated to one tenth of a seconds were used to measure the time this study for recording the timings and this stop watch times were compared with other watches in different situations and they were considered reliable.

A steel measurement tape was used to measure the distance after calibration and acceptance of its accuracy.

A steel horizontal bar was used to measure chin ups performance after testing its toughness and reliability.

Results :**Table-1**

Analysis of Strength among sportsmen and non-sportsmen students of interuniversity players

Group	Mean	Mean Difference	't'
Sports men	8.43	0.10	0.66
Non-sportsmen	8.33		

The table-1 reveals that there was no much difference in mean values and the calculated 't' value 0.66 was not significant at .05 level(2.042). Hence it is accepted that there was no significant differences in strength between sportsmen and non-sportsmen interuniversity players

Table-2

Analysis of Speed among sportsmen and non-sportsmen of interuniversity players

Group	Mean	Mean Difference	't'
Sportsmen	7.17	0.10	2.54*
Non-Sportsmen	7.03		

*Significant at .05 level

The table-2 reveals that, there was no significant difference in the mean value though the speed of sportsmen was little higher than that of non-sportsmen, and the calculated 't' value 4.66 was greater than the table value. Hence, significant difference was found in speed between Sportsmen and Non-sportsmen of interuniversity players.

Table-3

Analysis of Agility among sportsmen and non-sportsmen of interuniversity players

Group	Mean	Mean difference	't'
Sportsmen (N=60)	10.37	0.01	0.175

Non-sportsmen (N=60)	10.38		
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The table reveals that, there was no significant difference in the mean value and the calculated 't' value (0.175) was less than the table value at .05 level(4.042). Hence, no significant difference was found in agility between Sportsmen and Non-sportsmen.

Table-4

Analysis of Power among sportsmen and non-sportsmen of interuniversity players

Group	Mean	Mean difference	't'
Sportsmen	2.27	0.15	1.56
Non-sportsmen	2.12		

The table-4 reveals that, there was significant difference in the mean value and the calculated 't' value(1.56) is not significant at .05 level of significance of table value. Hence, no significant difference was found in power between Sportsmen and Non-sportsmen of interuniversity players

Conclusion :

Within limitations of the present study and on the basis of findings, the following conclusions are presented.

In Motor Ability tests, it is observed from the study that, there are no significant differences in selected tests such as, strength, agility and power. Significant differences were found in Speed and endurance tests.

The non-sportsmen performed on par with the sportsmen during tests for strength, agility and power. Though there were minor differences in their performance levels they were not significant. This might be due to the fact that regular practical classes are held for the physical education students of both sportsmen and non-sportsmen. During these practical classes, all the students (both sportsmen and non-sportsmen) are made to perform heavy work outs like running, jumping, weight lifting, pull ups etc., this might have enabled the non-sportsmen to perform well and equally with the sportsmen.

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