

# Comparative Analysis of Sports Specific Personality between Handball and Basketball Players of Himachal Pradesh University

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## Abstract

The present study has been conducted on 160 players with an aim to find out the difference in Sports Specific Personality between Handball (n=80) and Basketball (n=80) players of Himachal Pradesh University. Sample for present study were taken from the Himachal Pradesh University inter college championship organized by the directorate of physical education and youth programme Himachal Pradesh University Shimla. The inter college Handball championship was held in Govt. college Arki and Basketball championship was held at MCM DAV college Kangra. Each player was tested for Sports Specific Personality measurements of Sociability, Dominance, Extraversion, Conventionality, Self-concept, Mental toughness and Emotional stability dimension of Personality of Handball and Basketball players. To analyse the difference in aggression between two groups of Handball and Basketball players were determined through 't' test. From the findings, it has been found that there exists significant difference in Sociability, Dominance, Extraversion, Self-concept, and Emotional stability dimension of Personality between Handball and Basketball players of Himachal Pradesh University. However there exist no significant difference in Conventionality, and Mental toughness dimension of Personality between Handball and Basketball players of Himachal Pradesh University.

Key words: **Sports Specific Personality.**

## Introduction

Personality is the totality of one's behavior towards oneself and others. It includes everything about the person his physical, emotional, social, mental and spiritual make-up. Personality is the overall pattern of psychological characteristics that makes each person a unique individual. Individual differences are obvious in sport and understanding such personality factors can help to explain sport and exercise behavior. The goal of sport personality research is to provide accurate and reliable information about individual differences sport and the implications of such personality differences for sport performance and behavior.

Personality embraces a person's moods, attitudes opinions, motivations, style of thinking, perceiving, speaking and acting. It is the part of what make each individual distinct.

Sports specific personality is the personality of an individual in the field of sports. This includes the dimensions of personality such as sociability, dominance, extraversion, self-concept and conventionality, mental toughness and emotional stability. Sociability- means a sociable person is warm, good-natured, easy going, ready to cooperate, attentive to people, kindly, trustful, soft-hearted, adaptable and warm-hearted. It is an important trait for athletes in that it implies being generous to team-mates and that criticism from others will be accepted in good faith.

The beginnings of the academic discipline of sports psychology were psychology of coaching (1926) and psychology of athletes (1928) by Griffith. The publication record shows a long gap until the appearance of another psychology of coaching in 1951, by Lawther, but by the 1960s a variety of research was published in journals such as quarterly for sport. In 1967 a group of teachers and researchers formed the North American society for the psychology of sports and physical activity (NASPSPA), the first sports psychology organization in the United States. It took another decade for the first separate sport psychology journal the journal of sports psychology (1984) has written an excellent history of the development of academic sport psychology.

Personality has been defined as a unique pattern of characteristic thoughts. Feelings and behavior's that distinguish one person from other and that persist overtime and situations ( Pharesand Chaplin, 1997). The sports specific personality is the personality of an individual in the field of sports. This includes the dimensions of personality such as sociability, dominance, extraversion, self-concept and conventionality mental toughness and emotional stability. Sociability- means a sociable person is warm, good natured, easy going, ready to cooperate, attentive to people, kindly, trustful, soft-hearted, adaptable and warm-hearted. It is an important trait for athletes in that it implies being generous to team mates and that criticism from others will be accepted in good faith.

Keeping in view the importance of Sports Specific Personality in sports, the investigation in underline study would like to asses and compare the Sports Specific Personality and its sub variables between Handball and Basketball players of Himachal Pradesh University.

### **Objectives of the study**

To study and find out the difference in sociability, dominance, extraversion, conventionality, self-concept, mental toughness and emotional stability dimension of Sports Specific Personality of between handball and basketball players of Himachal Pradesh University.

### **Hypothesis**

There would be no significant difference in sociability, dominance, extraversion, conventionality, self-concept, mental toughness and emotional stability dimension of Sports Specific Personality between handball and basketball players of Himachal Pradesh University.

### **Methods and Materials**

The present study has been conducted on 160 players with an aim to find out the difference in sports specific personality between Handball (n=80) and Basketball (n=80) players of Himachal Pradesh University. Sample for the study were taken from the Himachal Pradesh University inter college championship organized by the directorate of physical education and youth programmed Himachal Pradesh University Shimla. The inter college Handball championship was held in Govt. college Arki and Basketball ball championship was held at MCM DAV college Kangra. Age group ranged from 18 to 25 Years. Each player was tested for sports specific personality measurements of sociability, dominance, extraversion,

conventionality, self-concept, mental toughness and emotional stability dimension of Sports Specific Personality of Handball and Basketball players. To test the significance of mean difference between Handball and Basketball players, statistical technique of 't' test was applied.

## RESULTS

The study was to analyse of Sports Specific Personality between players of Handball and Basketball, these are explained with the help of tables.

**Table 1: t-value for Handball and Basketball players with respect their mean score on Sports Specific Personality and its sub variables**

**TABLE – 1**

Sr. No.	Variables	Group	N	Mean	S.D	S.E.M.	Mean Difference	Df	"t" Value
1	Sociability	Basket ball	80	47.575	3.06790	.34300	1.12500	158	2.359**
		Hand Ball	80	46.450	2.96349	.33133			
2	Dominance	Basket ball	80	44.987	3.74333	.41852	2.06250	158	3.292**
		Hand Ball	80	42.925	4.16974	.46619			
3	Extraversion	Basket Ball	80	38.150	5.77445	.64560	2.78750	158	3.016**
		Hand Ball	80	35.365	5.91553	.66138			
4	Conventionality	Basket ball	80	42.662	3.17802	.35531	.11250	158	.245
		Hand Ball	80	42.350	2.60525	.29128			

5	Self-concept	Basket ball	80	42.612	4.65654	.52062	2.08750	158	2.809**
		Hand Ball	80	40.525	4.74402	.53040			
6	Mental Toughness	Basket ball	80	49.262	4.02443	.44945	1.25000	158	1.863
		Hand Ball	80	48.012	4.45368	.49794			
7	Emotional Stability	Basket ball	80	43.087	7.46671	.83480	3.01250	158	2.572**
		Hand Ball	80	40.075	7.34980	.82173			

Not significant at 0.05 level

\*\*Significant at 0.01 level of confidence

Table value of 't' at 0.05 level =1.97 for df 158

Table value of 't' at 0.01 level =2.60 for df 158

It is evident from table no.1 and Sr. no. 1, 2, 3, 5, and 7 that mean score of Sociability, Dominance, Extraversion, Self-concept, and Emotional stability dimension of Personality of Basketball male players is 47.575, 44.987, 38.150, 42.612, and 43.087 and Handball male players is 46.450, 42.925, 35.362, 40.525 and 40.075. The mean difference is 1.12500, 2.06250, 2.78750, 2.08750, and 3.01250 and the standard deviation value for basketball and handball male players came out to be 3.06790, 3.74333, 5.77445, 4.65654, 4.466771 and 2.96349, 4.16974, 5.91553, 4.74402, 4.34980 respectively. The calculated value of 't' is 2.359, 3.292, 3.016, 2.809 and 1.863 for df 158 at 0.01 level. This indicates that basketball and handball players differ significantly with respect to their mean scores on Sociability, Dominance, Extraversion, Self-concept, and Emotional stability dimension of Personality. Since the mean value of basketball players is higher in comparison to handball players, it may be interpreted that basketball players are more Sociability, Dominance, Extraversion, Self-concept, and Emotional stability in comparison to handball players. Hence, the formulated hypothesis that. *"There would be no significant difference between Basketball and Handball male players at quarter final stage with respect to 'Sociability, Dominance, Extraversion, Self-concept, and Emotional stability' dimensions of Sports Specific Personality"* is **rejected**.

As per table No.1 and Sr. no 4 and 7 the mean value of Conventuality, Mental toughness dimensions of Sports Specific Personality between basketball and handball players is 42.462, 49.262 and 42.350, 48.012. The calculated 't' - value came out to be .245, 1.863 for df 158 at 0.05 level, which is statistically insignificant at 0.05 level of significance. This indicated that basketball and handball players are more or less the same in the variable of Conventuality, Mental toughness dimensions of Sports Specific Personality. Hence the formulated hypothesis that *"there would be no significant difference between Handball and Basketball players in the variable of 'Conventuality, Mental toughness' dimensions of Sports Specific Personality"* null hypothesis stand **accepted**.

## Discussion

The result shown in the table number 1 and Sr. no. 1, 2, 3, 5, and 7 indicates the Sociability, Dominance, Extraversion, Self-concept, and Emotional stability dimension of Personality of basketball and handball male players of Himachal Pradesh University. As the result indicates there is significant difference in Sociability, Dominance, Extraversion, Self-concept, and Emotional stability dimension of Personality between basketball and handball players of Himachal Pradesh University.

In these dimensions of personality, Basketball players were found better than the Handball players of Himachal Pradesh University. Its reason may be the difference in the method of making goal in the two games. Hoop method is used to score a goal in basketball where as throw method; in handball. In addition, Basketball being the fastest game; use of less speed while scoring the goal in Handball may also be the one of the reason for better personality of Basketball Players.

On the basis of the result, Basketball player was better than Handball players in the Sociability dimensions of personality. It may be due to the fact that Basketballer is generally considerate friendly, generous, helpful and willing to compromise. Their interest with other agreeable people also has an optimistic view of human nature. On the other hand handball player's scores low in sociability factor which shows that they are less agreeable or disagreeable. It may be due to that their suspicious, unfriendly and uncooperative nature.

The dominance dimensions of sports specific personality is characterized by desire to influence and control one's environment and other people. The result of our studies showed that Basketball players were found better than Handball players in the variable of dominance. It may be due to the fact that Basketballer are impulsive, energetic, and aggressive and more advance than Handball players.

In the extraversion factor of personality, Basketball players were found batter than Handball players. The finding may be attributed to the fact that extraversion refers to the inhibitive, outgoing, sociable inclination of a person. Extraversion finds unique behavioral expression as social, friendly, craving for excitement and group activities. The Basketball players are more extroverts in comparison with Handball players. These findings are in conformity with the results of Mohan et al. (1979). The findings have supportive evidence from a group of researchers on extraversion. They have found that the higher level of performance group was more extravert than low performance group (Singh, 1979, Thakur and Thakur 1980, Lalit Mohan and Bhupinder Singh, 2008).

Self-concept is a dimension of sports specific personality in which a person perceives of himself and his achievements in life. It belongs to the personality traits such as self-confidence, self-esteem, self-regards, and fear less. It may be attributed to the fact that Basketball players have similar kinds of rich characteristics in their personality than their counterpart Handball players.

In emotional stability dimension of sports specific personality mean value of Basketball players were higher than handball players. It may be due to the fact that Basketball player's belongs to educated family

and rich society. They are emotionally sound and stable. Their maturation level may be high and their emotions are controlled than Handball players.

In the rest of the sub variables of sports specific personality i.e. conventionality and mental toughness the mean value of Basketball players is slightly higher than Handball players, but the difference is not significant. Hence, it can be interpreted in these variables Basketball and Handball Players are more or less similar to each other.

### Conclusions

1. Basketball and Handball Players of Himachal Pradesh University do not differ significantly on 'Conventionality' and 'Mental toughness' dimensions of Sports Specific Personality.
2. Basketball and Handball Players of Himachal Pradesh University differ significantly on Sociability, Dominance, Extraversion, Self-concept, and Emotional stability dimensions of Sports Specific Personality.

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