



“A COMPREHENSIVE STUDY OF EXPLORING PERSONALITY TRAITS AND PLAYER SATISFACTION OF SPORTSPERSON”

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ABSTRACT

Sports psychology is crucial for understanding the intricate relationship between psychological factors and athletic performance. This study investigates key psychological traits (Sports specific Personality) and dimensions of Player satisfaction, along with their effects on Sportsperson overall performance and well-being. A thorough review of theoretical frameworks and empirical data reveals important psychological traits (Sports specific Personality) such as sociability, dominance, extroversion, self-concept, conventionality, mental toughness, and emotional stability. These traits are examined in the context of sports performance, assessing their impact on competitive success and personal growth.

The study also delves into the concept of satisfaction, which encompasses emotional, cognitive, and sensory aspects, to highlight its importance in athletes professional and personal lives. Player satisfaction is analyzed through various factors, including excitement, challenges, learning opportunities, team achievements, and self-discovery. This investigation emphasizes how satisfaction contributes to motivation, resilience, and overall fulfillment.

The research highlights the necessity of incorporating psychological training into sports coaching, advocating for strategies like goal setting, visualization, and emotional regulation. It aims to provide practical insights for athletes, coaches, and sports psychologists to improve performance and mental health. The findings help bridge the gap between theoretical research and practical applications in sports, offering a comprehensive view of athlete development.

By exploring the connections between personality traits, psychological preparation, and overall satisfaction, this study establishes a foundation for future research and practical improvements in the field of sports psychology.

Keywords: Psychology, Sports Psychology, Sports Personality, Player Satisfaction.

INTRODUCTION

Sports psychology involves the systematic examination of individuals and their behaviors within sports settings, along with the practical implications of this understanding. Sports psychologists establish principles and guidelines that professionals can use to support adults and comprehend individual characteristics. Their primary goals are: (1) to explore how psychological factors affect a person's physical performance, and (2) to analyze how engaging in sports and various activities influences an individual's psychological growth, health, and overall well-being. This field aims to enhance performance by assisting individuals in managing their emotions and reducing the psychological effects of injuries and subpar performances. Key skills taught in sports psychology include goal setting, relaxation methods, visualization, self-talk, awareness and control, concentration, confidence, the use of rituals, attribution training, and Periodization. Singer defined sports psychology in 1978 as “the science of psychology applied to sport.” Sports psychologists provide two primary types of services: proactive performance enhancement strategies and counseling for various issues impacting athletes. While not all athletes have access to a qualified sports psychologist, there is much to learn from existing research. Although still developing, this field has significant potential. However, many research findings have not yet been presented to players and coaches in a user-friendly manner, leaving a wealth of knowledge ready to be shared.

SPORTS PSYCHOLOGY

In today's competitive environment, the psychological preparation of a team is as crucial as teaching the various skills required for a game, especially given advancements in technology. Teams are not solely focused on playing; they aim to win. Success in sports relies not only on skill and experience but also on the players' mindset and their ability to perform at their best during competitions. Sports psychology has rapidly evolved, establishing itself as a vital discipline in coaching, where psychological training is essential for athletes. Competitive sports reflect the cultural aspirations of society and have become integral to progress. While recreational sports primarily focus on individual well-being, competitive sports aim to assess and enhance human potential and performance, with psychological training often providing one competitor an advantage over another (Kamlesh,1988).

SPORTS PERSON

An athlete, often referred to as a sports person, is someone who participates in physical competitions or sports, either at a professional or recreational level. They usually engage in rigorous training to improve their abilities, strength, and stamina in a particular sport. Athletes may compete solo or as part of a team, and their events can vary from amateur contests to professional leagues and global competitions like the Olympics. Beyond their physical capabilities, athletes demonstrate traits such as discipline, teamwork, and sportsmanship, frequently acting as role models and sources of motivation for others.

PERSONALITY

Personality, in basic terms, refers to the unique traits that define an individual's identity. A child's personality evolves naturally, but it can be further shaped by the positive influence of parents and teachers. Nurturing a child's personality involves promoting growth in various developmental areas. Both parents and teachers play a crucial role in ensuring that children participate in adequate reading, social interactions, and other activities. Additionally, children may inherit certain traits from their parents. To effectively foster a child's individuality, it is important to recognize the key elements that shape their personality. These elements typically include the child's physical traits, cognitive skills, attitudes, behaviors, values, thoughts, aspirations, commitments, and beliefs. The development of a child's personality is significantly influenced by their opportunities for socialization and emotional connections during childhood, the behavior of their parents, the treatment they receive from family and friends, the cultural context in which they grow up, the love and support from their parents, the contributions of their school, and the resources available for their physical and mental growth.

PERSONALITY TRAITS

Personality is a concept that everyone can relate to, but it can be challenging to define. Many people use the term to describe someone's most noticeable characteristics or their social abilities. While there are many definitions of personality, there is a common understanding of what it entails. Allport (1937) gathered more than fifty definitions and offered his own perspective. He defined personality as a dynamic organization of psychophysical structures within an individual that influences their unique responses to their surroundings.

Sports specific personality Traits

1. Sociability
2. Dominance
3. Extraversion
4. Self-Concept
5. Conventionality
6. Mental Toughness
7. Emotional Stability

Sociability:

A sociable person is warm, good-natured, easygoing, Eager to connect with others, attentive, kind, trustworthy, compassionate, flexible, and warm-hearted.

Dominance:

Encompasses traits such as self-confidence, resilience, strength, nonconformity, and competitive aggression, It entails the capability to influence, attract, or lead others. Dominance is marked by a drive to shape and govern one's surroundings and the individuals in it. It is linked to the ability to guide and oversee others by overpowering, convincing, enticing, or directing them.

Extroversion:

The term refers to people who are extroverted, spontaneous, and participate actively in group activities. They are friendly, seek adventure, and have a wide circle of social connections. These individuals are open to taking chances, often act on impulse, and display a positive and confident attitude. They usually laugh a lot, can become easily frustrated, and often find it challenging to control their emotions.

Self-Concept:

By examining different recognizable personality traits like self-confidence, self-assurance, self-assertiveness, self-esteem, self-regard, self-consistency, self-enhancement, and self-respect, we can gain a deeper insight into an individual's self-concept. Self-concept refers to how a person views themselves and their accomplishments in life. In athletes, traits such as self-confidence and self-assurance are displayed through behaviors that include cheerfulness, resilience, toughness, calmness, experience, nonchalance, vigor, energy, fearlessness, and a sense of self-security.

Conventionality:

Refers to actions like being aware of the correct methods, having a realistic outlook, and being Reliable. It also includes showing care and attention to various matters. Numerous studies have shown that athletes often exhibit conservative and traditional reactions in social contexts.

Mental Toughness:

Mental toughness refers to athletes who can withstand difficult situations; they remain composed in the face of defeat, poor performance, or critical feedback. They handle strong criticism without taking it personally and do not need constant motivation from their coaches. This trait is also evident in their pragmatic, self-sufficient, and occasionally skeptical demeanor. Cattell (1960) characterized tough-minded individuals as emotionally mature, autonomous in their actions and thoughts, and realistic in their self-assessment and worldview. These individuals are capable of controlling their emotions and do not show anxiety regarding their surroundings.

Emotional Stability:

Emotional stability is defined by qualities such as maturity, steadiness, a realistic outlook, lack of neurotic stress, tranquility, resilience, optimism, and self-control. On the other hand, emotional instability is characterized by a low tolerance for frustration, immaturity, unpredictability, high levels of excitability, avoidance, excessive talking, and neurotic stress. People who are emotionally unstable often show increased anxiety and fear, along with lower activity levels, decreased self-esteem, and a general lack of motivation.

SATISFACTION

Satisfaction is a multifaceted psychological condition that indicates the level of contentment or fulfillment a person feels when their needs, expectations, or experiences are satisfied. It can relate to different areas of life, such as personal relationships, employment, consumer interactions, and general well-being. Grasping the concept of satisfaction is crucial in areas like psychology, business, healthcare, and education, as it affects behavior, choices, and overall quality of life.

Key Concepts of Satisfaction:

Subjective Experience:

Satisfaction is inherently subjective; what satisfies one person may not satisfy another. It is influenced by individual preferences, expectations, and experiences.

Types of Satisfaction:

Emotional Satisfaction: Linked to feelings of happiness, joy, and contentment.

Cognitive Satisfaction: Relates to fulfillment of expectations based on rational appraisal.

Sensory Satisfaction: Involves gratification derived from sensory experiences (e.g., taste, touch).

Factors Influencing Satisfaction:

Expectations: Higher expectations can lead to greater disappointment if not met, while lower expectations may increase likelihood of satisfaction.

Experience: Past experiences shape our perceptions and anticipations, influencing future satisfaction.

Social Comparisons: Comparing oneself to others can impact how satisfied one feels with their circumstances.

Measurement of Satisfaction:

Surveys and questionnaires often assess satisfaction levels, particularly in customer service, employee engagement, and patient care.

Common metrics include the Net Promoter Score (NPS) and Customer Satisfaction Score (CSAT).

Importance of Satisfaction:

In Sports: Player satisfaction refers to the overall enjoyment and fulfillment that players experience while engaging with a game, sport, or any interactive entertainment medium. It encompasses various aspects of the player's experience.

In Personal Life: Higher levels of satisfaction contribute to improved mental health, stronger relationships, and a greater sense of fulfillment.

Strategies to Enhance Satisfaction:

1. Setting realistic expectations.
2. Practicing gratitude to shift focus to positive experiences.
3. Engaging in effective communication in relationships to meet emotional needs.
4. Understanding and fostering satisfaction can lead to improved outcomes in various areas of life, making it a crucial concept for both personal and professional development.

Player Satisfaction:

Player satisfaction is the degree to which a player feels happy and satisfied with their gaming experience. It includes several factors such as game play mechanics, story involvement, visual and sound quality, social interactions with other players, and overall enjoyment.

Dimensions of Player Satisfaction

Excitement

Excitement is the catalyst that fuels the joy of exploration and adventure. It brings a wave of energy, pushing you into the unfamiliar with a sense of eager anticipation. Whether you're beginning a new journey, launching a project, or encountering the unexpected, excitement infuses life with color, turning ordinary experiences into memorable ones. The greatest aspect? It's infectious! Sharing excitement with others builds bonds and spreads happiness rapidly. Therefore, let's seize every chance for excitement and let it inspire our passions and aspirations.

Challenge

A request to take part in a competition or contest. A situation or task created to assess a person's abilities. A formal challenge against the selection of a possible juror for a jury. An assertion that certain laws, rules, or regulations are not constitutional or are invalid. An invitation to join a tournament. An event focused on testing participants' stamina or skills. A goal or task that encourages personal development by facing and overcoming obstacles.

Learning Experience

The phrase "learning experience" describes the teaching methods that educators utilize to effectively present course content. It involves using instructional techniques that engage students and convey information in a clear and relevant way. In the field of psychology, "learning experience" relates to a student's feelings, perceptions, and thought processes during the learning process. To help students grasp concepts, student-centered approaches incorporate gamified learning, project-based learning, and experiential learning. It is important to recognize each student's individual needs and create activities that cater to those needs. This includes providing immersive, hands-on experiences, encouraging both intrinsic and extrinsic motivation through real-world connections, and designing sensory-rich activities that captivate students through visual, auditory, and tactile elements. All these factors are vital for creating effective learning experiences.

Team Victory

Defeating an enemy or opponent signifies a success in overcoming obstacles, typically accompanied by feelings of excitement or happiness after triumphing over a rival or reaching a goal.

Self-discovery

Take time each day to contemplate your emotions, thoughts, and actions. Keeping a journal can be an effective way to facilitate this reflection. Identifying Values and Beliefs: Determine your main priorities and fundamental beliefs, as these will influence your decisions and actions. Evaluating Strengths and Weaknesses: Recognize your strength and areas of expertise, as well as any aspects that may require improvement.

Discovering Interests and Passions: Participate in activities that bring you happiness and satisfaction. This exploration can provide new insights about your-self. Accepting Emotions: Allow yourself to fully feel and comprehend all of your emotions, including the challenging ones. Requesting Feedback: Seek constructive feedback to gain alternative perspectives on your traits and behaviors, which can offer valuable insights.

CONCLUSION

In summary, the areas of sports psychology, personality traits, and satisfaction are closely linked in comprehending athletes and their performance both during competitions and in their personal lives. Sports psychology offers important insights into how mental and emotional aspects affect an athlete's physical abilities, development, and overall well-being. The cultivation of personality traits like sociability, dominance, mental toughness, and emotional stability can greatly influence an athlete's success, mindset, and capacity to face challenges in their sport. Satisfaction in sports includes various elements such as excitement, challenges, learning opportunities, and team achievements, all of which can affect an athlete's motivation, involvement, and overall experience. By acknowledging the importance of psychological preparation, fostering positive personality traits, and creating an environment that promotes satisfaction, athletes can receive enhanced support for their personal and professional development. Understanding and implementing these concepts in sports psychology can lead to better performance, mental strength, and a deeper sense of fulfillment for athletes, making these ideas crucial for success in competitive sports and beyond.

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