



PSYCHOLOGICAL ATTRIBUTES OF COLLEGE AND UNIVERSITY LEVEL COMBAT GAMES FEMALE SPORTS-PERSONS

Dr. Avinash Kaur

Principal, Govind National College, Narangwal, Ludhiana, (email-avinash8588@yahoo.com)

ABSTRACT

The participation in modern sports is influenced by various physical, physiological, psychological and sociological factors. During training, besides good physique and physical fitness of the players, main emphasis is laid on the development of various types of motor skills involved in the game as well as on the techniques and tactics of the game. Usually very little attention has been paid to the psychological factors which have been proved to contribute to performance at the higher levels of competitive sports. The present study would be undertaken to investigate seven personality traits and internal and external locus of control between sports-persons of combat games (judo, taekwondo and wrestling) at college and university levels of competition.

KEYWORDS- personality attributes, combat games , locus of control, sports

INTRODUCTION

Historically one of the most popular issues in sports personology concerns the relationship between personality and sports performance. Personality though a highly ambiguous term is difficult to define. Personality has come to be regarded as the individuality that emerges from the interaction between a biological organism and a social and physical world. It is defined as an individual's typical or consistent adjustment to his environment. A man's real personality includes what he wishes to be, how he wishes to appear, how he appears to others, and how he appears to himself. It involves his evaluation of his environment of other people and of himself. According to functional explanation, "Personality is the total quality of an individual's behavior as is shown in his habits of thinking, in his attitudes, interests, his manner of acting and his personal philosophy of life." It is the totality of his being.

Personality, according to Eysenck (1968), is a stable and enduring organization of person's character, temperaments, intellect and physique which explains about the physiological differences between introverts and extroverts in the light of concept of weak and strong nervous system.

Personality has received the most attention in recent research in the field of sport psychology and athletic behavior. "Personality" is a term commonly used by people concerned with almost every aspect of human interaction. Coach evaluating an athlete will often refer to his or her personality. Rushall (1970) has admitted regarding the importance of personality in athletic performance. He also feels that "knowledge of the personality of an individual is important for maximizing individual responses." He further says that if a relationship between personality and physical performance exists, one could differentiate, for selective purposes, between players of equal skill, and

(ii) repeated testing of players gives an indication of change in athletes. The coach can then readjust his player control procedures to these changes.

Sports performance has been found to be related to some personality variables. Extraversion and neuroticism are among the variables, which influence sports performance in addition to many other personality variables, Extraversion has been found to be highly related or supportive to dominance and sociability in athletics and sports participants by Sperling (1942), Tillman (1964), Ruffer (1965), Whiting & Stenbridge (1965), Werner and Gottheil (1966), Bruner (1969), Kane (1970) and Ikegami (1970).

Personality components determine the development and change of attitudes.

How personality factors may influence participation and performance? How participation in physical activities and sports determines the influence on the personality?

As coaches and physical trainers, we can be more effective when we understand the different levels of personality structure that lie beyond the role-related behaviors particular to a situation. As sports psychologist, we have to understand the different levels of personality structure. Getting to know the real person (i.e. the psychological core) and that person's typical modes of responses produces insight into the individual's motivations, actions and behavior.

People need to believe in their own abilities to achieve and be happy. They need to develop a sense of control. People's locus of control influences how they view the world and how they identify the causes of success or failures in their lives. Internal factors mean personal whereas external are situational ones. Obviously, most people fall between the two extremes forming a continuous distribution of locus of control beliefs. Locus of control is thought to be relatively enduring dispositional characteristics, although certainly modifiable through experience.

Athletics and sports require not only the physical fitness, but top level sports depend on psychological adjustment, social and emotional maturity but many other psychological characteristics. Psychological factors help physical educators and coaches to understand the reality of fitness and personality traits of the players before and during competition. The present study deals with personality characteristics and locus of control as dependent variable, and type of the competition, i.e.; inter-college and inter-university levels competitions and combat games were the independent variables.

AIM

The main objective of the present study was

1. To measure the personality traits like sociability, dominance, extraversion, self-concept, conventionality, mental toughness and emotional stability as well as external and internal locus of control of the female athletes who have participated at inter-college and inter-university level.

2. To make comparison of seven personality traits and internal and external locus of control between sports-persons of combat games at college and university levels of competition.

HYPOTHESES OF THE STUDY

1. There would be significant differences on seven traits of personality, as well as internal and external locus of control among the female sports-persons of college and university levels of competition for judo.

2. There would be significant differences on seven traits of personality, as well as internal and external locus of control among the female sports-persons of college and university levels of competition for taekwondo.

3. There would be significant differences on seven traits of personality, as well as internal and external locus of control among the female

sports-persons of college and university levels of competition for wrestling.

METHOD AND PROCEDURE

In order to measure psychological characteristics of the female sports-persons, two standardized inventories were administered to them, i.e.; Sports Specific personality Inventory devised by Singh & Cheema (2005) and Locus of Control Inventory by Hasnain and Joshi (1992). The 300 sports-persons belonged to combat games - judo, taekwondo and wrestling who participated at inter-college and inter-university level.

TOOLS USED

1. In order to achieve the objective, descriptive statistics were computed like mean, median mode, standard deviation, skewness and kurtosis.
2. t-ratios were found out in order to know the significant differences on scores of seven traits of personality and two dimensions of locus of control between two groups existed. These results were interpreted and discussed by drawing out the tables and graphs.

STATISTICAL ANALYSIS

Here personality characteristics and locus of control were dependent variable, and type of the competition, i.e.; inter-college and inter-university levels competitions and combat games were the independent variables.

Table 1 shows the mean scores differences on all these seven personality characteristics as well as internal and external locus of control between the female sport-persons of Judo participating at inter-college and inter-university level competition.

Table 1. Means, SDs and t-ratios of personality characteristics of Judo female players of college and university level competition

Variables	Institute	N	Mean	SDs	SEm	t-value	Df	p-value
Sociability	College	50	44.52	5.44	0.77	1.179	98	.241
	University	50	43.32	4.71	0.67			
Dominance	College	50	43.12	2.94	0.42	2.055*	98	.043*
	University	50	41.64	4.16	0.59			
Extroversion	College	50	37.24	4.63	0.65	1.143	98	.256
	University	50	36.20	4.47	0.63			
Conventionality	College	50	36.50	3.90	0.55	.053	98	.958
	University	50	36.46	3.63	0.51			
Self Concept	College	50	39.92	5.33	0.75	.531	98	.597
	University	50	39.36	5.22	0.74			
Mental Toughness	College	50	40.80	3.82	0.54	.942	98	.349
	University	50	40.08	3.83	0.54			
Emotional Stability	College	50	43.28	4.71	0.67	1.589	98	.115
	University	50	41.80	4.60	0.65			
Internal	College	50	11.14	6.06	0.86	1.560	98	.122
	University	50	9.50	4.31	0.61			
External	College	50	22.30	6.91	0.98	.890	98	.376
	University	50	23.44	5.86	0.83			

*Significant at 0.05 level (t should be between 1.96 and 2.58)

As per the above table, significant differences could not be noticed on almost all the personality traits between college and university level female sport-persons of Judo game, except the dominance trait ($t=2.055$ $p < 0.05$), where college level players were found to better on this trait of personality ($M=43.12$) than their university counterparts ($M= 41.64$). On all other variables,

college and university level female players were having the same level of personality characteristics..

The mean scores of all personality characteristics of inter-college and inter-university level female sports-persons of Judo game have been depicted graphically through histograms which have been given in the Figure 1.

Figure 1. Histograms showing the mean scores of all personality characteristics of inter-college and inter-university female sports-persons of Judo game

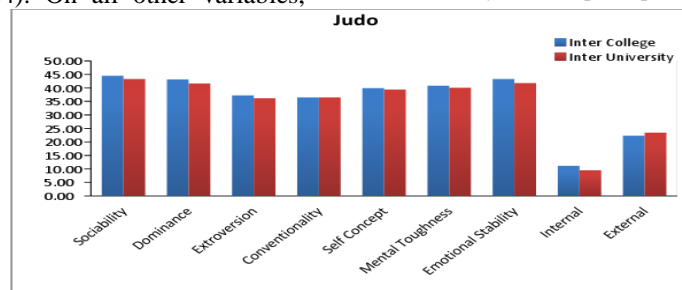


Table 2 shows the mean scores differences on all these seven personality characteristics as well as internal and external locus of control between the female sport-persons of taekwondo game

participating at inter-college and inter-university level competition.

Table 2. Means, SDs and t-ratios of personality characteristics of taekwondo female players of college and university level competition

Variables	Institute	N	Mean	SDs	Sem	t-value	Df	p-value
Sociability	College	50	44.74	5.59	0.79	3.81**	98	.000**
	University	50	40.64	5.16	0.73			
Dominance	College	50	41.48	3.39	0.48	2.60**	98	.011*
	University	50	39.52	4.09	0.58			
Extroversion	College	50	37.32	5.46	0.77	2.99**	98	.003**
	University	50	34.28	4.66	0.66			
Conventionality	College	50	35.60	4.34	0.61	1.950	98	.054
	University	50	34.04	3.63	0.51			
Self Concept	College	50	39.06	4.32	0.61	1.823	98	.071
	University	50	37.46	4.46	0.63			
Mental Toughness	College	50	42.24	4.76	0.67	4.33**	98	.000**
	University	50	38.50	3.81	0.54			
Emotional Stability	College	50	42.20	5.19	0.73	3.62**	98	.000**
	University	50	38.72	4.36	0.62			
Internal	College	50	7.38	3.74	0.53	6.61**	98	.000**
	University	50	12.06	3.33	0.47			
External	College	50	22.00	6.35	0.90	.697	98	.487
	University	50	22.72	3.61	0.51			

** Significant at 0.01 level (t should be more than 2.58)

As per the above table, significant differences between female sportspersons on inter-college and inter-university level participation of Taekwondo game were observed on sociability ($t= 3.813$ $p < 0.001$), dominance ($t= 2.609$ $p < 0.01$), extroversion ($t=2.993$ $p, 0.01$), mental toughness ($t= 4.337$ $p < 0.001$), emotional stability ($t=3.628$ $p, 0.001$) and external LOC ($t=6.614$ $p < 0.001$). but not in case of conventionality, self concept and external LOC, where t values were not statistically

significant. The mean scores indicate that college level players got higher mean scores on sociability ($M=44.74$), dominance ($M=41.48$), extroversion ($M=37.32$), mental toughness ($M=42.24$) and emotional stability ($M=42.20$) as compared to their university level counterparts whose mean scores were 40.64, 39.52, 34.28, 38.50 & 38.72 respectively. But in the case of internal locus of control, university level players were found to be better ($M=12.06$) than their college counterparts ($M= 7.38$).

The mean scores of all personality characteristics of inter-college and inter-university level female sports-persons of Taekwondo game have been depicted graphically through histograms which have been given in the Figure 2.

Figure 2. Histograms showing the mean scores of all personality characteristics of inter-college and inter-university female sports-persons of Taekwondo game

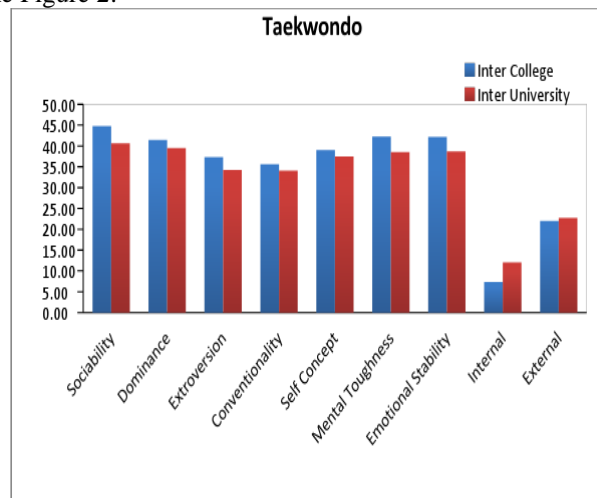


Table 3 shows the mean scores differences on all these seven personality characteristics as well as internal and external locus of control between the female sport-persons of wrestling game

participating at inter-college and inter-university level competition.

Table 3. Means, SDs and t-ratios of personality characteristics of wrestling female players of college and university level competition

Variables	Institute	N	Mean	SDs	SEm	t-value	Df	p-value
Sociability	College	50	44.86	7.98	1.13	2.76*	98	.007**
	University	50	41.26	4.62	0.65			
Dominance	College	50	40.82	4.56	0.65	.361	98	.719
	University	50	40.52	3.70	0.52			
Extroversion	College	50	36.32	5.24	0.74	1.351	98	.180
	University	50	35.12	3.46	0.49			
Conventionality	College	50	36.24	5.39	0.76	1.135	98	.259
	University	50	35.18	3.81	0.54			
Self Concept	College	50	40.28	5.18	0.73	1.875	98	.064
	University	50	38.50	4.27	0.60			
Mental Toughness	College	50	40.36	4.62	0.65	1.400	98	.165
	University	50	39.24	3.26	0.46			
Emotional Stability	College	50	40.70	5.20	0.73	.108	98	.914
	University	50	40.60	4.02	0.57			
Internal	College	50	7.28	3.40	0.48	2.485*	98	.015*
	University	50	9.10	3.90	0.55			
External	College	50	25.10	5.30	0.75	.742	98	.460
	University	50	25.88	5.22	0.74			

**Significant at 0.01 level (t should be more than 2.58)

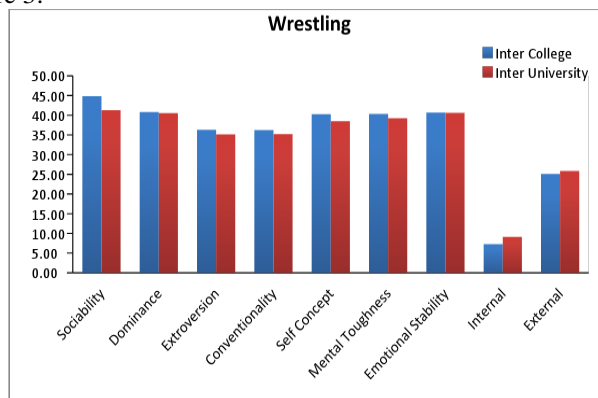
*Significant at 0.05 level (t should be between 1.96 and 2.58)

As per the above table, significant differences were found on sociability (t=2.781 p< 0.01) and internal LOC (t=2.485 p< 0.05) between the female players of college and university level of wrestling game, but not on all other personality characteristics, as their t-values were not

statistically significant. The mean scores indicate that college level players were getting higher mean scores (M=44.86) on sociability than university level players (M=41.26). But on internal LOC, university players got mean score (9.10) as compared to college players (M=7.28). On all other traits of personality, college and university level players were having almost the same level of their mean scores.

The mean scores of all personality characteristics of inter-college and inter-university level female sports-persons of wrestling game have been depicted graphically through histograms which have been given in the Figure 3.

Figure 3. Histograms showing the mean scores of all personality characteristics of inter-college and inter-university female sports-persons of wrestling game



CONCLUSION

Significant differences were not found in case of inter-college and inter-university level female players of judo on almost all the personality characteristics except the second trait of personality, i.e.; dominance where t-ratio was significant statistically and where the inter college level players were getting higher mean scores than the inter university level players and hence inter college levels players were more dominant than inter university level female players, whereas on all other traits of personality, the inter college and inter university level players were having the same level of personality characteristics. Here the hypothesis has been rejected.

But in case of Taekwondo, significant differences were observed on sociability, dominance, extraversion, mental toughness and emotional stability as well as on internal locus of control; but not in favor of conventionality, self-concept and external locus of control. Here again the inter college level female players were getting higher mean scores as compared to inter university level counterparts. But on internal LOC inter university players proved to be more internally oriented. In case of wrestling, inter college and inter university level female athletes differed on only sociability and internal LOC and not in all other personality characteristics. Here again inter college level players got higher mean score on sociability than inter university level players, whereas inter university level players were found to be more internally oriented than inter college level players.

REFERENCES

1. Alderman, R.B. (1974): Psychological Behavior In Sports. Philadelphia, W.B. Saunders Co.
2. Bandura, A. (1977): - Social Learning Theory. Englewood Cliffs, Nj: Prentice Hall.
3. Bandura, A (1977):-Self-Efficacy: Toward A Unifying Theory Of Behavioral Change. Psychological Review, 84; 191-225.

4. Battle, E.S. And Rotter, J.B. (1963): "Children's Feelings Of Personal Control As Related To Social Class And Ethnia Group". J. Pers, 31: P 482-490.
5. Bhullar, J (1981):-A Comparative Study Of Attitudes Towards Physical Activity Of High And Low Intelligence Groups Of University Students, Vyayam Viduyan, 14 (1 & 2), 12-15.
6. Bredemeier, B. (1978): Assessment Of Reactive And Instrumental Athletic Aggression. *Proceedings Of International Symposium On Psychological Assessment*. Wingate Institute Of Physical Education And Sports, Israel.
7. Cattell, R.B. (1956):-Personality And Motivation Theory Based On Structural Measurement. In J.L. Mccary (Ed.) *Psychology Of Personality*, New York: Grove Press.
8. Chaudhary, N (1986):- Emotional Maturity As A Correlate Of The Mental Health Of Adolescents Staying At Home And Orphanages. *Journal Of Indian Education*. 60-65.
9. Cooper, L. (1969): - "Athletics, Activity And Personality: A Review Of Literature", *Research Quarterly*, 40:17-82.
10. Cox, R.H. (1998):-Sport Psychology: Concepts And Application (4th Ed.) Boston: Wcb/Mcgraw-Hill.
11. Dishman, R.K.(1982):- Contemporary Sport Psychology. *Exercise And Sport Science Reviews*, 10,120-159.
12. Dole, S. (2000): "The Implications Of The Risk And Resilience Literature For Gifted Students With Learning Disabilities", *Roeper Review*, 23(2), P. 91-97.
13. Eysenck H. (1960): -The Structure Of Human Personality. London: Routledge.
14. Eysenck, H.J. & Eysenck, S.B.G. (1968):- Eysenck Personality Inventory Manual. London: University Of London Press.
15. Fisher, A.C. (1978):-"Multidimensional Scaling Of Sport Personality Data: An

- Individual Differences Approach.” Journal Of Sport Psychology.1: Pp.76-86.
16. Guilford, J.P. (1959): - Personality. New York: Mcgraw-Hill.
 17. Gupta, V.P. & Sharma, T.R. (1976):- Personality Characteristics Of University Athletes And Non-Athletes. Indian Journal Of Applied Psychology, 13:97-99.
 18. Hunt, D.H (1969): -A Cross-Racial Comparison Of Personality Traits Between Athletes And Non-Athletes. Research Quarterly, 40; 704-707.
 19. Kamlesh, M.L.(1982):-A Comparative Study Of High And Low Performers In Athletics On Some Selected Variable Of Personality. Unpublished Phd Thesis Punjabi Uni.Patiala.
 20. Kane, J.E. (1968):-“Personality In Relation To Physical Ability And Physique.”Ph.D Thesis, University Of London.
 21. Kesar, S.P. (1980): “Locus Of Control Among High And Low Achievers At Different Levels Of Economic Status.” M.Ed. Dissertation
 22. Malumphy, T (1968): - Personality Of Women Athletes In Inter-Collegiate Competition. Research Quarterly.39 (No.3): 610-620.
 23. Moore, J.T. (1973): Personality Variables Between Female High School Inter-School Sport Participant. Master, Thesis, Spring Field College, Physical Fitness Research Digest, 3, 14.
 24. Ogilvie, B.C. (1973): -Working On He Mind: The Swimmers Magazine, Acquative World, 15-16.
 25. Ramsay L.M. (1962): -A Comparison Of The Personality Variables And Attitudes Towards Physical Education Between Highly Skilled Girls Participating In Varsity Program And Girls Athletic Association Program. Master’ Thesis, Women College, University Of Carolina.
 26. Rotter, J.B. (1990): Internal Versus External Control Of Reinforcement. American Psychologist: 45, 489-493.
 27. Rushall, B.S. (1972): -“An Evaluation Of The Relationship Between Personality And Physical Performance Categories. In G.S.Kenyon (Ed.)”Proceedings Of 2nd International Congress Of Sports Psychology. Athletic Institute, Chicago.
 28. Valliant, P.M.; Simpson-Housley, P; Mckelvie, S.J (1981):-Personality In Athletics And Non-Athletic College Groups. Perceptual And Motor Skills, 52:963-966.