

A Comparative Study about Personality of Combative and Non-Combative Game Players in India

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Abstract – Personality is a term commonly used by people concerned with almost every aspect of human interaction while interviewing applicants for positions in the field of education, the administrative place great emphasis on the personality of the prospective employee. A coach evaluate a player will often refer to his or her personality. Sports commentator is off or use “personality conflicts” to account for a team’s power performance. Parents sometimes compare their children based on personality traits. Numerous other examples of the importance of personality in our society can be cited. In keeping with the focus of this, we will discuss personality related to sports psychology.

The main purpose of the present study was to find out the significant differences in personality traits of university level combative and non-combative sportspersons. For the purpose of this study 20 combative players and 20 Non Combative players, total 40 (n=40) subjects in the age group of 19 to 25 years studying in various colleges of Haryana were selected through purposive random sampling technique to constitute the sample. The subjects were judokas and cricket who had participated in inter-university level of competition. To measure personality characteristics among the subjects, personality inventory developed by Bhargava (1998) was used.

INTRODUCTION

The human personality is a marvelous intricate structure delicately, woven of motives, emotions, habits and thoughts into a pattern that balances, however precariously the pulls and pushes of the world outside. Personality is the total sum of his “being” and includes physical, mental, social, emotional, and intellectual aspects. One's personality reflects his perception imagination, attitude, instincts, habits, values, interest and sentiments about himself and his self-worth, intelligent, achievement, motivation, modes of adjust all these and much more constitute human personality in psychological preparation, personality traits of sports person play a vital role and have their own significance. These factors are total sum up of an individual's approach in each field of sports and life. Personality, though a highly ambiguous term which is difficult to define, has become a viable and useful concept for describing and categorizing behavior in physical activities and sports. The reason for this is that personality in its broadest context can be interpreted as representing the total psychological structure of the

individual. The personality of a person is integration or merging of all the parts of one's psychological life' the way one thinks, feels, acts and behaves. It is this combination that characterize or distinguishes a person from other people and that represents the more permanent or enduring aspects of one's behavioral patterns.

In general, a person's personality is judged based on the way he interacts with other people in various situations and how they' in turn, view him. A person, for example, may project to other people a very competitive or aggressive personality, or he may be very friendly, or retiring or self-confident. Such attributes become even more consolidated into a person's psychological structure when other people react to him in such a way as to reinforce these traits, which are typical of him.

When a person acts very aggressively in most situations, people view him as being aggressive and this gradually, he incorporates aggressiveness into his personality. Though such general description of personality are useful in understanding the surface behavior of people, a

more in depth analysis is necessary if we are to gain insight into why people behave the way they do. The important questions are not so much that a person is aggressive, friendly, or competitive, but why he is aggressive, friendly, or competitive, but why he is aggressive, friendly or competitive. So, keeping in mind, the important of personality traits the investigator find out the difference of personality traits among combative sports person, team sports person and non-sports person.

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To physical educators it seems, important to have some understanding of why some individuals prefer to or respond to certain types of activities while other individuals may go in for activities of quite different type it would seem to be of value to a physical educator to know more about the personality characteristics of individual's person in a specific sport. Perhaps they would be guided into some activity somewhat similar, but at the same time differing in some respect, so that a specific type could be benefited. Specific type of athletic was associated with characteristics personality traits. In Griffith's psychology and athletics the following statements are found.

Personality is connected with Darwin's Theory of Evolution. It generally explains why there are personality differences between individuals. Personality also refers to the pattern of thoughts, feelings, social adjustments, and behaviors consistently exhibited over time that strongly influences one's expectations, self-perceptions, values, and attitudes. It also predicts human reactions to other people, problems, and stress. There is still no universal consensus on the definition of "personality" in psychology (Kumar 2013) Personality is all that a person is. It is the totality of one's behavior towards oneself and others as well. It includes everything about the person- his physical, emotional, social, mental and spiritual make up. It is all that a person has about him. Personality is a characteristic way of thinking and acting which identifies each person as a unique individual. Although sports and games do have an impact on personality, it is also true that an individual's personality has an equally important impact on sports. It is due to this reason that we find

some individuals preferring certain type of activities while others opting for activities of different kind. Personality, in fact, is a hallmark of an individual.

Psychology is a behavioral science, which has made its contribution for improving sports performance. It has helped coaches to coach more effectively and athletes to perform more proficiently. This psychological aspect of sports is gaining much attention among sports administrators. A rapidly growing area of interest in sports psychology concerns the use of stress management and other procedures, such as Bio-feedback and relaxation technique to athletes for reducing anxiety.

The phenomenon of sports today intervals in many fields of endeavor and very often it even has a central position. Sports have thus experienced and enormous intention qualitatively as well as qualitatively with positive and negative results. Apart from health sports with their special meaning as a prophylaxis against civilization damage and as many sided therapy, there is a high performance sports too. The extreme sports performance principles in modern high sports make the man to his most optimal performance without passing the limits to pathological condition.

Self-concept is learned by an individual inference from his unique experiences. The individual perception of feeling of others towards him strongly influences his self-image. In turn, self-concept may prove the most powerful motivation for specific behavior.

The type of behavior depends upon what one feel is capable of and appropriate to his need. Thus self-concept and unique behavior pattern of an individual resembles the relationship between egg and chick.

The self-concept is a highly complex component of behavior, composed of both cognitive and effective dimension and has at least four orientations. The real self, the perceived self, and the ideas self and the self as perceived by others.

SPORT IMAGERY AND MENTAL HEALTH AMONG COMBATIVE PLAYERS AND NON-COMBATIVE PLAYERS

Sports related to combat skills have been a part of human culture for thousands of years. A Combat sport, also known as a Fighting sport, is a competitive contact sport where two combatants fight against each other using certain rules of engagement, typically with the aim of simulating parts of real hand to hand combat. Combative behavior is any physically aggressive act that causes or intends to hurt or damage a person or object. Omnivorous combat players are those who eat both

plants and animal foods. These types of foods help to improve the muscle strength and power of the body.

Everyone has the ability to use imagery; nevertheless, people sometimes choose not to use it even in situations in which it could be helpful. It can also be seen as an experience that mimics real experience in which the individual is aware of seeing an image, feeling movement of an image, experiencing an image of smell, taste or sound without experiencing the real thing (White and Hardy, 1998).

Early research defined imagery as "all those quasi-sensory or quasi-perceptual experiences of which we are self-consciously aware, and which exist for us in the nascence of those stimulus conditions that are known to produce their genuine sensory or perceptual counterparts, and which may be expected to have different consequences from their sensory or perceptual counterparts". It has been found that imagery is employed most often immediately prior to a competitive event, rather than during or after competition. When the athletes use imagery in training they tend to use it during practice, not before or after practice. Outside of training and competition, athletes have reported using imagery intermittently throughout the day, but most often at night just before falling asleep.

The expression mental health consists of two words: mental and health. Mental Health is essentially about how we think and feel about ourselves and how we interpret the world around us. It affects our capacity to manage, to communicate, to form and sustain relationships. Cuts and Moseley (1941), "mental health is the ability to adjust satisfactorily to the various strains we meet in life and mental hygiene as the means we take to assume this adjustment". Mental health is the resilience or bounce of the individual's personality in managing his own physical, social and psychological environment. Schneider's (1964) mental health as such represents a psychic condition which is characterized by mental peace, harmony and contentment. It is identified by the absence of disability and debilitating symptoms both mental and somatic in the person. The objective of the present research is to find out the significant differences among omnivorous judokas, wrestlers and boxers in relation to sport imagery and mental health.

SIGNIFICANCE OF STUDY

The study provides a comprehensive over view related to the personality differences among combative sports person and non-combative sports person. The study would suggest some suitable psychological guidelines to coach's trainers and physical education teachers to select their athletes. The result of the study will help in screening assessing the qualities of all athletes' personality. The study also motivate others to take up a

similar type of study which may help us in gathering more and more scientific information in athletes.

OBJECTIVE OF THE STUDY

1. To compare the personality characteristics of Inter-university level Combative and Non-Combative Sports Players.
2. To study the factor Less Intelligent vs. More Intelligent, (Factor of Personality Traits of combative sports person and Non-Combative Sports person).
3. To study the factor Affected by feeling vs Emotional Stable, (Factor of Personality Traits of combative sports person and Non-Combative Sports person).

METHODOLOGY

Sample: For the purpose of this study, a total of 40 subjects were selected, in the age group of 18 to 25 years studying in various colleges of Haryana through purposive random sampling technique to constitute the sample. The subjects were judokas (n=20) and Cricket Players (n=20), who had participated in inter-university level of competition .

Selection of Test: To measure personality characteristics among the subjects, personality inventory developed by Bhargava (1998) was used. The test consisted of 60 statements. It measures six important personality dimensions: (i) Activity - Passivity (ii) Enthusiastic-Non-enthusiastic (iii) Assertive - Submissive (iv) Suspicious -trusting (v) Depressive - non-depressive and (vi) Emotional instability and Emotional stability.

Statistical Analysis: The data obtained from the questionnaires filled up by the subjects to statistical analysis on computer. The values such as mean, S.D. and 't' test was used to compare the personality between the Combative and Non-Combative Sports Players who had participated in inter-university level of competition. Further the level of significance was set at 0.01 and 0.05

CONCLUSIONS

The following conclusions have been drawn on the basis of the findings of this study. The comparison of Combative Sports Players and Non-Combative Sports Players did indicate that the Combative Sports Players (judokas) having Overall Balance Personality as compared to the Non-Combative Cricket Players.

On the basis of above findings, it is concluded that the results on the subscales that is, cognitive general, motivational general-arousal and motivational general

were found insignificant among all omnivorous combative players. It has been concluded that no significant was found in individual game combative game and non - combative game in relation to aggression.

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