

# A Comparative Study of Personality Differences between Track & Field and Handball Players

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**Abstract – The purpose of this study was to compare personality differences between track & field and handball players. In this study forty (40) players were selected. The subjects selected for this study were randomly selected from track & field and handball group from S.R.T.M. University, Nanded, Maharashtra, India. Total forty (40) players, twenty (20) athletes and twenty (20) handball players were selected. The age of the subject ranged from 22 to 30 years. Neuroticism and Extraversion variables were selected for this study. Neuroticism and Extraversion variables were measured by standard questionnaire. Descriptive statistics and independent ‘t’ test was used for this study. Significant difference is found in respect of Neuroticism and Extraversion between track & field and handball players.**

**Keywords: Neuroticism and Extraversion.**

## INTRODUCTION

The great majority of empirical research in sport personality has utilized assessment devices, which embody the factor theory as their main premise. As expressed by Cattell (1973), the factor theory searches for consistencies in behavior. It is assumed that internal dispositions or traits are relatively stable and so enduring that they override environmental or situational influences. This infers that questions could be asked in any situation and the responses to generalized to a sport situation. **Eysenck's (1947)** states that neuroticism (emotional instability) refers to “general emotional over-responsiveness and the liability to neurotic breakdown under stress”. He explains the bipolar dimension of neuroticism stability in terms of the instability of the autonomic nervous system. He maintains that the autonomic reaction is basically dependent on an individual's constitutional structure, which mediates the strength of the sympathetic or voluntary reaction to incoming stimuli. Although there seem to be characteristic ways in which various individuals react to this sympathetic stimulation, and the way in which control is indicated by the para-sympathetic system. Eysenck's nevertheless considers the autonomic nervous system to be the most likely basis for individual differences in emotionality. This is essentially an integration and conceptualization of earlier thoughts by Jung (1929), Pavlov (1934) and Hull (1943), who suggested that

variations in the strength of the excitatory and inhibitory functions of the nervous system could account for temperamental differences in human in human personality.

## METHODOLOGY

### Selection of Subjects:

In this study forty (40) subjects were selected through simple random technique by drawing lots from S.R.T.M. University, Nanded, Maharashtra, India as subjects for this study.

### Selection of Variables:

The variables selected for this study were as follows:-

- 1- Neuroticism.
- 2- Extraversion.

### Criterion Measure:

The following tests were selected and score was considered as criterion measure for this study:

- **Neuroticism** was measured by MPI hindi version questionnaire prepared by S. Jallota & S.D. Kapoor and score was recorded.

- **Extraversion** was measured by MPI hindi version questionnaire prepared by S. Jallota & S.D. Kapoor and score was recorded.

**Statistical Technique:**

To compare Neuroticism and Extraversion between track & field and handball players descriptive statistics and independent 't' test was used.

**RESULTS OF THE STUDY**

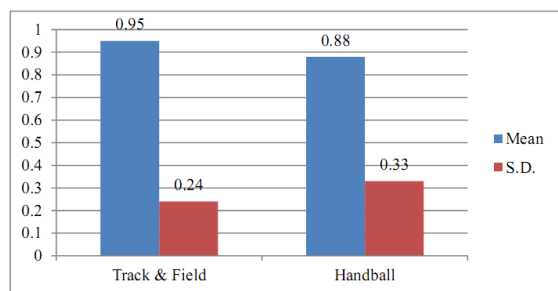
The analysis of data on selected variables that were Neuroticism and Extraversion collected on forty (40) subjects from S.R.T.M. University, Nanded, Maharashtra, India. The data was analyzed by descriptive statistics and independent 't' test to compare Neuroticism and Extraversion between track & field and handball players.

**Table No.01**

**Mean, Standard Deviation and 't' Values of Neuroticism**

Group	Total No.	Means	S.D.	T-value
Track & field	20	0.95	0.24	0.50
Handball	20	0.88	0.33	

Table no.01 indicates mean, standard deviation and 't' values of Neuroticism of track & field and handball players are 0.95, 0.24, 0.88, 0.33 and 0.50. Graphical representation of above table is made in figure no.01.



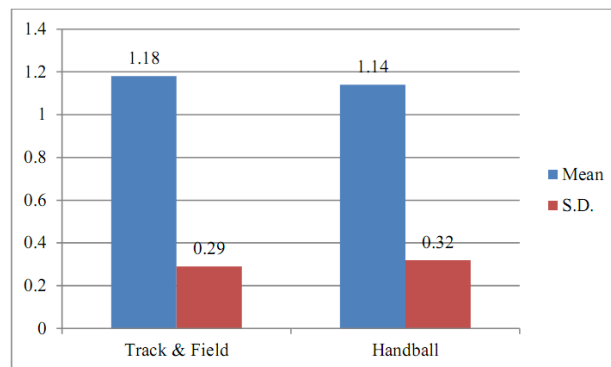
**Figure No.01 Mean and Standard Deviation Values of Track & Field and Handball Players**

**Table No.02**

**Mean, Standard Deviation and 't' Values of Extraversion**

Group	Total No.	Means	S.D.	T-value
Track & field	20	1.18	0.29	0.45
Handball	20	1.14	0.32	

Table no.02 indicates mean, standard deviation and 't' values of Extraversion of track & field and handball players are 1.18, 0.29, 1.14, 0.32 and 0.45. Graphical representation of above table is made in figure no.02.



**Figure No.02 Mean and Standard Deviation Values of Track & Field and Handball Players**

**DISCUSSION OF FINDINGS**

The personality variables i.e. Neuroticism and Extraversion are contributing factors to the performance of Track & Field and Handball players. The statistical findings of the present study revealed that Track & Field players have more Neuroticism and Extraversion in comparison to Handball players.

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