


CONCEPT OF PERSONALITY AMONG COMBATIVE ATHLETES

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The present study was focused to examine personality characteristics among combative athletes of fencing, judo and taekwondo. For the smooth procedure of the study a sample of one hundred twenty (N=120) male athletes were selected. The age of Athlete's were ranging between 20-23 years. The main sample further divided into three equal groups, i.e. fencing (40); judo (40) and taekwondo (40). Data of fencing, judo and taekwondo were compiling during All India Inter-University Championships held at Panjab University, Chandigarh in February 2016, Guru Nanak Dev University, Amritsar February 2015 and March 2016 respectively. For the selection of the subjects random sampling technique was applied. All the subjects were informed about the aim and methodology of the study. Personality was measured by applying the Big Five Personality Questionnaire developed by Oliver, P. John & Sanjay Srivastava (1999). One way Analysis of Variance (ANOVA) was applied to find out the significance differences with regard to personality among combat sport athletes. Post hoc test (Scheffe) was used to find out the paired means significance difference where 'F' value found statistically significant. The level of significance was set at 0.05. Significant differences were found among combative athletes with regard to Agreeableness ($p \leq 0.05$), Conscientiousness ($p \leq 0.05$) and Openness ($p \leq 0.05$).

Keywords: Agreeableness, conscientiousness, extraversion, neuroticism, openness, personality

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INTRODUCTION

Up to the crucial period of twentieth epoch, the sports were effectively a localized issue, lacking of touching nationwide encouraging and enthusiasm simply occasional concern for them on widespread level. Nowadays, sports have involved with a vital habitation in each culture and civilization. Elite competitors repeatedly have to perform beneath excessive pressure, and it is consequently not shocking that psychological traits regularly distinguish those profitable successes at the peak from their rarer successful colleagues (Morris, 2000). Initial research reports evidence already supported a healthy relationship between psychological characteristics and an athlete performance (Morgan & Pollock, 1977 and Morgan, 1979 & May et al., 1985). Supplementary research developed with an importance in sorting psychological skills applicable to the games and sport (Meyers et al., 1996). The ultimate ambition of a sports psychologist or researcher is to identify that how accurately an exercise, participation in sports and physical activity enhances an individual advancement related to athletic talent. A training structure for competitive player is classically includes of psychological, technical, tactical and physical preparation (Bompa, 1999 & Zatsiorsky, 1995), which are outstandingly linked with each other. Personality's traits or characteristics are those traits, which obsessed by individuals and usually detected as the properties of persons that place them to reply in definite ways in the specified classes of conditions (Anshel, 1997). Auweele et al. (1993) have concluded that there is a positive relation between personality and few features of athletic performance. It was supposed that a person's reactions on a questionnaire might be used to expect fruitful performance (Auweele et al., 1993). The crucial portion of the investigation writings on personality arrangement in the zone of sports psychology is commonly associated with the comparison between non-sportspersons and sportspersons (Slusher, 1964 & Sperling, 1970). Maximum of the researches have focused that athletes be different from non-athlete on numeral personality characters. But now the scenario changes rapidly, researcher try to fetch out those traits, physical and psychological training method which are necessary for a specific sporting event. They start to compare the same category event or game's athletes with one another. That's why

We decided to take this work forward by considering combative athletes as our domain of study. This study is an effort to explore the possibility of there could be a significant inter-group difference in the distribution of personality among combative athletes.

REVIEW OF LITERATURE

Elumaro, A. I. (2016) found attitudes and psychological skills have shown evidence of effect over the sporting achievement of an individual. The outcome also directed that age differences might affect the levels of Conscientiousness, Agreeableness and Extraversion of the Big Five Personality characteristics as well as Ambition a sub-scale of Grit scale. Khan, B. et al. (2016) explores in their study that a particular area and delivers empirical indication of personality traits strange to the high level players or more appropriately, the final champions. They studied the impact of Big Five personality characteristics, on the performance of ninety one national champions (contact sports) of Pakistan. They revealed significant relationship between performance of the athlete and the Big Five traits i.e. emotional stability, agreeableness, conscientiousness, openness to experience and extroversion. Talyabee, S. R. et al. (2013) found that there were significant differences ($P < 0.05$) between groups in relation to extraversion, agreeableness, conscientiousness and neuroticism, but there was no any differences observed between groups in respect with openness to experiences. The athletes' group has higher score at Agreeableness, Conscientiousness and Extraversion. However, lower score in respect to Neuroticism.

RESEARCH METHODOLOGY

Subjects:

The present study was conducted on a sample of one hundred twenty (N=120) male athletes. The age of Athlete's were ranging between 20-23 years. The main sample further divided into three equal groups, i.e. fencing (40); judo (40) and taekwondo (40), which actually participated in All India Inter-University Championship. All the participants were informed about the aim and methodology of the study and they volunteered to participate in this study. The random sampling technique was used to select the subjects for the study.

Methodology:

For the purpose of collecting the data investigator used Big Five Personality Questionnaire developed by Oliver, P. John & Sanjay Srivastava (1999). The Big Five Personality Questionnaire consists of forty four personality descriptors to which the subjects replies with degree of agreement or disagreement on a 5-point Likert scale for each sub-variable which included: (i) Extraversion (ii) Agreeableness (iii) Conscientiousness (iv) Neuroticism and (v) Openness. Before filling up the questionnaire necessary instructions were given and question were explained to the subjects.

Statistical analyses:

The Statistical Package for the Social Sciences (SPSS) version 16.0 was used for all the analyses. One way Analysis of Variance (ANOVA) was applied to find out the significance differences with regard to personality among combative athletes. Post hoc test (Scheffe) was used to find out the paired means significance difference where 'F' value found statistically significant. The level of significance was set at 0.05.

RESULTS

Table-1. Descriptive Statistics (Mean and Standard Deviation) with regard to Personality of Combative Athletes.

Variable Groups		N	Mean	Standard Deviation
Extraversion	Fencing	40	28.05	4.70
	Judo	40	29.90	5.23
	Taekwondo	40	29.47	3.88
Agreeableness	Fencing	40	31.50	4.39
	Judo	40	30.10	4.86
	Taekwondo	40	28.37	3.70
Conscientiousness	Fencing	40	32.10	4.67
	Judo	40	34.95	3.63
	Taekwondo	40	31.90	4.11
Neuroticism	Fencing	40	29.80	6.19
	Judo	40	31.62	4.98
	Taekwondo	40	29.37	4.92
Openness	Fencing	40	28.45	4.90
	Judo	40	36.72	5.62
	Taekwondo	40	37.12	3.81

Table-1 exhibited the Mean and SD values of personality traits i.e. extraversion,

Agreeableness, conscientiousness, neuroticism and openness of combative athletes i.e. fencing, judo and taekwondo. While comparing the means, the data shows there were inter group difference among combative athletes.

Table-2. Analysis of Variance (ANOVA) among Combative Athletes with regard to Personality.

Variable Groups	Source of variance	Sum of Squares	df	Mean Square	F-ratio	Sig.
Extraversion	Between Groups	75.12	2	37.56	1.743	0.180
	Within Groups	2521.47	117	21.55		
	Total	2596.59	119			
Agreeableness	Between Groups	196.02	2	98.01	5.191	0.007*
	Within Groups	2208.97	117	18.88		
	Total	2404.99	119			
Conscientiousness	Between Groups	232.87	2	116.43	6.720	0.002*
	Within Groups	2027.10	117	17.33		
	Total	2259.97	119			
Neuroticism	Between Groups	114.32	2	57.16	1.963	0.145
	Within Groups	3407.15	117	29.12		
	Total	3521.48	119			
Openness	Between Groups	1918.55	2	959.275	40.988	0.000*
	Within Groups	2738.25	117	23.40		
	Total	4656.80	119			

Table-2 exhibited results of Analysis of Variance (ANOVA) among combative athletes (fencing, judo and taekwondo) with regard to variable personality. Personality's sub-variables agreeableness ($p \leq 0.05$), conscientiousness ($p \leq 0.05$) and openness ($p \leq 0.05$) found statistically significant. Since these three sub-variables were found statistically significant; therefore, Scheffe's Post-hoc test was applied to see the direction and significance of difference between paired means of combative athletes.

Table-3 Comparison of Mean Values of Post-hoc Test (Scheffe's) combative athletes with regard to Agreeableness Conscientiousness and Openness.

Variable	Means		Mean Difference	p-value (Sig.)
Agreeableness	Fencing (31.50)	Judo (30.10)	1.40	0.357
		Taekwondo (28.37)	3.13	0.007*
	Judo (30.10)	Taekwondo (28.37)	1.73	0.211
Conscientiousness	Fencing (32.10)	Judo (34.95)	2.85	0.011*
		Taekwondo (31.90)	0.20	0.977
	Judo (34.95)	Taekwondo (31.90)	3.05	0.006*
Openness	Fencing (28.45)	Judo (36.72)	8.27	0.000*
		Taekwondo (37.12)	8.67	0.000*
	Judo (36.72)	Taekwondo (37.12)	0.40	0.934

Table-3 exhibited that fencing athletes have statistical significant ($p \leq 0.05$) differences with taekwondo athletes on account of agreeableness. It's depict that judo athletes have statistical significant ($p \leq 0.05$) differences with fencing and taekwondo athletes on account of conscientiousness. It's also shows that fencing athletes have statistical significant ($p \leq 0.05$) differences with judo and taekwondo athletes on account of openness.

FINDINGS

The current study relies upon the assessment of personality among combative athletes i.e. fencing, judo and taekwondo and compared the means with one another. The result shows statistically significant group differences between fencing and taekwondo athletes in respect to sub-variable agreeableness. While comparing the means the means, fencing athletes had shown better score than judo athletes. However, judo athletes were having statistically significant superiority on their counterparts fencing and taekwondo athletes with regard to sub-variable conscientiousness. While comparing the means the means, judo athletes had recorded healthier score than fencing and taekwondo athletes. The findings also show that fencing athletes were statistically significant inferior than counterparts judo and taekwondo athletes with regard to sub-variable openness. While comparing the means, judo and taekwondo athletes have shown better than fencing athletes. These results are partially in line with the outcomes of Ilyasi, G. & Salehian, M. R. (2011), as they found individual sportsmen have statistically higher degree of conscientiousness and openness than team sportsmen. And also found no significance differences in respect to neuroticism.

This study is also partially in contrast, as they found significance difference in respect to extraversion and no significance difference with regard to agreeableness. The findings are partially in line with the study of Mahin, E. N. & Mohammad, A. B. (2010), as they found significance difference on account of agreeableness and conscientiousness. And also found no significance difference with regard to extraversion and neuroticism. Same study is also partially in contrast, as they found significance difference in respect to extraversion and no significance difference with regard to openness. The results of Kalkhoran, J. F. et al. (2015) are partially in line as well as partially in contrast as they discover significant difference between the two groups in agreeableness, conscientiousness and extraversion ($p \leq 0.05$). But they found there was no significant difference ($p \geq 0.05$) on account of neuroticism and openness. Zare, A. et al. (2015) findings are also partially in line as well as partially in contrast as they determine no significance difference ($p \geq 0.05$) between athletes and non-athletes in relation to extraversion, agreeableness and neuroticism. However, they found significance differences ($p \leq 0.05$) between athletes and non-athletes in respect to openness to experience and conscientiousness.

CONCLUSION

It is concluded that significant inter group differences have been found among combative athletes i.e. fencing, judo and taekwondo with regard to agreeableness, conscientiousness and openness. The significant inter group differences may be found due to difference in the training module of selected combative games. The length of competition bouts, psychological feedback, psychological training of athletes, skill perfection during psychological pressure etc. are also play the role of main factors that may be source of significant inter group differences among these combative athletes. However, no significant inter group differences have been found among combative athletes i.e. fencing, judo and taekwondo in respect to extraversion and neuroticism. The insignificant inter group differences may as a result occurs due to the same level of participants are selected for the study.

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