

## A STUDY ON PERSONALITY TRAITS OF COMBATIVE (JUDO) AND NON-COMBATIVE (CRICKET) SPORTS PLAYERS

<sup>1</sup>Ravinder Kour <sup>2</sup>Dr. Surjit Singh

<sup>1</sup>Research Scholar, Dept. of Physical Education, Punjabi University, Patiala, India

<sup>2</sup>Asstt. Prof., Dept. of Physical Education, University of Kashmir, J&K, India

### ABSTRACT

*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 forty combative players and forty Non Combative players, total 80 (n=80) subjects in the age group of 19 to 25 years studying in various college's of Kashmir 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 during the session 2011-13. To measure personality characteristics among the subjects, personality inventory developed by Bhargava (1998) was used. Result: indicate that the Combative Sports Players (judokas) having Overall Balance Personality as compared to the Non-Combative (cricketers) Sports*

*Keywords: Combative, Non-Combative and Players.*

### INTRODUCTION:

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.

Alderman (1974) has identified seven personality dimensions mostly prevalent in sports participants, e.g.; sociability, dominance, extraversion, self-concept, conventionality, mental toughness and emotional stability. The major portion of the research literature on personality structure in the field of sports psychology is related with the comparison between athletes and non-athletes (Slusher, 1964, Cooper, 1969, Sperling, 1970). Majority of the investigations have indicated that athletes differ from non-athlete on a number of personality traits. Many other investigators have also reported that athletes could be differentiated from non-athletes with respect to their self-control (Bird, 1970), extraversion (Peterson et al, 1967 ), dominance (Ammodt, et al, 1982), locus of control (Mckelvie and Hushand, 1980), death anxiety, self-esteem, and mental health (Kumar, et al, 1985). (Singh 2013, Shergill 1992) studied personality differences between high and low performance female hockey players and found significant differences between the low performance group. (Rathod 2011, Dhayal 2013) Singh (1999) compared the personality traits of top-level Indian individual and team game players. The findings revealed that individual game players were more extrovert than the team game players and team game players were less neurotic than the individual event players. However, no differences were found between male and female players, both in the case of individual and team game players. Shukla (2000) reveals that significant differences been observed on different field of specialization like forwards, half back, full back and goalkeepers. Becker et al. (2001) found that obese women had the highest rates of mental disorders overall as well as for all sub groups of mental disorder. Bawa and Randhawa (2003) investigated Personality traits of sportsmen of individual, combative and Team Sports Disciplines. The study has been conducted on 60 National level sportsmen belonging to individual, combative and team sport disciplines. There were 20 subjects in each category. 16 PF Questionnaire by Cattle and Eiber (1971) was used to obtain data. The result of the study revealed that sportsmen of individual sports disciplines (Gymnastics and Swimming) were significantly more reserved, humble, sober and relaxed as

compared to sportsmen of combative sports disciplines (Boxing and Wrestling). Results also revealed that sportsmen belonging to individual sports disciplines were more reserve, sober, tough minded, and forth right than the sportsmen of team sports disciplines (Hockey and Football). The results also revealed that sportsmen of combative sports discipline were significantly more reserve, tough minded and forth right when compared with sportsmen of team sports disciplines.

### Objective of the Study

1. To compare the personality characteristics of Inter-university level Combative and Non-Combative Sports Players.

### Methodology:-

**Sample:** For the purpose of this study, a total of 80 subjects were selected, in the age group of 18 to 25 years studying in various colleges of Kashmir through purposive random sampling technique to constitute the sample. The subjects were judokas (n=40) and Cricket Players (n=40), who had participated in inter-university level of competition during the session 2011-13.

**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

### Results and Discussion

**Results:** The results of the present investigation have been presented in the following table:

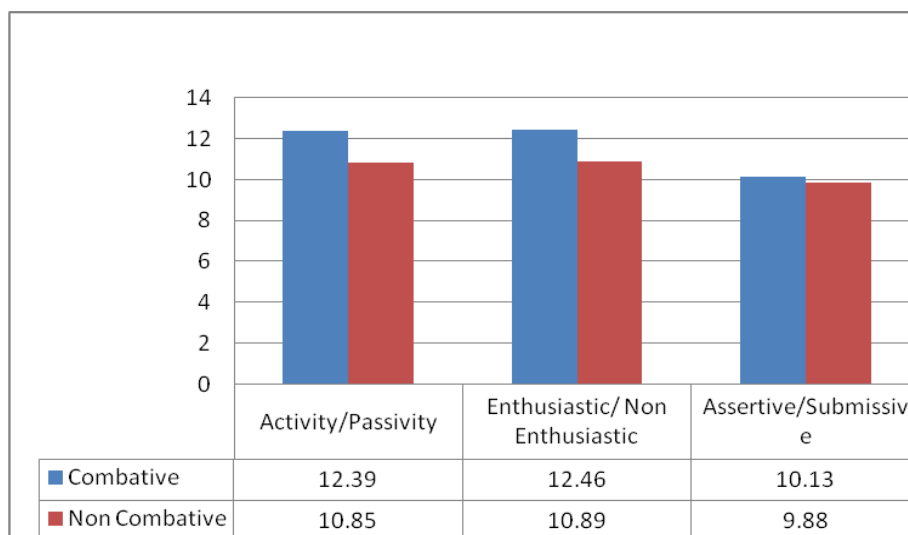
**Table-1: Mean, S.D and t-value, of personality traits, Between Combative and Non-Combative Sports Players.**

Sr. No	Variables	N	Combative Sports Players		Non-Combative Sports Players		t Value
			Mean	S.D	Mean	S.D	
1	Activity/Passivity	40	12.39	2.72	10.85	2.59	2.37*
2	Enthusiastic/ Non Enthusiastic	40	12.46	2.45	10.89	2.32	4.22*
3	Assertive/Submissive	40	10.13	4.51	9.88	2.84	0.93
4	Suspicious/ Trusting	40	10.57	2.96	9.79	2.41	0.62
5	Depressive/non-depressive	40	7.84	2.38	8.00	2.61	2.32*
6	Emotional instability/ Emotional stability	40	8.94	2.70	8.56	2.22	0.48
7	<b>Total Personality score</b>	<b>40</b>	<b>62.33</b>	<b>5.05</b>	<b>57.97</b>	<b>2.49</b>	<b>2.73**</b>

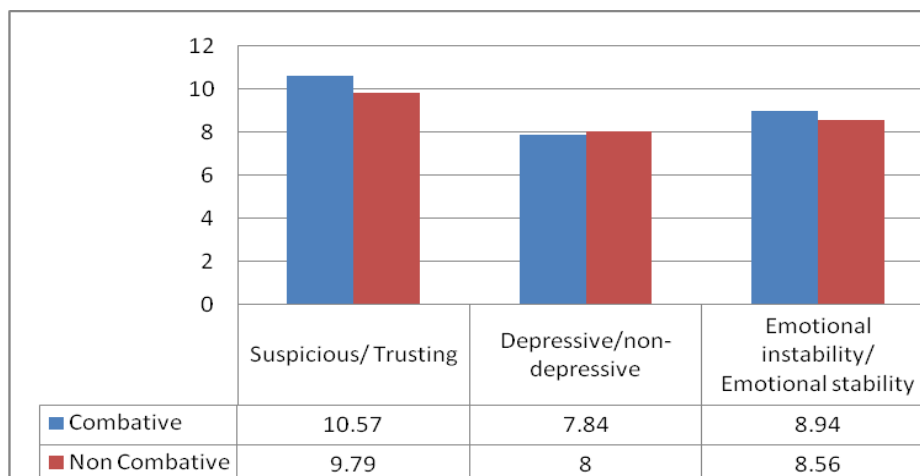
\*\*p&lt;0.01

\*p&lt;0.05

**Figure-1:** Graphical presentation means score of activity/passivity, Enthusiastic/Non Enthusiastic and Assertive/ Submissive personality characteristics of subjects



**Figure-2:** Graphical presentation means score of Suspicious/ Trusting, Depressive/Non-depressive and Emotional instability/ Emotional stability personality characteristics of subjects



It is observed from Table No.1 that there is significant difference in the mean scores of all factors of personality of Combative and Non-combative players. The mean score of Combative players (6.97) is lower than Non-combative players (8.70). The obtained value of  $t'$  2.75 and the table value at 0.01 level is 2.59 and 1.97 at 0.05 level, which is less than obtained value. Therefore the obtained ' $t$ ' value is significant at the level of 0.01.

It is also observed from the table No 1 that, significant difference between two groups on the variable Activity v/s Passivity ( $p < 0.5$ ,  $t = 2.37$ , on the variable enthusiastic v/s non enthusiastic ( $p < 0.01$ ,  $t = 4.22$ ), and variable depressive v/s non-depressive ( $p < 0.05$ ,  $t = 2.32$ ). while as no significant difference were found between the Combative and Non-combative on the variable assertive v/s submissive, suspicious v/s trusting and emotional instability v/s emotional stability. The Combative Sports Players are having overall balance personality as compared to Non-combative Sports Players ( $p < 0.01$ ,  $t = 2.73$ ). Combative players were more active enthusiastic, non depressive and calm as they loose their aggression whiling playing combats. ( Gurvir Singh 2013)

**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 (Singh2012)

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