CHAPTER -I
INTRODUCTION

For centuries people have wondered about the meaning of life from greater thinkers to common man looked at this colossal question and have imagined the possibilities pertaining to the meaning and purpose in life as they the two basic dimensions of life attitudes (Crumbaugh 1977, Rekar and Cousins1979).

Psychological attention to meaning and purpose in life has its roots in the philosophical writing of Frankl (1959) and in the work of some other psychologists, who attempted to theories about and define positive psychological function (e.g. Maslow et al. cited in Ryff 1989, Zika and Chamberlain 1992).

From his experiences in Nazi concentration camp, Frankl has developed an attitude toward life, which actually based upon hidden possibilities. Frankl (1959, 1969) observed that life has meaning under all that is demanding when a person’s search for meaning is blocked, Frankl work was the earliest breakthrough in the field of positive psychology; his work inspired numerous researches, especially by (Crumbaugh 1968, Crumbaugh and Maholick 1964).

Damon, Menon and Bronk (2003) much like Frankl (1959) observed that the drives positive psychology reject the idea that people’s goals & values arise from basic drive such as hunger and sex or from defense mechanism such as sublimation and reaction formation. People do chose goals and values that promote higher purpose such as purpose of creativity, morality, and spirituality. Positive psychologists use constructs such as authentic happiness (Seligman 2002), creativity and optimal
experience or flow (Csikszentmihaly 1990) and ultimate concerns (Emerson’s 1999 as cited in Jamali, 2005) to capture the essence of our most lofty and enlightened desires.

Researchers have shown that the personal effect of purposelessness may include self absorption, depression and a variety of psychometric ailments (Damon, 1995; Yalom 1980 in Zika and Chamberlain 1992) Kandel, Raveis and Davies (1991). The social effects of lack of purpose in life may include deviant and destructive behavior, a lack of productivity and an inability to react to sustain stable interpersonal reactions (Damon1995).

Damon, Menon and Bronk (2003) observed purpose during youth leads to number of desired outcome such as pro-social behavior, moral commitment achievement and high self esteem values and believes both religious and other-wise affect life purpose, Frankl (1963) placed central emphasis upon man’s spiritual and transcendental need for man to find meaning in life. He claims that personal religious involvement provides the ground work for an existential commitment to purpose in life. Numerous studies provide support for religiosity and spirituality predicting higher purpose in life (Molcar and Stumping 1988, Paloutzian 1981, Zeitchik 2000).

Tallish (1952), suggested three sources of existential problem:
1- Human finitude, for example, we shall die one day. 2- Guilt, for example, we are responsible for sorrow and we cannot over know enough now to others avoid such responsibilities in future, and 3-
Meaninglessness, for example, our involvements, commitment, and task values are subjected to shame and frauds one day.

Kierkegard (1952) described three existential problems that might affect human beings:

1. Aesthetic, for example, what is pleasure?
2. Ethical, for example, what is right?
3. Religious, for example, wither and how to have faith?

Bugental (1965) adds loneliness to these problems. These are the seven main existential problems outlined differently by different existential philosophers (e.g. Fisher 1966-67, May 1972).

If one is unable to understand what is pleasure, what is right, what is religion, what is death, if one think he has done some ill, if one is unable to fix some goal of life, if one suffers from loneliness, one is bound to have frustration, which is of course existential problem.

The existential dimension may induce existential conflict too, when a person has conflicting ideas related to the answer existential questions, he may be thought of conflict in other words, existential conflict is the result of two more equal but incompatible response tendencies to some existential problems.

Students felt existential anxiety, when there is an apprehension of harm to some existential goal based on the existential question. The existential anxiety may be aesthetic, ethical, religious, human finitude, guilt meaninglessness, and loneliness depending on the question involved.
Death acceptance is another dimension of attitude towards life. Most of us have images of death that are negative or disturbing that evoke feeling of fear and anxiety. Palmer (1993) interviewed many people from different cultures about death and dying. With exception of zone Buddhist monk who accepted as the shedding his old skin, most of the people Palmer spoke to had developed way to deal with their mortality.

Emerson (cited in Mc Carthy 1980) said that the concept of immorality was the corner stone of human optimism. Emerson pointed that the man and women over the age of 30 would wake up feeling sad every morning because of the certainty of death.

Goodman (1981) had rightly observed that “existential fear of death, the fear of not existing is the hardest to conquer most defensive structures such as denial of reality, rationalization, insulation crested towards of religiosity conditioned separation-abandonment fear, do not land themselves reality as protective barriers against the existential fear of death.”

The most common work on purpose is a variety of studies using Crumbaugh and Maholik’s (1964) purpose in life test (PIL), the original studies were conducted by the authors revealed that the PIL distinguish significantly between psychiatric patient and non patient populations. A consistent progression scores were found, with graduate students scoring highest and hospitalized patient scoring lowest. This was the beginning of the trend that looked at the relation between purpose and a number of maladaptive behaviors and outcome, studies suggested a relation between lower score of PIL and drug involvement.

On the more positive side, purpose in life has been related to (young people) participation in risky and anti social action (Butler 1968) and is a mediating factor between religiosity and happiness (French and Joseph 1999).

Antonovsky (1987) concept of “sense of coherence” includes “meaningfulness” dimension and was intended to describe a personality construct that “insulates people against the potential harm of stressors on health. Meaningfulness is also intended to capture the extent to which the demand of life are seen as challenges that are worthy of investment and engagement” (Seeman 1991, as cited in Jamali 2005).

It is clear from the preceding paragraphs that a number of researches on meaning and propose in life has been conducted related to different dimensions.

1.1 SIGNIFICANCE OF THE STUDY:

The study is of great importance, because in the modern society, people somehow have lost contact with their inner self for example, they are consciously unaware of their purpose in life. Consequently it creates conflicts and tension including tension at the sub-conscious level. Mc Carthy (1980) pointed out “a lack of purpose in life has been described as a general indication of depression.” The concept of lack of purpose in the life involves more of displacement and projection of such
inner mental states into the world. The entire human race has a brain to reflect, be sports persons, an adult, a middle age person or older adults may suffer from existential vacuum, if they do not find meaning and purpose in their life. This, consequently result in poor performance and low productivity. This demands serious consideration particularly in the case of youths.

Identity theorists, from Erikson (1968) to Lovinger (1976), have marked adolescence as period in the life span when people begin to dedicate themselves to systems of belief that reflect compelling purpose. Erikson and his followers observed that young people find nothing to dedicate themselves to while growing up, it becomes increasingly difficult for themselves to acquire motivating belief system later in life (Erikson 1968, Marcia 1980). The ultimate result is a sense of drift that can lead to personal as well as social pathologies.

In ancient time, the value oriented knowledge of deeper truth was emphasized. Nowadays education is information oriented, which gives players little time to discover the deeper truths that eventually will give them more strength and courage to face the demand of life. Lack of ‘B-values’ as Maslow (1970) termed them or understanding of ‘transcendental dimension of life as Frankl (1959) put them create a vacuum in their life. Therefore, there are many cases of player’s turning into delinquents and criminals. Addiction among the players is also common especially in cosmopolitan cities.

In view of above discussion, the researcher has made humble attempts to explore the attitude of sports persons towards life.
Allport (1961) called attitudes “Social psychology’s most indispensable concept”, exert a dynamic influence upon individual’s response. Personality predisposes a person towards formation of certain attitudes, so it was considered worthwhile to explore whether personality variables and attitude towards life are correlated with each other. The attempt has also been made to find out whether personality factors, contribute to make a positive life attitude. Similarly some personality variables may also contribute in a negative direction. The variables of personality, as a matter of fact, can cover almost every possible attribute any human being can have. However, researcher had taken 20 personality variables for the present, which were – Adaptability, Achievement motivation, Boldness, Competition, Enthusiasm, Morality, Mental health, Self-sufficiency, Self-control, Sensitivity, Imagination, Innovation, General ability, Suspiciousness, Shrewdness, Leadership, Guilt proneness, Maturity, Social warmth and Tension.

There are 7 dimensions of Life Attitude Profile as observed by Recker and Peacock (1981) i.e. (i) Life purpose, (ii) Life control, (iii) Will to meaning, (iv) Existential vacuum, (v) Death acceptance, (vi) Goal seeking and (vii) Future meaning to fulfill.

The study aimed at investigating the relationship between different dimensions of life attitude and 20 personality variables among body-builders and weightlifters. No study, as far as the knowledge of the present investigator is concerned, had been made till now especially on sports persons.
1.2 STATEMENT OF THE PROBLEM:

“A study of attitudes towards life in relation to certain personality variables among sports persons.”

1.3 DEFINITIONS OF TERMS:

An attempt has been made in the following paragraphs to present the concepts and meaning of the terms employed in the present study.

(a) Attitude

An attitude can be considered the cause of a person’s behavior, and it reflects the way we perceived the world. Attitude and interest are considered to promote or inhibit players’ behavior on the field, home and peer group and ultimately learning and choice of career. In our attitude lies our greatest barrier to success in life. Thus, the development of positive attitude, interest and values towards others, towards things, towards ourselves and towards life is one of the important goals of the most sports events.

There are two psychological approaches to attitude, which differ in emphasis rather than in essence. Thurstone (1929) defined attitude as “a generalized reaction for or against a specific psychological object”, Allport (1935) preferred to treat attitude as “a mental and neural state of readiness organized through experience, exerting a directive or dynamic influence upon the individuals’ response to all objects and situation with which is related.”

Cheim and Evans (1948) held that “it is a multidimensional concept as equal favorability and cognition may not cause equal belief
and action. Thus beside cognition-belief and behavior are the other
dimensions of attitude.”

Traverse (1973) said “an attitude is a readiness to respond in such a
way that behavior is given a certain direction.”

Good (1973) defined it as “the predisposition or tendency to react
specially towards an object, situation or values, usually accompanied by
feeling and emotions.”

In general, attitude can be taken as emotionally toned dispositions
to respond in a certain way to person, a group an issue, a practical or
thing. Attitude is an active motivational force which is relatively enduring
and evaluative. According to tricomponential theory of Gorman (1974),
there are three components of attitudes – (i) cognitive, (ii) affective and
(iii) behavioral intentional.

(b) Attitude toward life

The term “attitude toward life” has been floated from existential
psychologists. To some existentialists, meaning and purpose of life
should be on the continuum of illusion because the immortality remains
unproven and unknowable. Kierkegard (1952) described three stages of
life experience: (i) Aesthetic (ii) Ethical and (iii) Religious. These
represent three attitudes towards life, three philosophies of life. Some
progress from one stage to the next, while others never go beyond the
other stage. The third stage is superior to the other two stages. All of them
reflect man’s attempt to win salvation, to gain satisfaction for life’s
greatest goal. According to Sarte (1963) life seems absurd and
purposefulness is a groundless flight for fancy.
Various attempts have been made to define lack of purpose as a relative lack of responsibility for coming to terms with life. Fromm (1951) had advocated that undisclosed emotional conflict, self-hatred and disgust lie at the root of war and international competitiveness.

The search for the meaning seems to be a built-in tendency in human beings. Frankl (1963), who floated the concept of meaning, realized the significance of meaningfulness in life. In fact, it would be the meaningfulness that could be found in suffering itself that would most impress him.

Some existentialist thinkers see in man’s ideals nothing but his own inventions. According to Sartre (1963) “Man invents himself, he designs his own, essence” that is to say what he essentially is, including what he should be or ought to become. In this regard Frankl (1975) comments “However I think meaning of our existence is not invented by ourselves, but rather detective. Also in Frankl (1997) refers to conscience as a “pre-reflective ontological self- understanding” or the “wisdom of the heart”, “more sensitive than reason can ever be sensible”. It is conscience which gives our lives meaning.

A prolonged confrontation with death and suffering in concentration camp, Frankl (1997) developed into attitudes towards life, which is based upon an understanding of its hidden possibilities. According to Frankl (1963) there are three concepts of meaning.
1. Meaning – by doing a deed or creative values
2. Meaning - by experiencing a value.
3. Meaning – by suffering or attitudinal values.

Discovering meaning through creative values, by “doing a deed, is the traditional existential idea of providing oneself with meaning by becoming involved in-one’s projects or, better, in the project of one’s own life. Frankl (1975) views creativity as a faction of the spiritual conscience. The irrationality of artistic production is the same as the intuition that allows us to recognize the good.

The second means of discovering meaning through experiential values, that is, by experiencing something – or someone, we value. The most important experimental value is the love – we feel towards other. Frankl (1973) says, “Love is the ultimate and the highest goal to which man can aspire”.

The third means of finding meaning by attitudinal values. Attitudinal values include such virtues as compassion, bravery, a good sense of humor etc. but Frankl most famous example is achieving meaning by suffering. In man’s search for meaning Frankl (1963) says “everything can be taken from a man but one thing: the last of the human freedoms to choose one’s attitude in any given set of circumstances, to choose one’s one’ way” own way’s.

Frankl (1963) the primary motivation in man, consists of “will to meaning” which is more basic than the drive for pleasure or power. This meaning is unique and specific to each person. The frustration of this search results in a generalized feeling of the purposelessness or existential vacuum. The concept of the “will to meaning” represent the striving to
construct meaning to wholes from the discrete elements of experience, and the transpiration of that striving into a unified philosophy of life

(c) Personality

Human personality is very complex psychological phenomenon – psychologist have tried to understand and measure it from different dimensions and characterized it by the quality of uniqueness. Prince (1924) defines personality as “the sum total of all biological; innate and acquired deposition, impulses, and tendencies of the individual.” Jalota (1952) has emphasized the social aspect of personality. According to him “personality represents the peculiar attitude and behavior of an individual with in a social contact.” Guilford (1959) defines personality as unique patterns of traits. A trait is any distinguishable relatively enduring way in which one individual differ from another Cattel (1965) defines personality as that which tells what a man will do when placed in given situation. According to Ryskman (1978) personality is the dynamic scientific study of individual differences in thought and behavior that occur under situation and circumstances. The most comprehensive definition is given by Allport (1935), “personality is a dynamic organization of all those psycho-physical system that determine his unique adjustment.” Latter on Allport (1961) revised his definition “Personality is the dynamic organization within the individual of those psycho-physical systems that determine characteristic behavior and thought.”
(d) **Sports:**

Sports means all forms of physical activity which through Chanel or organised participation, aim at expressing or improving physical fitness and mental well being, forming social relationship or obtaining results in competitions at all levels (Council of Europe, 2001).

Web (01) gives the definition of sports as ‘a sport consists of a normal physical activity or skill carried out under a publicly agreed set of rules, and with a recreational purpose: for competition, for self-enjoyment, to attain excellence, for the development of skill, or some combination of these. The difference of purpose is what characterizes sport, combined with the notion of individual (or team) skill or prowess.

(e) **Sports persons**

Sports person: people who’s enthusiastic about and participate in sports. One who abides by the rules of a contest and accepts victory or defeat graciously or we can say a sports person (gendered as sportsman or sportswoman) or athlete is a person trained to compete in a sport involving physical strength, speed or endurance. Sports people may be professional or amateur.

Sports persons are those persons who volitionally and purposefully do various physical activities, like running, jumping, throwing, catching, diving etc. themselves within given framework of rules and regulations.

(f) **Body Builders and Weight Lifters:**

Web (02) gives the definition of bodybuilding as Bodybuilding is a form of body modification involving intensive muscle hypertrophy; an individual who engages in this activity is referred to as a bodybuilder. In
competitive bodybuilding, bodybuilders display their physiques to a panel of judges, who assign points based on their appearance.

Web (03) gives the definition bodybuilder as a person who uses diet and exercise to build an aesthetically muscular physique, in order to compete in bodybuilding

Kumar (2003) according to him weight training is concerned with improving the condition of the body in terms of strength, power and endurance through the use of repetition movement against a resisting load of some kind or a weight lifter is a person, whose sport is competitive lifting’s of weight where the objective is to perform successfully, according to the rules, a single repetition with maximum pound-age.

(g) **Personality Dimensions:**

**gi. Adaptability (Ad)**

It is the ability to accommodate, accepted and adjust to changed situations appropriately. Those individuals, who score high readily, accept any beneficial changes are said to be highly acceptable.

**gii. Achievement Motivation (Am)**

Achievement motivation is defined as a predisposition to strive for excellence. Its reflects the amount of actual experience the individual had and the degree to which is currently interested the concerned. High scoring individuals may be describe as ambitious, covertly interested in their career and realistically involved in various aspects of life.

**giii. Boldness (Bo)**

High scoring individuals on boldness are typically adventurous, bold and energetic with good insight. They enjoy being the focus of
attention in groups. They are quick decision makers but do not necessarily make the correct decision.

giv. **Competition (co)**

Competitive individuals are self-assertive, dominant, and aggressive. Such people are forceful and are generally very direct in their relation with other people.

gv. **Enthusiasm (En)**

High scoring individuals on these dimensions are generally cheerful, talkative, and lively. They enjoy parties, show jobs that offer variety and change.

gvi. **General Ability (Ga)**

High scoring individuals are intellect, high abstract thinking, sensitive to minute details, and fast learners. They are also inclined to have more intellectual interests and show better judgments in their observations.

gvii. **Guilt Proneness (Gp)**

Individuals having high score on Guilt proneness are escapists, shirking responsibility, falling insecure and depressed. They feel over-fatigued by existing situations, and are easily downhearted and remorseful. They also feel that people are not as normal as they should be, are inclined to piety, and prefer books and are quite interested in people and noise.

gviii. **Imagination (Im)**

Persons with high imagination scores are self-absorbed, impractical, and untraditional in ideas. They have placed disregard of practical
considerations with hysteroid-episodes of relatively childishly dependent behavior.

**gix. Innovation (In)**

Individuals with high score on these dimensions, have experimental thinking, liberal ideas can analyze concepts swiftly. They do not follow traditions, trust logic rather than feelings and prefer to break away established ways of doing things.

**gx. Leadership (Ld)**

High scoring individuals control, direct and initiate action for a group. They usually occupy such positions in a group that commands a certain authority or potential for controlling the behavior of this group. They are also adventurous, responsible to people controlled and have strong will power.

**gxi. Maturity (Ma)**

The individual’s levels on maturity may be taken as an index of his stress tolerance. The higher the maturity score, the more recourses the individual has available to meet the challenges of the life.

**gxii. Mental Health (Mh)**

High scoring individuals on mental health are zestful, well adjusted and have a positively harmonious state of mind. Mental health consists of various other personality characteristics such as emotional stability, impulsivity, self-security and low tension.
gxiii. Morality (Mo)

Individuals who score high on this dimensions tend to be more persistent, more respectful, having high sense of duty, attentive to people and emotionally disciplined.

gxiv. Self-control (Sc)

High scoring individual generally have high self-image, socially conscious and strong will power. They show socially approved characters responses, behavior control, persistence, foresight, considerateness of others and conscientiousness.

gxv. Sensitivity (Se)

Descriptions associated with high scores on this dimension include tender minded, dependent, overprotected, fidgety, clinging and insecurity among individuals. They usually prefer to use reason than force in getting things done.

gxvi. Shrewdness (Sh)

High scoring individuals prefer being around ‘polished’, sophisticated people. Their feeling is not easily swayed and that they are polite and diplomatic about handling other people. They prefer to keep problems to themselves. They may also be described as ingenious, good at clinical diagnosis, and to social reactions of others.

gxvii. Self-sufficiency (Ss)

High scoring individual of this dimension are independent, manipulating and enterprising. They appear to be related to success at school, particularly at the upper educational levels.
gxviii. Suspiciousness (Su)

High scoring on this dimension include suspecting, jealous, dogmatic, critical and irritable. High suspicious people are bothered about what other say behind their backs and they tend to be critical of others work.

gxix. Social Warmth (Sw)

High scoring individuals are usually found to be very warm hearted, personable and easy to get along with. They are most satisfied and successful in occupations where public relations or interpersonal contact is essential. They prefer to adapt to other people schedule rather than require others to adapt to their schedules. They are also more likely to share their feelings with others.

gxx. Tension (Tn)

High-tension scores are irrigated by small things, are short tempered and may suffer from sleep disturbances. Extreme cases involve being irrationally worried, tense, irritable, anxious and in turmoil.

(h) Factors of Life Attitude Profile:

hi. Life Purpose (LP)

Living a life of passion and significance requires knowing what a person’s definite purpose in life is. Defining and living with life purpose gives us an overwhelming sense of fulfillment and meaning to our existence because it provides a way to use values and passions and directs towards a meaningful objective. It’s the most powerful and succinct statement about a person’s highest mission in life. It is not a job or
vocation or any specific action, but a deeper purpose that can be fulfilled through any job, any activity, and at any moment in time.

hiii. **Existential Vacuum (EV)**

Existential Vacuum is the psychological condition in which a person doubts that life has any meaning. It’s a feeling of boredom, emptiness and meaninglessness. Individual relies mainly upon the actions of others and neglects the meaning of his own personal life. Hence he/she see his own life as meaningless and fall into the existential vacuum—feeling inner void, depression and aggression. Its progressive automation causes increasing addiction, alcoholism, juvenile delinquency, and suicide.

hiii. **Life Control (LC)**

Life is undeniably a pretty complex term. When we look at all the different aspects of a human being’s life, what we are responsible for and what we can or cannot control, the list can grow quite long and into many layers of details. Take for instance circumstances, emotions, skills, diseases, other people’s behavior, luck, success and happiness. Many people find themselves out of life balance when they only rely on one form of control. They get mad at the universe or themselves when there’s no single solution to all of their daily matters that they want to control.

hiv. **Death Acceptance (DA)**

Acceptance of death involves the growth of knowledge of self through psychological and spiritual development. Anxiety and fear of death can be alleviated by understanding death is the final stage of life
that should not be feared and that it can be an enlightening experience for both the dying individual and his or her family and friends.

**hvi. Will to Meaning (WM)**

Living from your soul means that your authenticity is connected with your will to meaning. It is the will to meaning that will inspire you. A will to meaning means that you have a concrete and clear goal and a strong determination to achieve this goal. People who are driven by their will to meaning are people with a strong intention and with a great confidence that they can realize it. Just by having a very clear will to meaning it will come to fruition.

**hvi. Goal Seeking (GS)**

Goal seeking is central to the manner in which individuals define success and judge personal competence, both critical determinants of motivation is associated to task master, the beliefs that both effort and hard work eventually lead to success and that sport should encourage a physically active lifestyle, and to moderate-to-vigorous physical exercise.

**hvi. Future Meaning to Fulfill (FMF)**

The individual is accountable for finding their own meaning, which may be external to themselves, religious in nature or focused on relationships with other people. Meaning and purpose is conceived in the definition of future goals, and this conception helps contextualize and transform the present state of mind. The dialectical process of a future goal transforming the present moment unleashes the authentic power of an individual. Once authentic power has been unleashed, the individual’s past can be viewed as a tapestry where all experiences and events have
converged to shape the present moment, and the present moment has meaning in the context of a future meaning or goal.

1.4 **OBJECTIVES OF THE STUDY:**

Every research must have some objectives to achieve. The present study aimed to achieve the following objectives:

(a) To explore the relationship between dimensions of life attitude and twenty personality variables for sports persons of body builder and weight lifters.

(b) To determine the contribution of personality variables (independent variable) to factor of life attitude (dependent variable) in terms of accountable variance for sports persons of body builder and weight lifters.

(c) To identify the significance of difference between body builders and weight lifters on personality variable and its dimensions.

(d) To identify the significance of difference between body builders and weight lifters on life attitude variable and its dimensions.

1.5 **RESEARCH HYPOTHESES:**

In the light of the objectives of the present investigation, following hypotheses were made. All the hypotheses were formulated in the form of null hypotheses.

$H_1$. There would be no significant relationship between factors of life attitudes and personality variable for sports persons of body builders and weight lifters.
H2. The personality variable (independent variable) will not contribute significantly to factor of life attitude (dependent variable) for sports persons of body builders and weight lifters group.

H3. There will be no significant difference between body builders and weight lifters group on personality variable and its dimensions.

H4. There will be no significant difference between body builders and weight lifters group on life attitude variable and its dimensions.

1.6 DELIMITATIONS OF THE STUDY:

The present investigation had certain delimitations, which were as follows:

1.6.1 Life attitude and personality variables determining factors of behavior, so we cannot be exactly sure about the cause and effect of relationship between them. Life attitude may also determine personality and personality may determine life attitude. It is only for the sake of convenience that personality variables have been considered as independent variables and life attitude as dependent variables.

1.6.2 Selected sample would be drawn from the game of bodybuilding and weightlifting.

1.6.3 The study would be carried out on All-India Intervarsity and other similar state and national level tournaments of bodybuilders and weightlifters.

1.6.4 The number of bodybuilders and weightlifters to be included in the sample would be limited to 400.
1.6.5 The age of all the body builders and weight lifters would be in between 18 to 25 year old.

1.6.6 The study would be conducted on male sports persons only.