ABSTRACT

The present study of attitude towards life of spots persons triggered by a conviction that meaning and purpose play a powerfully generative role in development and its role has been recognized in research and practice. “Meaning” and “purpose” could make a difference that they could motivate someone to do something and shape a person’s basic choices about how to live. The present study entitled, “A Study of Attitude towards Life in Relation to Certain Personality Variables among Sports Persons” was undertaken to explore the effect of different dimensions of personality variables on different factors of attitude towards life among body builders and weight lifters group. The data was collected from all India Intervarsity and other State and National level Tournaments. The procedure of cluster sampling was adopted for the collection of data from 400 sports persons including both 200 body builders and 200 weight lifters with the age group of 18-25 years. Attitude towards Life of sports persons was assessed by using, “Life Attitude Profile” (LAP) developed by Recker and Peacock (1981), consist of 44 statements. The LAP deals with seven factors namely-life purpose, existential vacuum, life control, death acceptance, will to meaning, goal seeking and future meaning to fulfill. Similarly personality of both the groups was assessed by “Multidimensional Assessment of Personality” (MAP) form “A” consist of 147 items developed by Sanjay Vohra (1993) of Psy-com Services. The test is constructed to measure 20 dimensions covering adaptability, achievement motivation, boldness, competition, enthusiasm, general ability, guilt proneness, imagination, innovation, leadership, maturity, mental health, morality, self control, sensitivity, shrewdness, self sufficiency, suspiciousness, social warms
and tension. Each player was given two questionnaires, which were filled in two sittings. Important instructions were given to the sports persons regarding filling up the questionnaires. The data were gathered individually by the investigator. The scoring of both the test was done according to the instructions provide in the respective manual of each test undertaken for the study. Raw data collected in this study was subjected to analyzed by using statistical technique i.e., Pearson Product Moment Coefficient of Correlation, Multiple Regression Analysis (step-wise) and z-test. In the context of the present study the first objective was, “To explore the relationship between dimensions of life attitude and twenty personality variables for sports persons of body builder and weight lifters”. For this purpose, Pearson product moment coefficient of correlation was used and the findings revealed that, in “body builders” group, achievement motivation and shrewdness showed significantly positive relationship also boldness and self-control showed significantly negative relationship with “life purpose” factor of life attitude scale. Shrewdness and sensitivity showed significantly positive relationship with “existential vacuum”. Suspiciousness had significantly negative relationship with “life control”. General ability significantly positive and leadership showed significant negative relationship with “death acceptance”. Imagination and tension showed significantly negative, and maturity showed significantly positive relationship with “goal seeking”. Similarly in the case of “weight lifters” group the researcher found that maturity showed significantly positive and suspiciousness significant negative relationship with “life purpose”. Competitiveness, sensitivity and tension showed significantly positive relationship on the other hand maturity, mental health and morality, showed significantly negative
relationship with “existential vacuum”. Maturity had significantly positive relationship with “life control”. Achievement motivation showed significant negative relationship with “death acceptance”. Boldness and enthusiasm showed significantly positive also guilt proneness significantly negative relationship with “will to meaning”. Innovation showed significantly negative also competition significantly positive relationship with “goal seeking”. Finally boldness and tension showed significantly positive relationship with “future meaning to fulfill” factor of life attitude scale.

In order to determine the contribution of personality variable (independent variable) to factor of life attitude (dependent variable) in terms of accountable variance for the sports persons of the body builders and weight lifters. The second objective of the present study was, “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. The data was analysed by step-wise multiple regression analysis. After analysis over all findings of multiple regressions analysis revealed that, weight lifters have more positive attitude towards life as compared to body builders group. These differential effects of personality dimensions towards life in weight lifters can be explained due to the fact that they have more positive life attitude as most of the dimensions of life attitudes such as life purpose, life control, will to meaning, future meaning to fulfill and goal seeking are positively influenced by maturity, boldness, social warmth, shrewdness and competitiveness dimensions of personality questionnaire.
Finally, “To identify the significance of difference between body builders and weight lifters on personality variable and its dimensions” z-test used and the findings showed that although mean score of both Body Builders and weight Lifters were above average on most of the dimension of personality variable except adaptability and achievement motivation. Weight lifters scored significantly higher than body builders in terms of mean scored on personality variable and life attitude scale that play a powerful generative role in the development of positive attitude towards life. Weight lifters have meaning and purpose in life which motivates them to do something and shape their attitude of how to live.

At the end of the study I want to say that, researches and exploration are not the end results but there always open the way for future investigation. Similarly, the present work is not the end in this area. In fact, all the variables can never be studied in a single research. So the present study is confined to study the attitude towards life and certain personality variables only. The results of the present investigation led to certain possibilities for further researches and implications.