CHAPTER - I

INTRODUCTION

Participation in the affected by the modern sport of physical, physiological, sociological, and psychological factors. The training, which is a long day for good physical fitness, the athlete, and the emphasis of the different types of motor skills is involved in the game, and in the educational strategies, techniques and tactical game. Until very recently, the physical education teachers are not paying attention to the social and psychological factors, which, although it has been shown to contribute to the greater performance. Only recently the sport and physical education teachers the importance of education and the spiritual preparation for the players and the strain of sport. Yes, and now it is the sport of physical training and teachers more importance it attaches to the building, and the psychological, mental gamers the competition in the domestic and international competitions.

The modern, competitive sports psychological preparation is the team at least as important as the skills of the game they scientific methods. In those days, the team is ready not only to the game, but the win the games. And the games, not only for the expertise, the spirit and the gamers play games. The mental attitude will help you, and every player or hinder the team. Most of the physical education teachers agree that the physical characteristics, the players and skills training is very important, but I feel that they, too, good mental or spiritual preparation for the competition by the necessary to success.

The aim is to make the sport more competitive in this age, that the international meets, or necessary, that the best economic competition. And this is the factor that the physical education teachers try to concentrate. In order to achieve the objective, and the social expectations of gamers, also without hard work, taking into account the activity, the daily lives of many hours. Stress, both spiritual and social disables the peak performance of players. Unless the players are prepared mentally and emotionally and to the competition, they are not able to provide the desired result. The mental training should be given the stressful situation the players coaches of competition.
Sport has become the psycho-social activity, total voltage, anxiety, fear, and voltage. The competing teams, and individual sport players play to win and in this spirit the winning matches and, in some events cause much psychological stress. The task, so that the car or the train the individual athlete, as well as the teams so that the players individually, as well as, the capacity, the members of the group of all types of stress, and excessive stress can deteriorate the sport. The players in a difficult, and it must be done, that the physical training, spiritual practice is the schedule and the stress of competition, because it is the competition did not come, and the troops, sportsmen and sportswomen of psychological stress.

The modern, competitive sports the sports performance, and attracts the attention from the researchers. During the physical load of sportsmen and sportswomen to international competition, more and more and more daily competition under the psychic stress. When he realized that the competitive sports, athletes and is prone to anxiety. And so in these days, the spiritual training of the participants, and the athletes it attracts more attention than in the past.

Most of the IT development, sport scientists of physical and physiological point of view, that is, the players' strength, endurance, and speed as well as the best in the training, and the Hungarian gamers and mentally ready for the competition, it will not win the competition, or the maximum power the objective is the optimum modern sport.

And so it has become necessary to conduct research on, in order to enhance sport performance of psychological factors. It is necessary that the research of national and international artists and the individual psychological characteristics. It is also important to know what type of emotional problems, such as anxiety, fear, aggressiveness or stresses that occur when the face, and a strong opponent to defeat these problems/performance optimal results. It is also possible, if the appropriate research scientific line in the upper level. With this in mind, i.e. five psychological variables visible reaction time, tone, response time, extraversion and neuroticism competitive with the disjunctive reaction time, visual and acoustic neuroticism, extraversion and competitive worry for the present study were examined.
The great majority used the empirical research, which may or may not include the most important factor is the sport's theory. The Cattell (1973) is looking for theory, the marks. It is reasonable to assume that the internal dispositions or traits are relatively stable, and durable, so the site environmental or overwrite. That is the question that it should be the cold, and the questions the answers to the general situation in the sport. Thank you for your concern, that the overall category. He could not, that the person the omnibus edition of anxiety may be inferred that she had never will be enough; there are no situations in which the heart rate may increase a little bit. Mischel, exemplified, [1969] the social learning theory, it appears that go too far the other extreme, to the dispute in accordance with your personal taste. It is considered to be the paradigm is a factor, and maintains that behavioral change in the situation in which the person.

The physical fitness and health every individual is well documented. Physical fitness required elements in the society. HEALTH-RELATED physical fitness depends mainly on the special lifestyle factors, such as the daily physical activity. They think that the physical fitness level is related to the individual's higher mortality rate. Physical fitness may be the different environmental conditions, the physical task.

Physical fitness can also measure the most integrated, if not all functions, the body of a muscular, respiratory, nervous and endocrine cardio-hematocirculatory psycho-history, is involved in the metabolism) the daily physical activity and/or physical exercise. Regular physical activity is an important element of healthy lifestyle habits and will contribute to the organization. The remove skeletal muscle physical activity from the physical movement in the energy use. Not only the physical fitness and sportsmen and sportswomen necessary for better performance, but if you are not in the sportsmen and sportswomen of the maintenance of healthy body and healthy mind.

The research, the researcher attempt to understand the obesity and the health-related physical fitness and how can we cope with the situation and obesity, urban level of physical and collegiate assessor. The health fitness; this is one of the things, which is simply ignored. This is a basic thing, but this technology and others have brought us, many of the people would forget it.
The fitness fitness, health, inter alia, the balance of payment development and the improvement of the quality of life. If may be better to understand the definition. HEALTH-RELATED physical fitness contains two main parts and diet; activity

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The health fitness, the activity is not only a strong, muscular, endurance training. The lungs, heart and circulatory system is also the focal points in health and fitness. The reason is that stamina, immune system, the organization and of the correct composition. Health fitness reduces the cardiovascular diseases, like cancer and other diseases like arthritis, asthma, respiratory problems. Many in the activities, which the less-favored workout plan. It is recommended that sport, or any other workouts. The exercises I like you much better, and to the other practice will focus on strong, muscle development, and durable. This is less prone to. The strength training and fitness programs combined cardiovascular, younger, so I can feel it. This improved self-evaluation. In addition, it reduces the stress and depression. If you are interested in that the most effective, professional and with him. If, for certain health conditions, the will be the best if you first contact the doctor. The Cardio and body composition, strong and robust, flexible solution The other important thing, and it should be taken into account. The health fitness training program improved the flexibility in mind, the students physical fitness is an important fact that there must be no one to obtain the difference. To prepare for this exam, adulthood (Sallis health consequences. 1992) A large number of studies have been reported in the physical fitness a number of countries, the whole world. The children's physical fitness Denmark (Knuttgen 1961), England (Campbell & Pohndof, 1961), South Africa (Sloan, 1966), Belgium (Hebbelinck & Borms 1969), Israel (Ruskin long lengthy, 1978), & Japanese (Ishiko, 1978) the literature. These are reports health designers, they would understand how important it is for health education and physical fitness development provides the full functionality. The practice of the physical tests, the children in different countries.

Fitness is generally considered that the five elements: aerobic capacity, muscle strength, durable, flexible, and muscular and body composition. This is, if during the investigation the physical fitness of functional status in the system. This is the reason why, nowadays, in the physical fitness is one of the key health indicators, and the Predictor will default to ON and the morbidity and mortality of cardiovascular
diseases (CVD) and all is well. The last decade, reduced physical activity, inter alia, the college students. The physical fitness fitness Council President of the council of national quality medical and dental treatment, and management, and protection against other diseases, good nutrition, proper rest, the relaxation exercises, and in good health, hygiene, and other considerations for the healthy lifestyle. This essential element in the practice of the achieve and maintain physical fitness. Physical fitness in both the society. If it is not possible to physical development and the courage not to undermine the what is the thought and the job. So physical fitness is an important precondition is that the possibilities, the nation and for the citizen gives each an opportunity to complete the capabilities and a better. Recent studies indicate that the United States does not participate in close to half the collegiate audience the moderate or vigorous physical activity [Peter et al. (2010) examined the trends, the body weight, body fat index physical fitness, inter alia, the city man, and college students. The researchers found that there was a small and decreasing minority male and urban community college students who are physically. The great physical fitness level is linked to the protection of children and more favorable health-related results late adolescence, and that the present and the future of obesity, cardiovascular disease risk, health and mental health, which highlights 2 1, the physical aptitude examination health and/or education systems. Vigorous physical activity (aerobic fitness) is closely related increases the maximum oxygen consumption (kg ml-VO2ma, min.

The research has examined aerobic fitness led to conflicting results are African Americans. For example, if the investigation is not found for men and women for the sex aerobic fitness level in the African American another study found that the women of African American hadsignificantly a lower-level aerobic fitness Mexican-American women white and. There is such a distinction of African American man in the a register, however, that a new study found aerobic fitness level is less than the men are the African American women compared one and the white man. The study emphasizes the physical fitness the physical and urban college students. There is no need for the students and the physical fitness should be analyzed for their own benefit and development. For the students and the higher productivity be healthy good physical fitness. The purpose of this study, that the physical fitness to analyze the IAU joint committee - shabestar. These two factors and we can write, and it must also be assessed for health and physical fitness the second factor is the study of obesity.
among students collegiate assessor, the physical and the urban collegiate assessor to
the students and, therefore, what is obesity? obesity and excessive fat accumulation of
extraordinary. Body mass index (BMI) is a simple index weight-height in general, the
obesity and overweight adults. This person the weight in kilograms divided by height
squared (kg/m2). And this the WHO definition: a BMI greater than or equal to 25
overweight or BMI greater than or equal to 30 obesity. Most of the useful public
BMI-value of the overweight and obesity, it’s not the same, the two sexes and all ages
the adults. If, however, it should also be taken into account because it may be coarse,
does not meet the same degree of different persons.

There was present the past four decades, that the government is not overweight
and the physical fitness all genders, and ages of adult racial/ groups (e.g. Ichinohe et
al. 2004). The negative effects of degraded physical fitness for both individuals and to
society from the serous and multi-dimensional. Therefore, many coronary health risk
factors, in the individual sheets are cancer, diabetes, high blood pressure, stroke,
gallbladder disease, respiratory problems, and increased moral catalado gout
(1999). The relationship between adults, the physical activity, health related fitness,
and a fairly well-known (boucherd, shepherd 1994). The physical activity level is low
and Cardio fitness, as well as the related respiratory greater the risk that each cause
and, in certain diseases (e.g. Thune et al. 1998). Physical fitness is the ability to
perform daily activities voluntarily and actively. Not only the physical fitness and
health sports, and the regular physical activity prevents or limits, and the BMI (Kyle
can be no difference. 2001). The College in accordance with the national health survey
35% of the overweight American university students risk behavior (Lowry can be no
difference. 2000). This is not surprising considering that more than two-third
American adult population overweight (e.g. Flegal. 2002), America's weight gain
leading health problem (e.g. Mokdad et al. 2001). The Committee of Experts the World
Health Organization (1981) the physical fitness and the ability to work together, and
muscular”. Physical fitness is fairly well, the earlier, different types of physical
activity, without unduly tired, including the quality, it is important that each person in
the well-being and health of different level of physical fitness in time, place, situation,
and in addition, the daily activities, and of the individual, if the optimal usability. The
physiological point of view, the physical fitness, they are able to adapt to and
grounded in the strenuous task. Physical fitness is an important element of health
(lamb can be no difference. Twisk 1988; can be no difference. 2002) And may be important for functional activities and of the quality of life (Noreau, shepherd 1995, Stewart can be no difference. 1994). Low physical fitness the large physical load Bruinings activities (e.g., et al. 2007). As a result, activity level reduces the fatigue and the aggravated anxiety, physical fitness. Caspersen and his staff many health related components of physical fitness, i.e. aerobic capacity, muscle strength and endurance and body composition Caspersen (e.g., ET al. 1985).

An emotion the observation. This may be a method by which to study other phenomena may be the universe. But there is also among the men. The boy, and who have never learned the hand, not only as the needle was pricked, and he shouted, that it hurts her. The green is not only the denunciation shall take effect, which experience, that the experience is one that has the result that expressed in the declaration to the effect that the pain. This experience is not observed by others, but to my own, personal. The one to whose only for one. For the ancient thinkers in general, the study and analysis of such experiences. Are well aware of the mental activity. We are not aware of is not the only experience. But any intellectual neuromuscular any intellectual activity. Some decades ago, the psychologist Watson tried to limit the psychology and the human emotions, to other persons under surveillance is only the symptom. Other words, it was the objective, that objective psychology completely. Whereas, in the personal, subjective, he said that it is not possible to psychology. So it was no trouble to the swings almost exclusive drawing on experience, the almost exclusive drawing on experience, the campaign experience with the waiver.

As we have seen, all intellectual activity includes the nerve-muscle. The sensory organs, the brain, the spiral cord, and the muscles very active intellectual activity, do you know that. This mode will not accept the old saw that psychology deals with the spirit and the intellectual activity, but the psychologists, who only emotion psychology Watson. Often emotional cannot be understood without knowledge of the experience, which influenced the events. Desires and can affect the thoughts. The psychology principles and measures to the external, it is also the adult men be able to describe them in its own experience.

We are the wide way the psychology deals with the two aspect of the emotional problems. On one hand, the general laws of human emotion and
experience, the psychology of the purpose of the general laws, which all of the good
man, or not, that is, species, etc., and is designed to study the individual differences.
While the men are able to learn, this is a well-known fact, that the rest of the
information faster, and take less time and a few longer learn about the same activity,
poem or song. This is due to the fact that the fact that the memory, intelligence, etc.,
there are also differences in personality, leadership, and so on. There is a difference
between them. The differences in children, adolescents, adults and old people. This
aid the development of the psychology to study the differences for the various stages
of the traffic in human beings. Differential psychology studies the differences
between individuals. If they, too, it is found that these differences some general laws.
Thus, the aim is to ensure that the individual differences is psychology, as well as the
general principles.

We have studied various aspects of perceiver, who is a man, man, man and the
actions to be taken, the adaptive. "But it still was not clear that this is only a three-
class A - the analysis purposes, and that man, and the social and the physical world an
indivisible unit, who do you want to and you can at a time. Now, however, the task of
synthesis - the job description of the whole man.

The first thing that becomes apparent in the manifest man himself is to the
infinite. It was not just like you, and never will. And one of the most important factor,
which distinguishes it from the neighboring, motivating, and learning processes for
each sample capacity: intelligence, skills, talent and skills. The patterning and synthesis
allows you to you, Jim McGraw Hill, or Shirley Cohen, or Tony Morales instead of
Mr. someone.

To study the man's ability to thoroughly test the intelligence. Representing
literally millions, of different age, economic groups, cultures, nations and peoples
have been subjected to the intelligence of one kind or another. There are specific tests
(if applicable), the person and the group (more than one hundred people in a timely
test); -tests (where the scores determine the correct answer to the swiftly, that should
be given) and the tests (if the job will determine the score); oral tests berbal answers
for the questions (FAQ) (power), and communication, inter alia, of the answers, and
repeated color pearls in the given order.
The taste is also a lot of useful information has been accumulated. What determines where may be relatively quickly and reliably the person in the group, and the many different situations pre-performance. But the question is, what is what is, what is this "intelligence" is still will go unanswered.

The concept of intelligence and the different ways different ways. In each, to enable them to adapt to new circumstances, other ability to learn, and even others, the thing is complicated and abstract.

It is the other psychologists (and other) definitions of intelligence, and many research these issues should be treated. However, this definition of the research is not clear. That's the reason for the many psychologist now reached the point where it is no longer ask "What is the news." It was decided that the useful knowledge for work measurement. In this respect, it must be so designed that the physicists have studied, when. It was not long ago one reliable heat ever invented the thermometer measures the temperature fluctuations and the instruments they can many important physical laws.

Standardization the smart. But the above group. He said that the "average" ten years earlier certain elements of the intelligence test means that you have previously tested a representative sample of the general population and children. This is the procedure for the so-called standardizing the test items. The problem is that is truly representative of the general population sample. If you are not in the total population of children's intelligence test, which the sample was not only the children of children less economic groups, the I. Q. This thinking, the fact that I. K. : This is a relative, not absolute.

Adult I. Q. We have seen that of the available knowledge does not increase as the age is not adult, of course, it does not mean that the concept means the same I. Q. the adult person is not as old as the approx 16. In order to ensure that the I. Q. the adults more simplifying assumptions. The computers on the Stanford University - Binet I. K. To everyone: 15 years of age is a chronological order in the age of 15 shall not be considered as a fact that how many years. Because it is reasonable to assume that the adult is not intelligence is becoming more and more in this age. Thus, the formula is the I. Q.
This is a adult M.A. X. 150.

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Whereas the Stanford-Binet test of the children and young adults (not more than 18) standardized many psychologist considers the appropriate test for older adults. The difficulties mentioned above the number of tests, which the adults have been developed. Among the most commonly used the Wechsler adult intelligence scale is composed of two parts: an oral and a high-performance, five. Does not include the oral part of the information, and vocabulary, the arithmetic mean of the memory back and forth, rezoning numbers, etc., which includes the performance tasks (this includes the total amount, the human profile - very much like a template - jigsaw pieces), image, image, etc.) don't forget that the relationship between subjects, the Stanford Binet and Wechsler intelligence scale approx. 85 adult.

The summary. Select the less intelligent the difference between smart children Association des Constructeurs d'Automobiles, automobile manufacturers are generally more principles of intelligence test the first place, the objects, the fact that the "intellectual" in the different ages and, on the other hand a distinction must be made for the children, that the children the age of lot. Other considerations were taken into account the items should be relatively easy and score, if the sample a wide range of tasks, and should reflect the common experiences the children.

The representative samples are standard parts allows us, and the raw scores news received on the basis of age (I) Q. and supporter. If we find that this is a relatively permanent developmental growth intelligence shows about 14 years. This may be a "known" the intelligence. But this fact makes it possible, that the difficult position the question is, has been the concept of an adult.

It was found that the power of the few personality variables. Neuroticism Extraversion variables affect the performance and the sport a variety of other personality. Extraversion, it was found that the dominance and for athletes is extremely related to and supporting the participants in the sport and Sperling (1942), Tillman (1964), Ruffer (C. 1965), (1965), Wernet & Stembridge and Gottheil (1966), Bruner (1969), chase (1970) and Ikegami (1970).Extraversion, alderman (1974), was developed by the construct of Jung (1933) Two main attitudes the personality: the
extraverted, the external, objective world, and themselves, which of the internal, subjective world. Eysenck (1947), in which the two great individuality extraversion and neuroticism-stability the main subject of his introversion descriptive theoretical structure: extraverted.

"Outgoing, impulsive, and it is part of the group activities, and with a friendly, easy-to-remember, desire, excitement and many social relations, stick their necks and take chances, the minute, optimism, aggressive, easy-to-loses his temper, he laughed at, and does not know its own feelings.

The Eysenck (1947), extraversion is not the best for the behavioral description of the personality, but the biological causal factors source. Extraversion it can be explained by the fact that the fact that the neural level subject of his introversion-extraversion scale reflects the excitatory-inhibitory function on the center (to) nervous system. (1967) also suggested that the reticular extraversion - complete system and the brain. This means that the size includes the reticular activating system. On the proposal of the Commission, the excitation was founded by the belief that the external stimuli (e.g. The competition) is higher than extraverts introverts.

This linkage the formation of the personality dimension reticular hypothalamus and, I think, that other's opinion does not reflect the continuum Eysenck personality. For example, the external stimulus-excitation causes (such as the situation requires that the sport) is higher than the extraverts introverts. This is because he saw it too, that the weaker neurological introverts than extraverts. In contrast, because he thought that blocking is greater than the extraverts a stronger inhibitory mechanisms of neurological stronger. The reason for this is that weaker sensitive nervous system, and starts to respond to the high-intensity stimulus nervous system has no effect. This system has the answers with the weaker is closer to the highest level, in a stronger stimulus intensity through the continuum to respond. Eysenck you feel that this a-introverts supremacy, which hinders the learned behavior and the answer is that the personality profiling their emergence introverts live weight. In contrast, if it is not present, does not lead to such restrictions and the nation-state system characteristics extraversion.
The alderman (1974), "The Eysenck may also be interpreted as indicating that the power supply and the blocking of high extraverts, and not by the other introverts. For athletes, it was quite a different answer and then, if there was such a level is located on competitive conditions, depending on whether or not, that is primarily extraverts and introverts. For example, if an athlete, there is a problem have extraversion, more and more and more on the game, the great subject of his introversion, but it would be better able to handle, and the channel in the game because he was strong inhibitory mechanism".

It appears that, in one of the most important characteristic is the personality the two interesting consequences of sport athletes performance, for example (1) the extraverts Eysenck the small difference in the sensory deprivation and greater physical pain because a higher threshold. This explains why you are sportsmen and sportswomen, and physically active, and relatively well to a physical pain, that long-lasting events and the hard physical training programs-to-know. 2. The generally accepted fact that a optimum level, the stimulation, or activation, there is the maximum power to the person. In general, the inverted U-curve relationship shows that the person concerned, a woman up to an optimal performance, after which further deterioration representation.

Alderman Eysenck (1974), "the that the personality variables, and claimed that if extraverts neurological effect stronger intensity, which contained a higher threshold (e.g.,), a higher level, that the power is reduced. This is, of course, is true of a great athlete. It is resistant to ultra-high-level representation and the intensive competition in the viewers more vociferous reactions in general, without the loss of performance, one of the most important features of a successful athlete. A partial explanation for this to withstand a neural explanation of Eysenck extraversion - a trait that is continuously the for athletes.

Eysenck (Early 1960S, developed by two great personage, the scale, the extraversion continuum is a subject of his introversion, and the N-scale, the continuum between neuroticism and stability. Despite the fact that it is basically the personality, behavior, made an attempt to show a causal link between the personality characteristics biological sources. He also believes that behavioral characteristics can be explained by the neural level reflects the F scale and the excitatory and inhibitory
functions of central nervous system (e.g., the cortex) and the N-scale is to the excitation of autonomic nervous system.

Neuroticism responds to the stress, the individual some unpleasant situation more than the usual quantity in the sadness and depression. High level decreased anxiety and self-confidence and activity, and the general decline in. Eysenck (1967) suggested that the persistence, the hypothalamus neuroticism. The explanation is rotating around the center the autonomous nervous system hypothesized. It also maintains that the vegetative nervous system reactions rooted in the ground person constitutional structure, which will forward the incoming stimuli the nervous system. Although different people, in order to encourage and respond to the sympathetic the para-sympathetic system is controlled. Eysenck, yet feels that the autonomous nervous system, in fact, emotionality. In this context must be provided with introverts and extraverts had attracted more than chronic neurotic or unstable the people, and it is much easier than the enraged people stable.

If, however, Eysenck (1947) finds that neuroticism (emotional instability) indicates that, "the general emotional-neurotic and of responsibility". Neuroticism-stability already explains the bipolar dimension of instability the vegetative nervous system. He also maintains that the autonomous reaction is essentially depends on the individual's constitutional structure, which will forward the compassionate or voluntary reaction of incoming stimuli. In spite of the fact that it appears that the normal way to respond to the different individuals, and the way in which indicates to the para-sympathetic. In spite of the fact that this is the autonomous nervous system by Eysenck emotionality is likely to be the individual differences. This is essentially the previous integration and conceptualization Jung ideas (11039), Pavlov and all that sort (1934) and hull (1952), who suggested that the excitatory and inhibitory functions, of the differences in taking into account the atmospheric human personality. The baroness Kho-Kho assessment self-concept as dominant or submissive, emotional or social or seclusive the group certain extent what he consciously or unconsciously compares. No one is born is already fully self-concept. Experience has shown that the criticism and the success or failure. This in our family, our friends, what is the society, and the world around us, ripe and evaluate the physical, social and emotional characteristics.
Hopkins (1973) studied with his own perception of the disabled people in and announced that the handicapped children handicapped persons is a feature. This is the physical appearance of the personality of the critical variables physical LY for handicapped children. Dreikurs (1948) reported that almost half of the 40 model used consciously seriously cripple children and the ability to, and it really is. Everyone it was a poor self-concept, their self-image was distorted and unemployed. These are felt guilty fear more than able-bodied children. These poor exhibit self-concepts. Shakespeare (1975), these tests with the test more disabled people, and if the wrong people were compared. He felt that he was in the right, that must be converted to a man of positive self-concept, and can themselves be a making contribution is worth to society. The test results have shown that the less people would have liked it better adjusted and less social.

Goodenough, Karp (1974) first introduced the concept of spiritual discrimination during the course of studies The congritive Kho-Khodifferences style. "Differentiationf - indicates that the structure of the complex psychological (Witkin, 1978). According to the study of another similar Berry (1966) compared the Temne and the Inuit groups and it was found that the children the Temne seriously punished and disciplined, and more physical LY Eskimo children, as it depends on how much freedom, and were encouraged to rarely punished the early responsibility. As with most test results. Studies have shown that the family socialization experiences (Dyk, 1969; Dyk & Witkin, 1965; Witkin, 1965; and Witkin et al., 1974) is an important difference is in the psychological factors. Therefore, if there is reason to believe that the two types differ in the spiritual children families discrimination. The family is likely to be greater attention field independent, children (Busse, 1969; Dawson,1967; Dreyer, 1975), and the extended family structure is the addiction, however, the nuclear family structure, one must obtain the deviation. To prepare for this exam, independence (Witkin et al. Holtzman, 1974; do you want to, Guerrero & Swartz, 1975). The adaptation (Berry & Kim, 1988), and support systems for Kho-Khos (Caplan & Killilea, 1976; Cohen & wants, 1985) is an important stress factors based on the experience gained by the changes. It is obvious that Kho-Khos, who accept, coexistence and assimilation strategies, experience less stress, who adopt or vulgar strategies experience greater stress (berry, 1990; Berry & Kim, 1988; Mishra, Sinha & Berry, 1996). The social support mechanisms, it turned out that the social isolation
Kho-Khos heightens the stress (Cohen & wants, 1985; Fondacora & and, 1987). Also Kho-Khos own psychological make up is an important variable is the practice. For example, the earth-independent Kho-Khos, who happened to be the cognitively, we emphasize the need to, in less than one Kho-Khos depends on, who, it appears that less cognitively controlled (Berry & Annis, 1974; Mishra et al., 1996).

Mishra & Somani (1993) suggested that the correlation coefficient between the results obtained by the mental health and stress at work turned to negative inspectors.

(1999, Jagdish Yadav and starvation, has indicated that he also was negative the positive self-assessment, the reality, the personality, authonomy group-oriented learning approach, the environmental protection and the general mental health.

Kothari (2000) have expressed that it was not significant difference in the T. B. : patients age, is not, marital status, education and the entire mental hygiene whereas, income, and T. B. patients is not significant.

Ojha (2002) found that in the social anxiety significantly higher orthopaedically handicapped group. Urban and Orthopaedically orthopaedically handicapped, socially anxious more in relation to disabled people. If, however, little of the mental health, the group-oriented approach, its own evaluation the personality, and positive, that LY significant physical disabilities. Latha (2002) showed that the greater anger comma (, 22) and the high scores score hostile (< 9,29) significantly increases the risk of coronary heart disease (CHD).

Khan (2003) said that mentally healthy, and I think it is also not without teachers to good society. And that, moreover, the teachers should be aware and to the mental health programs and practices, so that the driver and the student s guardian/parent, and accordingly, if necessary.

Rathi, Nath & Akhani (2003) showed that personal values rather than hostelers religious scholars day in and day out, and great health scientists personal data. There was no significant difference between the two groups of mental health.
Subjective well-being (locking plate for SWB) is a abstract master construuct Kho-Khos along the affective reactions of life experience the positive-negative continuum (Okun, 1987). The subjective well-being operationalized (Okun, Melichar & Hill, 1990) the life of happiness and moral satisfaction. Diener and, therefore, Lucas & Smith (1999) found that in order to subjective well-being of general scientific preparation specific instead of a category A phenomena which foreign people emotional responses, the domain global decisions and life.

The Diener, used equipment, Seidlitz & Diener (1993) positive correlation was found in the income and the subjective well-being, but Clark & Oswald singled out (1994) DIS does not find a statistically significant effect on the income of the sample britanni high representative. Smith & Razzel (1975) found that the income often keep the great suffering. Thus, even positive stress can cause changes in income, the more positive effects. May not be offset Dinear lately. In 1999, the review of year-over-year, reported that the linear growth of revenue in America but could not find results. It seems, therefore, that there is no relation between the income between the findings and the relationship between well-being. Bradley and Crowyn (2002) mate for the children, and that SES influences more family and neighborhood. The effect of the Childern has its own unique characteristics, family characteristics and external support. Evans and Eshelman Kantrowitz (2002) found that the better quality the elderly residents, is independent of the multiple demographic factors (e.g. Income, gender), I feel that its own, which, it appears that the house and the positive effect of quality. Gorden, wild Lahey, old et al. (2003) describes the marriage does not correspond to that of the family income and the neighborhood may be a positive and negative social comparison, and can affect the young people to participate in the social networks and enriching. Bookwalter and Delenberg (2004) found that there are considerable differences among the economic groups. The poorest, the traffic and the quartiles house will play the most important role in deciding whether the richest quartiles sanitation, water, energy, education and healthcare are relatively more important.

OH(1954) sport operators Kabaddi Kho-Khosports extraverted do not participate in it. It was also found that the sport enthusiasts and dual Kho-Kho less according to your needs.
Husman (1955) has shown, boxers, wrestlers and abbreviation, excellent characteristics, such as the aggressive tendencies. The findings are also leading the country, more than a more criminal than the suprego boxers boxers and a lower cumulative and more intensity than aggression.

Booth (1958) examined the differences in the personality, the MMPI have made a great football player and track and field athletics. The result showed that the track and field in different sports and track and field-scale is the MMPI differed significantly.

Niblok (1960) has established that the urban athletic energetic, enthusiastic, optimistic and effective, more and more and more extraverted.

Slusher (1964), the MMPI has established that even there is a difference between the personality of sportsmen and sportswomen, who took part in the various sport and the athlete.

Carson - study (1963) the group less than you would like to stress the importance of the stabilometer better than the ultra-violent groups early learning. Also, more than one level of learning, and also, it is important to how much stress determining must be present at the learning situation. The job's complexity and the relations between expectancies of interesting complexes athletic performance is to (usually) the expectation that the man will no longer have been less than people are less anxious. The phenomenon can be observed a subject.

As a result, Nelson & langer- (1963) study the results of learning previous study the literature of anxiety (1960) concluded that the high and low level in the learning process because of the anxiety, whereas the learning medium anxiety care ideal environment.

Behrman (1967) study of the differences between a personality not swimmers and swimmers. During the test, the personality the differences between men and between the college swimmers and swimmers are not the personality traspits fins float training and the common. Subjects were compared on the personality tests, interviews, map of the biographic regions who do not learn swim to the objects.
Comparative studies have shown that the difference between swimmers and swimmers and the students, and not to the students.

Etal Peterson (1967) reported that female athlete who participated in the women with the competitive Kho-Khosports Kabaddi sport, adventure, and sensitive, self-contained and more forthright manner.

Rushall (1967) comparing man emotional Intelligence of urban swimmers swimmers also found that in the city social, noisy and the behavior of its own, it seemed that Kho-Khoistic selfish and a man. It was also found that the urban athletes, swimmers, Munn was more than a city is not primarily the float.

Almost all men strive to ensure that it is Fear, and anxiety (1967) impact of many theories Lavitt there is worry for the performance, and although it appears that the interaction of amounts required in order to maximum tasks, it appears that all theories agree that the high anxiety (Browne, 1962, null 1943.1965) Norbert Wiener, a number of the individual techniques, circuit elements appeared (1978) visual engine operation (Rome 1976) Sumn hypnoses Morgan (1972) cognitive behavioral training (Horton and Shelton, 1978), and a progressive relaxation (Tulko Topsi Dowen and Lanning, 1982) and 1976 more athletic transcendental meditation techniques are used, biofeedback, zen, and allows the gamers, autogenic training and sentic cycles Beson, 1975) (the well-known hypothesis the Liebert And Morris (1967) and Sarson (1975) the anxiety is the characteristic of the malicious characters preoccupation driver. This task is not to the point, in particular, the "woory cognitions".The example, an athlete is a negative departure concentrates his thoughts more and more the problem is with the concept on the attention to the task, and the competition. It is therefore necessary to carry out the tasks, the cognitions such the first approach will be irrelevant. In addition, the anxiety, the higher level. He was nervous, do not feel that the athlete and overacted. This aspect is the "emotionality" Liebert and Morris. The second approach to reduce the anxiety with the expectation than the concentration. And, finally, anxious athlete before the start of the examination, in order to avoid the danger in general, the competition in the market and the social recognition. This is the correct application of the methods to encourage necessary. This is the third approach is the behavioral cursed-system the cognition expected further feedback and emotion.
Mulumply (1968) and Ogilvie (1968) carried out is also a related test, where four urban athlete athlete the Kabaddi sport, i.e. deemed Kho-Khosports Kho-Khosports, Kabaddi is very hot, the sport and the athletes, but not the different factors. The athletes, the extraverted Kabaddi Kho-Khosports Kho-Khogroups. This was the discussion of Peterson, Weber and Trousdale (1967). It was also found that the sports group Kabaddi Malumply extraverted, not less than, the sportsmen and sportswomen. If, however, Kho-Kho urban athlete, the troubled, cracks, tough extraverted and Kabaddi athletes was lower than the driver, and a smaller extraverted learns crack.

The study Malumphy (1968) participants in the sport, it was found that more conscientious and persevering, but less imaginative and less) is not the sport. Newman (1968) suggested that the participation in the athletic competition in the high-level personality dimension. He felt that sportsmen and sportswomen, it is difficult, but a good many conscientious less imaginative and less) it is not sport.

He felt that sportsmen and sportswomen and friends, and much more aggressive approach to confidence in more problems, more critical, extraverted themselves and not more than the actors. Ogilvy (1968) also found similar traits must, emotional stability, strong, energetic, self-contained, low voltage level, self-consistent and self-assuredness outgoingness also related to athletic results.

And views from Arun Gupta (1969) studied the Intelligence of hockey champions are not emotional the MMPI test. This examination showed that the result is the best hockey champion major scale is to the PF low. Hockey champions, it was found that large capability, reliability, rather than extraversion, worry less, and less intelligent, compared to non track and field.

Singer (1969) compared the basketball and tennis players players the Epps) and also meets new survivors players also also and sportsmen and sportswomen of the highest and lowest ranked the sport. The Kabaddi scored significantly lower than the other two groups, the eavesdropping is variable, such as the tennis the variable, is less than the normal group autonomy and lower than the tennis group dominance. Both the soccer and tennis team score significantly higher than the normal
aggression factor for the group. There is no difference between the high and low range is not baseball player.

Prey (1970) relationship between the second person complex Variable "extraversuion" and the "athletes" (sprinters), and it was found that more often not extraverted. He also claimed that the distance is larger, subject of his introversion.

Slevin (1970) the stai-ed at the test I Ching calculator the anxiety the new gross motor Ching calculator task. The results have shown that typical great fear of him is also significantly higher overall scores and significantly less than the low scores is not a characteristic.

Dorsey (1976) discovered that relaxation training is not filled with anxiety or of a Member State of the gymnastic performance. Study carried out by Smith (1977), is not the regular desensitization general uneasiness weightlifters collegiate assessor.

Nideffer (1976) has concluded that, in the attentionstyle flexibility is essential to the track and field. Mental errors, because a Kho-Kho a lost, when intentional and/or the focus.

The CTA, Martens, the competitiveness, the tension is set the best feeling of fear" (Marton, 1977 p. 23) while status indicates that the stress is characterized by anxiety, the subjective feeling of fear, and tension, which does not include the road or the activation or the autonomic nervous system (Spielberger, 1966.17 p.). Therefore, the usual anxiety anxiety is relatively stable in the endanger the safety factors of Kho-Kho.

French (1977) also found that biofeedback training significantly improved the engine's capabilities. Another area in the recent past is attracted great attention.

Both types of the anxiety of a sport competition anxiety (central office) (Marten Mickos, 1977), is not a reliable and valid general anxiety and anxiety Spielberger (1970) State inventory (SAI) has proved to be the effective state. OSA the competitive short (site) (Marten Mickos, Burton, and Simon, and Rivkin, 19150) and due to a race condition investigators (Gruber and Beauchamps, 1979. Scalan Ragan and 1978. One of the basis of the available data, it appears that the emotionality, the
athletes to the top three things: (i) on the neuroticism virtually zero, due to the high emotional connection the Hungarian sport is not something other than intelligence (ii) neuroticism is likely to be a successful athletic performance is a manifestation, l, and (iii) due to an object in the tell me high-speed, high-quality, relatively simple task, and the faulty associations complex tasks was present.

**STATEMENT OF THE PROBLEM**

“A comparative study of health related physical fitness emotional intelligence and personality between rural and urban collegiate Athletestudents”

**OBJECTIVES OF THE STUDY**

The following objectives of the study are as

1. The primary objective of the study is to find out the health related physical fitness level between rural and urban collegiate students.
2. The secondary objective of the study is to find out the differences of Emotional intelligence and personality differences among rural & urban students.

**HYPOTHESES:**

The following hypotheses were formulated for the study.

1. It was hypothesized that there would no significant differences between health related physical fitness among rural and urban collegiate students.
2. It was hypothesized that there would be no statically significant difference of intelligence scale of rural and urban Athlete students with respect to self awareness.
3. It has been hypothesized that there would be no statically significant difference of intelligence scale of rural and urban Athlete students with respect to empathy.
4. It was hypothesized that there would be no statically significant difference of intelligence scale of rural and urban Athlete students with respect to self motivation.
5. It was hypothesized that there would be no statically significant difference of intelligence scale of rural and urban Athlete students with respect to emotional stability.

6. It was hypothesized that there would be no statically significant difference of intelligence scale of rural and urban Athlete students with respect to managing relation.

7. It was hypothesized that there would be no statically significant difference of intelligence scale of rural and urban Athlete students with respect to integrity.

8. It was hypothesized that there would be no statically significant difference of intelligence scale of rural and urban Athlete students with respect to developmental.

9. It was hypothesized that there would be no statically significant difference of intelligence scale of rural and urban Athlete students with respect to value orientation.

10. It was hypothesized that there would be no statically significant difference of intelligence scale of rural and urban Athlete students with respect to commitment.

11. It has been hypothesized that there would be no statically significant difference of intelligence scale of rural and urban Athlete students with respect to Altruistic behaviour.

12. It was hypothesized that there would be no significant difference of personality characteristics with respect to psychoticism between rural and urban Athlete students.

13. It was hypothesized that there would be no significant difference of personality characteristics with respect to neuroticism of rural and urban Athlete students.

14. It was hypothesized that there would be no significant difference of personality difference with respect to extraversion between Rural and urban Athlete students.

15. It was hypothesized that there would be no significant difference of personality traits with respect to lie-scale between rural and urban students.

**DELIMITATIONS OF THE STUDY**
1. The study was delimited to the 150 rural and 150 urban college students from different colleges of Marathwada region of Maharashtra.

2. The study was delimited to only male collegiate Athlete students.

3. The age of the students was delimited within 18 to 28 years.

**LIMITATIONS OF THE STUDY**

1. Since the trainees belong to deferent level of socio-economic, hence the prior experience of the players may be considered as limitation of the study.

2. Since the trainer belonged to different culture, this may be also considered as limitation of the problem.

3. There was no control of researcher scholar on the diet of the subjects.

4. The effects of weather conditions will be considered as limitations.

5. No motivation technique was used during administrating the test.

Arno F. K. Budai Schurr Wittig, relatively few studies using standardized psychological tools is characterized by emotional Intelligence of intercollegiate athletes. A member of two conference Kabaddis Midwestern intercollegiate, themes, the basis of the study examined the relationship of million four psychological factors behavioral health assessment is the successful Kabaddi, conference, after an injury, was strong and that the player's rehabilitation plans. The factor of a strong, confident, independent position can be distinguished from each other, the other for success, as the failed Kabaddis higher values, and higher level can cause injury. The moderate, or serious injured as a result, this factor is also associated the rehabilitation plans. This is a connection and the house can be explained by the fact that the different variables, and to assume the probability of a deviance from a.

Carlstedt, he would have liked a Roland ABSP, link, LP, the theory that, in the critical moments recommends that the state induced by relative activation left cerebral hemisphere also forward facilitae preparatory phase (sport), or before strategic planning for critical moments, the competition or important situations and decisions. This growth is expected to remain the left cerebral hemisphere stays localized
management practices of interhemispheric functionally the neurophysiologically can have a negative effect on the right and the left hemisphere. In contrast have a negative effect on the neuroticism, and one to the right cerebral hemisphere-based, or, failing this, the great awareness, and to the high absorption or hypnotic susceptibility the expected performance by enabling the critical moments to interhemispheric can have a negative effect on the right and the left hemisphere. Such a negative THE scenario intrusive thoughts and the left and cerebral hemisphere, and the seamless, thereby left and right Shift observed in the tests of the athletes, the pre-activity focusing on visuoperceptual before strategic planning for the sport-specific needs.

Numerous attempts have been made, the differences, if any, of the person and the Rushall and sportsmen and sportswomen (1970), the evaluation of the physical performance & personality, has concluded that, "the personality is not a significant factor in the sport performance, the contract Treschlog supports and Ellison, who found that the pain tolerance and personality, the university and the sportsmen and sportswomen are substantially similar.

The Minnesota Multiphasic personality (MMPI), booth (1958), no. 145 n° 141 athletes in emotional intelligence are not athletes. The higher the score not only sportsmen and sportswomen to anxiety and depression.

Malumpy (1970), bovine 16PF and compare to the emotional intelligence 77 120 female athletes and sportsmen and sportswomen not 43. The study found that athletes who played Kabaddi Malumphy Kho-Khosports more extrovert, who played sports.

Except for the Rushall and Ellison, and Freischlog, who found that the sportsmen and sportswomen does not differ from each other. Up to athletes is "right" or "worse" than the non-athletes depends on the observer. It appears that sportsmen and sportswomen generally positive properties. For example, the sportsmen and sportswomen have been described and the output extraverted socially. Are there positive properties, which are likely to be beneficial for the Hungarian social situation. The athletes are not competitive with the generally accepted fact. We assumed that the competitive Kho-Kho has takes part in the sport. The competition is not the game. Successful competition of sportsmen and sportswomen, typical
components competition should also be reinforced. Even if the fault is intermittent dirive competition. COACHES day preparing a very competitive sportsmen the easier task of Kabaddi, the opponent more time must be devoted to technical preparation for the motivation. Secondly, the car always be aware that the negative experience of sportsmen and sportswomen to rough, the Win and the damage and the performance. The car and the spiritual, it is important to prepare for the technical preparation.

Kistler (1970) is a man of the university and college athletes was 116 116 sportsmen and sportswomen university, University of sportmanship was not worse Players Players Richardesen was not supported by findings of university study (1962).Who will be compared to students not 233 Richardson discovered that, in the latter the sportmanship winners lower mounting, the, that a person who is not supported, but the lower your score sportmanship sportsmen and sportswomen, the athlete who is not supported.

Seymour (1956) made an attempt the assessment of the impact of a baseball season 1956 the participants emotional intelligence is based on the Little League. The characteristics of Little League Baseball players were compared before and after 114 of 114 participants the baseball season.

Themeselves by those concerned were rated by teachers and her classmates had become. Participants in the meeting the teachers higher driving skills, and need not be work, but there was no significant difference between participants and non-participants.

Crenshaw & according to Kroll Ontrack, In data (1970) the study of a’ 16 PF 387 athletes. According to the study of the football players 141,71 81,94 wrestlers Karate Chop participants. The individual characteristics, and it seems that the 4 group 2 group belongs: the football players and wrestlers, was similar to the psychological profiles, both groups significantly different from that of world-class gymnast of server agility Karate Chop participants, and the result is surprising, since football is the sport of wrestling Kho-Khosport Kabaddi and. The & Crenshaw according to Kroll Ontrack, in data and perhaps can be explained by the fact that the fact that the football is strengthening and wrestling activities during regular workout, a strong and durable, flexible. The widely used the Junior High School & high school wrestling squad have
made a great football player or vice versa. Also, some gymnasts, the game of football players and wrestlers. In summary the class gymnast of server agility rather smart, and he showed himself the weaker force, very early, and serious Outlook toward life. Karate Chop participants generally also is reflected in the characteristics he was tense, and he was a conscientious and independent well enough both group have made a great football player and more than one wrestler.

The singer (1969) Edward performance plan (Epps) and also meets new survivors actors). The baseball and the group of tennis players and the sportsmen and sportswomen. He felt that it is not the sportsmen and sportswomen higher pull", as the other group football autonomy. The group was higher than the football. The results have shown that tennis players also were higher than baseball players. Baseball player's score greater than the tennis players.

Other studies have also shown that they have more of sportsmen and sportswomen to assign the higher driver, as well as the leaked. The hypothesis that the athletes of the sport specific characteristics in their possession, sports inj according to Kroll Ontrack, in some sports the data supports the individual athletes they attract. For example, if the power is the Kho-Khotennis players, which have been determined, that the tennis match is lost, or the job, because it is not the sport of tennis, players score for the sociability extroversion or not. But is expected to be the dominant position. Kho-Kho sport alderman technician students perhaps the dominance-definition.

Researchers attempt to distinguish between the superior and inferior performance in various sports. According to Kroll Ontrack, In data & Carlson (1976) reported a difference between participants of different capabilities and the wrestlers Karate Chop. The singer has already referred study compares the soccer and tennis player, it is not found no difference in highly successful and less successful tennis players. Burttton Merriman (April 1960), Merriaman has established that motor is capable of emotional intelligence singificantly upper motor group also scored more than the smaller group. Power and interest.

M.A. Davidson's (march 1957) Davidson's’, Has examined the group and of the organization's built-in 150, seven-year children emotional anxiety symptoms,
anxiety and ectomorph. Among them was and meticulous, and nervous and conscientious person. The correlations in general, the type and to the psychological characteristics.

L. Rees (1950) concluded the organization, person, or theme. He concluded that the constitutional factors responsible mental anomaly, the correlation was building a extroversion and organization. He was on the psychopathy and crime.

H. Harriison, Clarke and K. H. Peterson (1961), as opposed to the 10-15 year age groups of boys and can be divided into four categories of capabilities in the athletic Negro. The category III II the exceptional, I am good, regular participant, NP, and is not afraid of the comparsion such as school and grammar school.

The general school-wide 35:7 percent was the boys category III medium, 28.5% was the mesomorphs and ectomorphs. The endomorphs and very few endomorphs is located in this category. Certain type of boy, Category II should be allocated the same way. Inter alia, to the junior high school was the boys of the category III type than endomorphs is much smaller than in school.

Javet Breedlone (1978) and the emotional intelligence, and gymnastic performance concept detemommed perferred was estimated. Jaksons personality research and the self-concept and entered the small 48 female collegiate assessor gynansts score form was compared to the four Kho-Khos gymnastic events (vault, balance of payments, as well as in parallel earth, and practice) and the all around the center socalres events, significant results to the gymnasiun, the self-concept and the physical, moral and ethical self, complete column all variability, the personality and the frequency for the R statistical analysis techniques for the selected group of the trace element would be the measurement of the emotional intelligence of gymnastic performance according to the design of its own. But this was not significant factor.

Earl. R Jones (1973) introduced the anxiety theory and the high school wrestlers. The theme of the test. The anxiety and the waiting and the Kho-Khos performance scores and data do not match. It was concluded that the emotional intelligence was not needed in order to ensure that the anxiety, that all affect the life expectancy and the actual performance of the great wrestlers themes who made of low-level anxiety more than great schoool you need when you need it. The group
anxiety and the highest score is at a small result. The minimum performance for high anxiety and a small group is necessary.

Harpeet Shergili (1991) a study of the personality differences between successful and unsuccessful volleyball player. The 24 included in the sample successful and unsuccessful volleyball players Intelligence measured emotional 16 PF and 24 ST-AI application forms of discriminant analysis was the difference between the two. The results indicate that two groups discriminated against it, the right to the variable. The result is also showed that while the factor (easy), force (ego), g (Superego) and H (a) the characteristics of successful players, anxiety, worry and dominate characteristic features which the is not successful.

The default Meiors N. (1973) the 16PF questionnaire was cattel oparticipating university athletes 110 seven different sports. This is the test showed that this is not more than the warm heart, than the athletes and the front-to-athlete. Individual differences in the sportsmen and sportswomen reported the swimming-pool, volleyball, wrestling, waterpolo and accurate.

Joan, Elise makes dud photos (- 1981), 250 topics in emotional questionnaire Intelligence of comparison of the yound adult female athlete female athletes and college female athlete. The purpose of this test is to was that the similarities and differences in emotional Intelligence of College young adults and the adult female athlete. The result indicates that the vehicle is not a significant difference is that the whole personality profile three women. However, there are considerable differences between the women 0.01 level competitive, and is not competitive. The position of women was significantly lower than the college, such as the adult women and young adult women. Sociability was significantly lower than the young adult female athlete. Adoption social presence and self-employment is not significantly the groups.

March 1992 Harpreet Shergill), the personality test has been carried out on the difference between the high and low anxiety urban hockey player. During the test, the personality was the urban hockey player. The whole sample 49 playful as can be divided into two groups the spielberger typical anxiety indicators 1970. One group was not fear of the player with 28. Two groups of 21 member state was due to lower gamers, as it was. Cattel 1970 was the 16 PF his own emotional intelligence. A
distinction should be made the analysis of personality analysis. The results showed that the two player's score to the higher emotional intelligence: the six group OF less intelligent Vs common sense and, I was clever, very timid Vs), but fortunately, it is not, and I am very glad to see that the forthright manner Vs subject matter with a group of V, and we scored, I am to go on, emotionally stable, I'm humble feeling Vs Vs Vs I also a conscientious, tough, strong, I think that the Vs Vs young anspcl practical and imaginative and I am the conservative Vs Iexperimenting group, a V and V S ten separate and quiet.

M. L. Kamlesh (1986) a study on 191 athletes who participated in the ST 41 higher education institution and the fine athletic tests namely torrente, creative thinking, torrence study (not-verbal the fonn, standard progressive matrices (adult) the Ravent, Esyenck was not (A), and a.S, Dr. N. K. Examination of Lal Dutt reaction. He discovered the Dr. N. K. Lal Dutt. As a result did not reveal any significant differences between the different athletic group (high-performance and low energy boys/girls) these variables (leaves the creativity, intelligence, anxiety, subject of his introversion extroversion and neuroticism in humility and ascendance) a large, high-performance does not appear, and the negative trend in positive operators do not differ from those of the female athlete man athlete variables significantly different from A.

H. Hirage Yanade and H. (1970), Tokyo university's personality (TPI) to the athletes and the club's soport the Tokyo university, students who remained on the sports clubs and neurotic Depressive cycle and tnorebhypoxia also like the students, who has disappeared, they assumed that it may be that a typical neuraoctician anxiety and of the personal watercraft and the success, and he was worried the neurotic Kho-Khos or simply is not in the track and field.

Jr. E. G. Boath and O. E. Jr. and (1958).Both and compare with the MMPI personality was the University's fresh man and sportsmen and sportswomen who have taken part in only Kabaddi. Kabaddi and Kho-Khoor Kho-Khosport. He concluded that there is no substantial difference in the MMPI Kho-Khosports variables, who took part in.
The default P. L.A. (1954) attempt to establish that each professional baseball. The consultant group 49 major League players were compared with the 64 group is not successful major League players. The state of Minnesota more bi-phasic personality and personal data sheet, indicate that the major League Guild workers less dough should not be.

FASTING (1982) the research and the relationship between recreational physical activity in physical activity and a healthy internal mental results show that the physical fitness, he was nervous and restless, and despair reduces the mental health is not on the right-hand physical condition. Davys and Hetman (2004) health social pension scheme complete physical, mental, social, and not just the absence of disease research aerobic physical activity in mental health for low-income people, Landry., Korero (2004) found that those who physical stress, anxiety and despair activity is less than the people that live locally. In 2005, my wife and Divvy the impact of regular physical activity in physical and mental health assessment and the results are as follows: 1 - Regular exercise can help the diseases, heart problems, diabetes, obesity, cardiovascular diseases, cancer, etc.); 2 - regular physical activity reduces stress, anxiety and disappointment. Rain and Parker (2000) in emotional intelligence, the individual knowledge, and others and others, the communication and the protection of the environment's needs are met the society's success is required. Emotional intelligence is emotional training change over time and breeding programs (for example, the health clinics development (1999) - THE Golman (1998) claims that emotional intelligence includes both external and internal effects. Knowledge of the internal parts and had no idea, the well-being, and with their own expectations. He says, the men in the emotional intelligence, Golman, inter alia, the elements, the awareness, the post and management approach, and the social awareness and the ability to empathy, social skills, and to the after 1997 I thought, the EI 15, emotional intelligence, and the social skills, and it may vary over a longer period of time, the training and breeding programs, such as in order to improve the technique.

Emotional intelligence

The fact that the emotional intelligence of the past decade for researchers to examine the LEDS different areas in the human efficiency. And it has been found that the successful life emotional intelligence or the Bar-On (2001), life, satisfaction and
prosperity (Palmer, Donaldson, & Stough, 2002), interpersonal relations (fitness, 2001), occupational stress (Nikolaou & Tsaousis, 2002; Slaski & Cartwright, 2002), and performance (work success, Vakola Tsaousis and Nikolaou, 2004), guide (Palmer, walls, Bergess & Stough, 2000), etc., in recent years there has been increasing interest in emotional reactions and experiences affect both the physical and mental health. For example, it was claimed that the negative emotional state is unhealthy habits positive physiological functioning, whereas emotional status will respond to healthier habits and cardiovascular and Herbert & Cohen, immune system (1993). Salovey, Rothman, Detweiler and steward (2000) is a widely discussed the emotional physical health. In addition, in the hereinafter referred to as it is no longer the health psychology research showed it to the negative mood or unpleasant emotional experiences many attitudes and behaviors, which the accused unhealthy conditions, such as smoking (e.g.Brandon, 1994) and drinking water (e.g.Cooper, Frone, Russell & Mudar, 1995). A study has also shown a direct relationship between the emotional (and particularly anger) and cardiovascular consequences (Friedman, 1992).

Another study, Salovey, Bedell, Detweiler and Mayer (1999) reported that people who are not is able to regulate the emotional status of the "much healthier and accurately assess the emotional member states, as you know, how, and when the effective express their opinions, feelings, and shall be governed by the Member States the mood". This property, the myth, the term, and the mood and emotions, it suggests that it is not the direct connection to the physical and emotional intelligence, and mental health. In fact, Taylor (2001) argues that if it is more emotionally intelligent challenges the right of life and our emotions, which all contribute to the good mental and physical health. In addition, Bar-On (1997) stress management includes the two main sections and the emotional intelligence, Matthews and Zeidner (2000) stated that, "conceptualized the adaptive management of the emotional intelligence, emotional, learning and emotional, cognitive and emotional differentiation, which allows us to view the ever changing world" (P.460).

Secondly, the study of intelligence is also dealt with the rural and the urban athlete student present only in the two psychological study of personality and emotional intelligence. The data were collected by the emotional intelligence scale
aunukool adopted Hyde companions. This register allows you to ten emotional dimensions, as its own consciousness, its own motivation, emotional stability relations management, development, the self, the orientation, commitment, and unselfish behavior.

The mean (SD) age was 21,98 rural (3.34) was 65,90 year (8,150 kg) and the height 168,28 (12,22) cm.

While the mean (SD) 21,67 age urban students (3.12) years was the weight of 55,09 kg, height (8.90) 156,30 (09,15).

He hypothesized, i.e. not statically significant difference is in the rural and the urban student athletes' own awareness. The study finds that (2.1) is not a statistically significant difference in the emotional intelligence self-consciousness urban and rural students was found in rural and urban students. Thus, the results are to accept the null hypothesis test.

He hypothesized that there would be no statistically significant difference is in the rural and the urban athlete empathy from students. During the test, it is established that the (table 2.2) in the emotional intelligence empathy a statistically significant difference is in the rural and the urban students have been found, so that the accept the null hypothesis testing.

He hypothesized, i.e. not statically significant difference is in the rural and the urban student athletes' own motivation. The study reveals that the results (table 2.3) a statistically significant difference in the emotional intelligence own motivation urban and rural students significant difference (t = (P<.05) the rural and urban students. Rural students, that even more of its own motivation, emotional intelligence than his companions. Thus, the results are not the null hypothesis test.

Has already been hypothesized, that is to say, not statically significant difference is in the rural and the urban students intelligence of the sportsmen and sportswomen to emotional stability. The study reveals that the results (table 2.4) a statistically significant difference in the emotional intelligence emotional stability in urban and rural students were found (t = p<.05). Rural students to more emotional stability. Thus, the results are not the null hypothesis test.
He hypothesized that there would be no significant difference in the statically rural and urban students intelligence of the sportsmen and sportswomen. The study reveals that the results obtained (table 2.5) with a statistically significant difference in the emotional intelligence of urban and rural students were found ($t = 2.84, p < 0.05$). Rural students, it turned out, that there is a link to emotional intelligence. Thus, the results are not the null hypothesis test.

He hypothesized that there would be no significant difference in the statically rural and urban students intelligence of the damaged sportsmen and sportswomen. The study finds that (2.6) a statistically significant difference between urban and rural students emotional intelligence were found ($t = 2.98, p < 0.05$). Thus, the results are not rejected by the null hypothesis testing shows that the

He hypothesized that there would be no significant difference in the statically rural and urban students intelligence of the sportsmen and sportswomen. The study reveals that (2.7) a statistically significant difference in the emotional intelligence development own urban and rural students were found ($t = 2.62, p < 0.05$). Rural students to more self-development, emotional intelligence, than their younger counterparts. Thus, the results will not reject the null hypothesis test.

He hypothesized that there would be no significant difference in the statically rural and urban students intelligence of the sportsmen and sportswomen. The study reveals that the results (table 2.8), there is no statistically significant difference between the urban and the rural students to the emotional intelligence the results to the test of the null hypothesis.

He hypothesized that there would be no significant difference in the statically rural and urban students intelligence of the sportsmen and sportswomen. The study reveals that the results (table 2.9) are statistically non-significant difference between the urban and the rural students, that was between the emotional intelligence test showing the results the null hypothesis.

He hypothesized, i.e. it is not statically significant difference is in the rural and the urban students of intelligence of the sportsmen and sportswomen, unselfish behavior. The study reveals that a statistically significant (2.10) difference in
emotional intelligence, unselfish behavior in urban and rural students. Thus, the results are to accept the null hypothesis test.

Hypothesised that it would not be a difference of the personality characteristics of the psychoticism rural and urban athletes. The results of the study (3,1) showed a statistically significant difference between the personality characteristics of the psychoticism were found (t = 2.60, P <.05) the rural and urban students: psychotics rural student athletes not susceptible to more than the urban operators. Thus, the study results do not refuse, a most convincing hypothesis.

Hypothesised that had significant difference between the personality characteristics of the neuroticismathletes in rural and urban students study results (table-2.1) showed a statistically significant difference between the personality characteristics of the neuroticism were found (t = IS from 6.00, then the P <.05) the rural and urban athlets. Rural education Student a player is more neurotic trend, in contrast, the urban operators, i.e. thehypothesis test was not.

Hypothesised that difference would not be significant difference between the rural and the urban extraversionathlete students study results (Table 2.3), so that thestatistically significant difference was found in the personality characteristics of the rural and urbanathlete. so that the hypothesis was not acceptable.

The investigation is not supported by any of the test, where the fourth hypothesis, that would be the great difference is, that the personality characteristics, it was all a lie, because t-statistics shall not found nостatistically significant difference in the personality traits.

There was a festive wreath and mental health assessment and the old man. Rapid growth in the population the previous question, the physical and mental health research and clinical care. Close to 70% of the patiently he began to the murderer or to sexual crimes. There was no racial/ethnic differences were reported before (religiousness, demographic characteristics, or mental health. This was the self-reported an association of incarceration and experienced. Three regression models, it was investigated whether the inhabitants' religiousness/do not affect the self-reported, depression, death and the desire came to the rescue. The greater than the
number daily spiritual experience and you don’t feel God right emotional health. explored whether there was any difference in the intelligence achievement.

Between large and small groups obsessional I thought it was too late adolescent student. The study will include (i) whether there was any difference between the sexes obsessional thoughts (ii) whether there was any difference between the sexes achieve scores and (iii) there is a difference between the relationship between intelligence and the low and high in order to achieve obsessional. In the sample 103 Bengali Bengali boys and girls selected at random from 92 Class XI (16-18 years). Raven standard progressive matrices, and Leyton obsessional kit Cooper and the job title. Madhyamik students. The analyzes revealed significant differences between the groups and the substantial amount of little obsessional thought intelligence achievement obsessional relationship. The results are discussed in the future research directions and therapeutic implications.

The size determines the emotional intelligence and the workplace stress mental and physical health. The 250 school and high school teachers selected selection stratified random sampling schools Tehran, Iran. Emotional intelligence scale three questionnaire (EIS), teacher job stress questionnaire (TOSQ), and the mental health survey (MHI), and a checklist (Checklist) to the physical health of school teachers. The results have shown that emotional intelligence, and 43.9 % of the job security, which would explain the mental health and physical health of difference between 13.5 % of the total.

Singh et al. (2009) has examined the family and the genital efficiency and the adolescents. The source of the aid the individual and the family motivational factor for the efficiency of the human being, who is a woman, and a hundred adolescents (50 boys and 50 girls), the common and of the nuclear family and the self-efficacy and well. The ANOVA. The significant result was the family and the gender its effectiveness. The family and the gender significant, but not family and not to the significant impact on gender.

Studied Kothari spiritual, mental health forecasting, Mithila mental and intellectual orientation health status survey developed by Kumar et al. (1986) the Indore select 100. An analysis of the data the t - test. The results showed that the high.
intellectual group is already significantly better mental health is a spiritual group. It is concluded that the mental orientation have significant impact on the mental health responsibilities of executives.

Assessed the mental health and state of the examined gender and college teachers, and the mental health family. The sample region 150 professor was Rohikland multi-stage random sampling method. The mental health records Jagdish Srivasta used and developed also will assess the mental health of college teachers. The analysis of data, SD, \(t\)-test revealed that the right-hand men, as a considerable teacher control mental health women's counterparts, family does not have a significant impact on the mental health of college teachers.

The lab the students mental health for higher education. These were serious mental health problems of higher education for the students, who were less depression, the most common abuse material, surface and dorm life. The mental health of students is critical for success, which is very important in order to be successful for students. There is a need for spiritual exercises through before serious problems the students.

Studied a-a and type B behavior model of the kids, the mental health. In order to ensure that the purpose and scope the behavior pattern and the mental health (B battery also collects the data. Schools in the sample randomly selected 100 different adolescents. 50 Adolescents were the behavior pattern and 50 adolescents who were "B" type behavior. Every group, it was not identical to that of the male and female. Analysis of the data on 2x2 ANOVA. During the test, it is found that the B-type adolescents behavioral pattern better than adolescents mental health - a behavior pattern. Male adolescents that is better than female adolescents mental health.

Claims that the error in the emotional self-management to have significant impact on the health, such as the cardiovascular, the excessive reactivity. He also suggests that the consciousness of all people, who the smoking, drinking, and high-fat meals, and one that is long-term health damage. It is, however, also emphasized that negative feelings suppression is not the strategy, which indicates that the healthy emotional manifestation" have a positive effect on the physical health of people when confidence in their skills.
Another interesting study, Ciarroch, dear, and Anderson (2002) the role, or at least minimized." The EI, or at least the connection to the stress and mental health a number of measures, the depression, despair and suicidal ideation among young people. These tests, but mainly in the core of the emotional intelligence, which indicates that it is the negative context of stress, poor health and the emotional intelligence level is high scores, assuming that the people expected to emotional intelligence, in order to cope with the needs for environmental protection to and evaluated by pressure in the work and stress health measures (Nikolaou & Tsaousis, 2002). Dulewicz and Higgs, Slaski (2003), and the relatively small sample of the retail managers, has examined the role that the stress, anxiety, low spirits, life quality play of the day to day life. These show that emotional intelligence is also strongly correlates with both the physical and psychological health.

Today, the Hungarian championship a number of factors. The vulnerable people in late adolescence and press the child, and to the sport, and the physical and intellectual, as well as intensive training program includes these factors. It is recognized that the sportsmen and sportswomen of mental readiness and success factors for implementing knowledge, as well as the mental and physical fitness, only psychological training. Learn about the general emotional skills play an important role in the proper responses, in contrast to the day's events, and the positive attitude the events and emotions. It is possible that the sportsmen and sportswomen who are familiar with, and such emotional capabilities a higher social support, satisfaction and emotional health. Today, there are many researchers consider that to the person who is capable of emotional expressions, in order to better face the challenges and the mental health can improve. So many researchers now believe that to the person who is able to emotional and excitement, the right-hand side and the result is the greater the life challenges. The Jain Literatures and Sinha (2005) showed the relationship between positive emotional intelligence, and predict the happiness is not possible. Besharat et al (2006) the study it was found that emotional intelligence, and the sport positive correlation between group and individual sports, but this is the only sport sport group successfully forecasting. The physical activity also improves the happiness and the intellectual capacity according to the reports, the researchers also, it is apparent that cooper Smith stated that sportsmen and sportswomen, emotional stability, reliability, and high intellectual capacity, and it is also well-
developed personality. Carson et al (2000) has shown that the emotional intelligence has the positive connection social functioning and negative relationship between depression and anxiety. Siaruji et al (2001) believed that the depression and certain forms of safe emotional greater consistency and the people. This path, and the emotional intelligence is the mental health is also the different functional areas and showed that this positive correlation between the structure between mental health, to the emotional content, and the social and emotional and spiritual pain and depression negative correlation. The role of researchers also thought that the psychological problems, it is important that the growth potential of athletes athletes” and the coaches and they realized that the sport is not only the physical activity and physical performance, but also the psychological aspects must be taken into account. It seems that the emotional intelligence, and the spiritual characteristics of sportsmen and sportswomen, not only will help you select the coaches and one of the playful and the responsibility to know how to behavior and how to deal with them, but it can also help the moral point of view, any sport. Arnold Bizer thinks that the individual's mental state of physical fitness and exercise can help the man in the environment. Ciarrochi, et al (2001) it was found that some forms of emotional intelligence, and the men who stress and the position of serious. If, for example, the tendency of excitement was still in the positive correlation between positive atmosphere, and it prevents the depression. This showed that the teens, who are able to understand the feelings of others, more social support, and the satisfaction. The Austin et al (2005) show that the positive correlation between emotional intelligence of life quality and convenience, and the social relations and the quality and consistency of the negative mental and relationship between the depression.