CHAPTER II

REVIEW OF RELATED LITERATURE

For conducting any piece of research study, review and survey of literature related to the study being conducted, is of paramount, significance. Surveying of researches conducted in the field helps the investigator in understanding the problem from different perspectives. Such a review of the studies conducted by the other investigators in the field related to the problem in hand also helps the researcher in framing the objectives and the correspondence hypothesis of the study. However, the most significant contribution of such surveys helps the investigator in interpretation of the results of the study that the researcher investigates.

With the above objectives in view the investigator proposes to survey the literature related with the present study.

Kezwer (1987) There have been a number of studies done to try to explain the effects of out goingness versus reservedness on second language learning. The results of these studies have often been contradictory with some showing a clear correlation between extroversion and success in learning a second language, others failing to demonstrate that there is a positive correlation between out goingness
and second language proficiency. This paper presents a survey of all the major studies dealing with the influence of extroversion on second language learning. It is argued that among the reasons for the discrepancies in research results are the wide variety and dubious validity of the personality assessment instruments used; the nature of the tasks used to determine second language proficiency; and the structure of classroom interaction. The implications of extroversion and introversion for classroom teaching are also considered.

Kirkcaldy and Furnham (1991) Studied over 300 men and women completed a personality questionnaire measuring extraversion, neuroticism and psychoticism and an inventory attempting to ascertain recreational interests. There were numerous, predictable sex differences in recreational preference and a clear factor structure to the questionnaire measure of recreational interest. Pearson correlations and multiple regressions showed extraversion to be the most powerful correlate of recreational preference. In the final analysis subjects were allocated to groups depending on whether they were active (exercisers) vs passive (non-exercisers); high vs low group oriented; and those who preferred competitive vs non-competitive sports. Extraversion and to a lesser extent neuroticism was clearly related to these groupings. The results are discussed in terms of Eysenck's theories and previous work on sports and recreational psychology.

Patial (1991) studied the selected psychological variables of female hockey players of India with the purpose to sketch a profile if national hockey players, to
compare the status of national and international and finally to form the individual profiles for international players who have represented the country in the recent most international tournaments. The variables selected for the study were incentive motivation, state and trait anxiety, sport competition anxiety and extraversion-introversion and neurotism. For the collection of data, Alberta Incentive Motivation Inventory, the Sports Achievement Motivation Test, State and Trait Anxiety Inventory, Sport Competition Anxiety Test and Eysenck Personality Inventory were administered during 23rd Senior National Hockey Championship. Mean and SD on all the variable for both the groups were calculated and ‘t’ test was used to find the significant difference in the mean scores. The group and individual profiles were sketched on the model developed by Watson et al. on the basis of results, following conclusion were drawn:

1. National and international female hockey players of India had a moderate motivation profile.
2. The level of achievement motivation was just moderate.
3. Both were beset with high trait and state anxiety.
4. Low competition anxiety was perhaps a great asset with both of them.

International players were found to be stable, introverts where as national players had leaning towards ambiversion and neurotism.

Rushton and Chrisjohn (1981). Eight separate samples of high school and university students (Total $N = 410$) in Britain and Canada were used to test predictions from Eysenck's theory that delinquents should be high scorers on scales of extraversion, neuroticism, and psychoticism. Self-report paper- and pencil-questionnaire measures of both personality and delinquency were administered
under conditions that ensured anonymity. The evidence showed clear support for a relationship between high delinquency scores and high scores on both extraversion and psychoticism. These relationships held up across diverse samples and different ways of analyzing the data. No support was found for a relationship between delinquency scores and the dimension of neuroticism.

Behzadi et al. (2012) The purpose of the present research was to describe and compare the personality traits (extroversion, neuroticism, responsibility, flexibility, and sociability) of competitive athletes in individual and team sports. The method was descriptive-comparative. The population of the research consisted of all the team and individual athletes in Golestan Province who were participating in national league tournaments. The sample was selected using random sampling and by means of Morgan’s table including 130 team athletes (basketball, football, volleyball, kabaddi, Sepak takraw, handball, and hockey) and 50 individual athletes (karate, shooting, badminton, cycling, and track and field) and were evaluated and compared using the NEO FiveFactor Inventory (NEO-FFI). The results of statistical analysis showed that there is a significant difference between individual and team athletes in extraversion, responsibility, and neuroticism and that team athletes have higher levels of extraversion and responsibility and individual athletes have higher neuroticism, while no significant difference was
observed between the two groups in other components (P < 0.05). These results will be discussed in the nature of the sports and its effect on athletes.

The purpose of this research was to compare the personality of individual and team athletes. So data were collected by NEO questionnaire. One hundred and fifty sportsmen participating in different sports (Judo, Weight lifting, Mountain climbing, volleyball and Basketball) were chosen randomly. Data were analyzed by U Mann-Whitney. Following results were obtained from this research:

C Individual sportsmen have higher degree of extraversion, openness and conscientious than team sportsmen.
C There are no significance difference in agreeableness and neuroticism between individual and team sportsmen.

Haybeg et al. (1979) determined the psychological characteristic of nation class American cyclists using Eysenck Personality Inventory. The result indicated that the cyclists were more introverted than normal adults. This is in contradiction to what has been found for elite marathon runners, but agreeses with trait of introversion found in marathon runners of other competitive level.

In a comparative study of psychological profiles of professional physical education male students belonging to high and low fitness group, Bhattachrjee (1989) concluded that there were significant differences between the high and low fitness subjects in personality factors. The high fitness group was lean towards
factors A (Out-going), C (Emotionally stable), E (Assertive), H (Venturesome), L (Suspicious), N (Shrewd), O (Apprehensive), Q1 (Experimenting), Q2 (Self-sufficient), where low fitness group was lean towards the factors B (Less intelligent), F (Sober), G (Expedient), I (Tough-minded), Q4 (Relaxed) in personality profiles. The high fitness group had better physical self-concept than that of low fitness group. The high and low fitness group did not differ significantly in other self-concept dimension that are social, temperamental, education, moral and intellectual although the total self-concept of high fitness group was significantly higher than that of low fitness group.

Karad and Wahid (2011) studied the aim of the present study was to find out the differences in the Personality traits between Kabaddi and Kho-Kho players; with regard to neuroticism psychosticism and extraversions. In this study 50 Kabaddi and 50 Kho-Kho players selected as subjects. Their age ranged between 17-25 years, who were participating in Dr. Babasaheb Ambedkar Marathwada University inter-collegiate Kabaddi and Kho-Kho tournaments held at Vaidyanath College Parli-Vaidyanath and M.I.T. College, Aurangabad 2010. The Esyenck Personality Inventory (E.P.I.) was administered to find out the Personality traits of the Kho-Kho and Kabaddi players, with regards to neuroticism extraversion, psychosticism and Lie-Scale. Means Scores for neuroticism, psychotisicm extraversion and Lie-Scale for these two types of players were computed. ttest was
used to compare the significance difference between Kabaddi and Kho-Kho players, t-ratios for extraversions, psychoficism are (3.17, P < .01), (t=2.63, P<.05) respectively indicating that Kabaddi players are less extrovert and more psychotic than Kho-Kho players.

Eagleton et al. (2007) Scores on Extraversion and on Neuroticism as measured by the Eysenck Personality Inventory were compared for 90 undergraduate team sport participants, individual sport participants, and nonparticipants (43 men, 47 women, M age = 20.3 yr.). From past research and Eysenck’s biological theory of personality, it was hypothesized that sport participants would score higher on Extraversion and lower on Neuroticism than nonparticipants, and that team participants would score higher on Extraversion and perhaps higher on Neuroticism than individual sport participants. By comparing scores for students in first year and final year, it was also investigated whether pre-existing personality differences drew people to sport (the gravitational hypothesis) or whether personality changed as a function of sport participation (the developmental hypothesis). The main findings were that team participants scored higher on Extraversion than both individual sport participants and nonparticipants, and that test scores did not change over time, supporting the gravitational hypothesis for Extraversion.
McKelvie et al. (2003) Two groups \((n = 86)\) of university athletes (contact, no contact) and two matched groups \((n = 86)\) of non-athletes completed the Eysenck Personality Inventory (Eysenck & Eysenck, 1968). Extraversion did not vary significantly between athletes and non-athletes or between contact and no contact athletes, but it was higher for athletes compared to American college norms. For neuroticism, athletes scored significantly lower than non-athletes. Because neither extraversion or neuroticism changed over time (four years of study), these results are consistent with the gravitational hypothesis that people higher in extraversion and lower in neuroticism are attracted to university sports.

Ingledew et al. (2004) There is extensive evidence that personality traits are associated with health-related behaviours, but less evidence regarding the underlying mechanisms. In this study, we examined the relationships between personality and self-determination of exercise behaviour. Users of a sports centre completed personality scales (the NEO Five Factor Inventory supplemented with the Eysenck Personality Questionnaire Psychoticism scale) and exercise self-determination scales (Behavioural Regulation in Exercise Questionnaire which measures extrinsic, introjected, identified and intrinsic forms of regulation). Analyses were restricted to 182 individuals in the maintenance stage of exercise participation. Partial correlation analysis was used to examine the relationships between each personality scale and the self-determination scales, controlling for
other personality scales, gender and age. Neuroticism was associated with more introjected regulation, extraversion with more identified and intrinsic regulation, openness with less external regulation, conscientiousness with less external regulation and more intrinsic regulation, and psychoticism with more external regulation. Relating these findings to self-determination theory (Deci & Ryan, 2000), it is speculated that extraverted individuals are able to feel self-determined because exercise can satisfy the need for relatedness, conscientious individuals because exercise can satisfy the need for competence. Furthermore, conscientious individuals may have greater wherewithal to advance along the continuum of behavioural regulation.

Nelson and Langer (1982) examined some of the psychological variables present among athletes in competitive situations. They assessed anxiety levels of the team member by using Taylor’s Manifest Anxiety scale. The result showed that performance of athlete with extremely high levels of anxiety was poor. It was also found that athletes who scored extremely low level of anxiety did not perform well.

Karad (2010) studied the aim of the study was to find out the gender difference in Personality traits of Inter collegiate male and Female Kabaddi players with regard to psychoticism, neuroticism, extraversion and Lie score. For this present study, 50 male and 50 female Kabaddi players were selected as a
subject. The Eysenck Personality Inventory (E.P.I.) was used to measure Psychoticism, extraversion and neuroticism of Kabaddi players, t-ratios has been used to compare the significantly gender difference between male and female Kabaddi players who were participated in Inter collegiate Kabaddi tournament held at Vaidyanath College Parli-Vaidyanath and D.D College Waluj Aurangabad Gender differences on Psychoticism was found between male and female Kabaddi players ( \( t = 2.87; P < .05 \) ) where female players more psychotic than male. While analyzing the differences of Personality characteristic of male and female Kabaddi players, gender differences on neuroticism was found between male and female Inter collegiate Kabaddi players (\( t = 3.52, P < .01 \)), where the male Kabaddi players was found to have less score on neuroticism. So, far extraversion was concerned, significant gender difference was found to the male and female Inter-Collegiate Kabaddi players (\( t=2.56, P<.05 \)), male Kabaddi players has lower extraversion. Hence, female Kabaddi players were more extravert.

Lane (2005) The present study investigated the influence of personality on exercise-induced mood changes. It was hypothesised that (a) exercise would be associated with significant mood enhancement across all personality types, (b) extroversion would be associated with positive mood and neuroticism with negative mood both pre- and post-exercise, and (c) personality measures would interact with exercise-induced mood changes. Participants were 90 female
exercisers (M = 25.8 yr, SD = 9.0 yr) who completed the Eysenck Personality Inventory (EPI) once and the Brunel Mood Scale (BRUMS) before and after a 60-minute exercise session. Median splits were used to group participants into four personality types: stable introverts (n = 25), stable extroverts (n = 20), neurotic introverts (n = 26), and neurotic extroverts (n = 19). Repeated measures MANOVA showed significant mood enhancement following exercise across all personality types. Neuroticism was associated with negative mood scores pre- and post-exercise but the effect of extroversion on reported mood was relatively weak. There was no significant interaction effect between exercise-induced mood enhancement and personality. In conclusion, findings lend support to the notion that exercise is associated with improved mood. However, findings show that personality did not influence this effect, although neuroticism was associated with negative mood.

Ghaderi and Ghaderi (2012) The aim of this study was to Survey the relationship between big five factor, happiness and sport achievement in Iranian athletes. In order to 72 athletics (Consist of 21 national tem athletes, 25 professional athletes and 26 non- professional athletes) who were selected using a access sampling, were assessed using Big Five Factor Inventory (FFI) (Costa & McCrae , 1992), Happiness Scale (Argyle , 2001) and Sport Achievement. The results were analyzed by Pearson correlation quotient, regression and, ANOVA
test. Results showed that in compare with non-professional athletes the amount of neuroticism was significantly less that national tem and professional athletics (P<1%), The amount of extraversion, happiness and openness was significantly further that national tem athletics in compare with other groups (P<1%), also results showed that the amount of agreeableness and conscientiousness was significantly further that national tem athletes in compare with other groups (P<1%). Results showed that in national tem athletics and professional athletes were negative and significant correlation between sport achievement with neuroticism (P<5%), also positive and significant correlation between extraversion, agreeableness, conscientiousness, openness and happiness with sport achievement (P<1%). The analyses data by regression showed that in national tem athletes and professional athletics, sport achievement predicted by agreeableness and conscientiousness. Most research in the field of these variables can represent brighter data.

Ball (1993) The personality structure of 65 volunteers for a Phase 1 drug trial was examined using the Eysenck Personality Questionnaire. It revealed a common pattern of high extroversion, low neuroticism and psychoticism. The reasons why the study might attract such people are examined and the structure compared with those that take drugs that might have 'strange or dangerous effects'.
The likely forms of bias that this personality structure may bring to the trial are explored.

Lin (2007) In this study the relationship between extroversion and leisure motivation in Taiwanese fitness center members was examined. A systematic sampling (one out of ten entering the fitness center) produced 424 usable questionnaires for the final data analysis. The findings reveal that extroversion is positively correlated with the four leisure motivation dimensions: Intellectual, Social, Competence-mastery and Stimulus-avoidance. We therefore conclude that extroverts will be highly motivated to attend fitness centers.

Watson & Pulford (2004) investigates the personality differences of 21 amateurs and 20 instructors who participated in the high risk sports of skydiving, hang-gliding, paragliding, scuba diving, microlighting, and rock climbing, versus those who did not. 38 men and 28 women (M age = 32.6 yr., SD = 10.0) were assessed using the Eysenck Personality Questionnaire-Revised, the General Health Questionnaire, the Generalised Self-Efficacy Scale, and a Type A/B personality measure. Instructors and Amateurs scored significantly higher on Extroversion and lower in Neuroticism than Nonparticipants, however they differed from each other on the GHQ and Type A/B personality scores. Amateurs scored significantly higher on Psychoticism and Self-efficacy than Instructors and Nonparticipants. In conclusion, these test scores suggest that people who are attracted to high risk
sports tend to be at the extroverted and emotionally stable end of the scale, with a tendency to exhibit Type A characteristics; however, Instructors’ scores on Psychoticism and Self-efficacy are more akin to those of Nonparticipants.

Aluja (2003) study was designed to examine the relationships among Extraversion, Openness to Experience (and their facets), measured through the NEO-PI-R, and the Sensation Seeking construct and its sub-scales, measured through the Sensation Seeking Scale, form V (SSS-V). The sample comprised 1006 non-psychology undergraduates doing different degrees. In general, relationships among the SSS total scale and the four sub-scales (TAS, ES, Dis, BS) are mainly accounted for by the E5-Excitement Seeking facet of the NEOPI-R. The other Extraversion facets as well as those of Openness, except O4-Actions, explain little variance. Taking together E5, O4 and O1, 85% of the higher and lower scorers on SSS-V are classified properly.

Rhodes and Smith (2006) This review aimed to combine the literature on major personality traits and physical activity alongside providing some meta-analytic summaries of the findings. Overall, 33 studies containing 35 independent samples, ranging from 1969 to 2006, met the inclusion criteria. Extraversion (r=0.23), neuroticism (r=0.11) and conscientiousness (r=0.20) were identified as correlates of physical activity using random effects meta-analytic procedures correcting for sampling bias and attenuation of measurement error. The five-factor
model trait of openness to experience/intellect and agreeableness, as well as Eysenck’s psychoticism trait, were not associated with physical activity. Potential moderators of personality and physical activity relationship such as sex, age, culture/country, design and instrumentation were inconclusive given the small number of studies. Still, the existing evidence was suggestive that personality and physical activity relationships are relatively invariant to these factors. Studies examining personality and different physical activity modes suggested differences by traits such as extraversion, but more research is needed to make any conclusions. Future research using multivariate analyses, personality-channelled physical activity interventions, longitudinal designs and objective physical activity measurement is recommended.

Kumari (July, 2008) Studied an attempt to understand personality and occupational stress differentials of high school female teachers in Haryana. For this, 361 high school female teachers were tested with Maslach Burnout Inventory. The subjects were categorized into high and low burnout groups on the basis of test scores and that 128 subjects scored below P30 and 117 subjects scored above P70, thus constituted low and high burnout groups, respectively. Selected subjects were further tested with EPQ-R, Jenkins’ Activity Survey and occupational stress index. The results differentiated the two groups. The high burnout group scored significantly high on psychoticism, neuroticism, lie scale, type-A behaviour,
emotional exhaustion, depersonalization but low on extraversion, occupational stress and personal accomplishment. The low burnout group scored low on psychot
icism, neuroticism, lie scale, type-A behaviour and all the three dimensions of burnout viz. emotional exhaustion, depersonalization and reduced personal accomplishment, but high on extraversion and occupational stress.

Bhakta et al. (2010) This study examined differences in personality and mathematical ability between students studying Business, Psychology, Sports and Nursing. There were 286 participants who each completed a mathematics diagnostics test and a Revised Eysenck Personality Questionnaire (EPQ-R) during the first term of their first year of study. There was a significant effect of subject studied on the students’ performance on the maths diagnostic questionnaire and their scores on the ‘psychoticism’ subscale of the EPQ. Furthermore significant correlations were observed between psychoticism scores and mathematical ability within both the Business Management and Psychology groups, although the direction of those associations were different for each group (the association was positive for the business students, but negative for the psychology students). Based on these results it is suggested that there are significant differences in both psychoticism and mathematical ability between students from different courses. Furthermore, students may benefit from differing methods of teaching
mathematical concepts, especially in the cases where students are averse to working in groups and collaboratively.

Johnson (2004) We applied multivariate models specifying genetic and environmental influences on adjectives describing each of the five personality domains specified in the Big Five Model of personality (BFM; Extraversion, Neuroticism, Agreeableness, Conscientiousness, and Openness). We selected the specific models to partition the observed covariance among the adjectives describing each domain into genetic and environmental components in order to assess the etiologic basis for each domain's phenotypic coherence. The sample on which our analyses were based was part of the National Survey of Midlife Development in the United States (MIDUS). It consisted of 315 monozygotic and 275 same-sex dizygotic twin pairs. Results revealed both common and specific genetic and environmental influences for each domain, suggesting that all of the domains are etiologically complex. Models specifying the domains as latent phenotypic constructs fit more poorly than models suggesting more complex structures for all domains except Extraversion and Neuroticism. These results raise questions about the BFM as a coherent model of genetic and environmental influences on personality or, alternatively, about the etiological unity of latent phenotypic personality trait constructs beyond Extraversion and Neuroticism.
Sohrabi et al. (2011) The aim of the present study was to compare clinical patterns and clinical symptoms of personality between athletes in contact and non-contact sports. The variables were assessed with Millon Clinical Multiaxial Inventory-III manual and Eysenck personality questionnaires. Subjects consisted of 200 male (18-30 years) who selected from 4 groups of colleges teams (box, karate, swimming, gymnastic) in the West- Azerbaijan in Iran. Mannova test was used for statistical analysis. Results demonstrated that contact sport players had high scores in the histrionic, narcissistic, antisocial, negativism and sadistic scales, but in schizoid scale acquired low scores in comparison of non-contact sport players and there were not significant differences among groups in personality factors. According to the results of this study results it can be concluded that, the groups are distinguished significantly in the majority of variables, indicating that contact athletes present differentiated psychological characteristics in comprise non-contact athletes.

Jalili et al. (2011) The present study was to investigate and identify personality dimensions of individual and team athletes and to compare the level of social skills and mental toughness of individual and team athletes with non-athletes. 210 high school students of Tehran City (70 individual athletes, 70 team athletes, and 70 non-athletes) participated in the research. The participants were asked to fill out the “Social Skills” and “Mental Toughness” questionnaires as well
as Eysenck Personality Scale. Various statistical indices and method were applied for data analysis including mean, standard deviation, and t-test. The results indicated that there is a significant difference between individual athletes, team athletes, and non-athletes in mental toughness, social skills, and personality dimensions. It can be concluded from the results that personality characteristics of individual and team athletes are different from non-athletes.

Nawi (July 2011) studied the main objective of this cross-sectional study is to determine the differences characteristic between volunteers and non-volunteers in terms of emotional intelligence, self-esteem and personality based on four dimension aspects of personality such as psychoticism, neuroticism, extraversion and lie. Three sets of questionnaire to measure Emotional Intelligence, Self-Esteem and Personality were administered to 276 subjects. One hundred and sixty eight of them were volunteers and one hundred and eight were nonvolunteers. Findings showed that there was no significant difference between volunteers and non-volunteers in term of emotional intelligence ($t=0.13$, $p>0.05$). As for self-esteem, there was a significant difference between the two groups, it was showed that the non-volunteers scored lower than volunteers in self-esteem, (meaning a higher level of self-esteem) ($t=2.67$, $p<0.05$). In term of personality as for psychoticism dimension, it was found a significant differences between these two group ($t=9.72$, $p< 0.05$) indicated that volunteers have high in psychoticism scores (tough minded
people) than non-volunteers. Whereas, in extraversion there was no significant difference between these two groups. However, volunteers have higher Lie scores than non-volunteer in personality that showed a significant differences between them ($t=2.34$, $p<0.05$). Moreover, for neuroticism, it was found a significant differences between these two group which indicated that volunteers have lower Neuroticism scores than non-volunteers ($t=-4.70$, $p<0.05$). The results also showed that emotional intelligence was moderately correlated with neuroticism, psychoticism, and extraversion. The results seem to suggest that people are in volunteer organizations due to having the required personality. It is not the case that voluntary activities act as a channel of their personality. However, on a practical note the assessment of personality in voluntary workers could possibly assist in enhancing for screening potential voluntary workers in order to ensure the effectiveness these services to the society.

Rathod (March, 2011) Sports Psychology is the study of persons behavior in sport. It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. Some of the most important skills taught are goal setting, relaxation, visualization, self talk, awareness and control, concentration, confidence, using rituals, attribution training and periodization. Personality can be defined as a dynamic and organized set of characteristics possessed by a person that uniquely influences his or her cognitions,
motivations, and behaviors in various situations. The Study is to find out the personality of Athletes and Non Athletes. The sample for the study are 60 Athletes and 60 Non Athletes of Osmania University, Hyderabad. 60 Athletes are the students taken in the Inter College Athletics Meet and 60 Non Athletes are Foot Ball Players, Basket Ball, Hand Ball Players. It was found that Athletes are having good personality traits compare to non athletes. It is recommended to coaches to give psychological training to sports persons to enhance the performance.

Neil (2006) examined the intensity and direction of competitive anxiety symptoms and psychological skill usage in rugby union players of different skill levels. Elite (n=65) and nonelite (n=50) participants completed measures of competitive anxiety, self-confidence, and psychological skills. The elite group reported more facilitative interpretations of competitive anxiety symptoms, higher levels of self-confidence, lower relaxation usage, and greater imagery and self-talk use than their nonelite counterparts. The findings suggest that nonelite performers primarily use relaxation strategies to reduce anxiety intensity. In contrast, elite athletes appear to maintain intensity levels and adopt a combination of skills to interpret symptoms as facilitative to performance. Potential mechanisms for this process include the use of imagery and verbal persuasion efficacy-enhancement techniques to protect against debilitating symptom interpretations.

Kumar and Prabhakaran (2011) Study was to find out the comparative result
of the Psychological Profiles of Rajasthan and Madhya Pradesh International & National Level Male Cricket Players. The subject’s age ranged between 18-25 years, they all were selected randomly from the Rajasthan and Madhya Pradesh U-19, U-22 Cricket teams, and the experts has made two groups of 49-49 players, one group made up of Madhya Pradesh cricket players and another group made up of Rajasthan Cricket players, those who are continuously participating at National and International level. The experts used questionnaires of Rainer and Martin’s Sports Competition Anxiety Test and the Eysenck, Maudsley Personality Inventory; the questions addressed various aspects of Sports Competition Anxiety and Personality traits of cricket players respectively. The questionnaire has filled by the Rajasthan and Madhya Pradesh U-19 & U-22 Cricket teams players respectively. For the evaluation of questionnaire Two Sample T-test was employed, and the findings reveled that there was a significant difference found i.e. 2.8 in their Personality parameters, it means Rajasthan Cricketers were better in their Personality as compare to Madhya Pradesh Cricketers and found Insignificant i.e. 0.11 in the SCAT, which means there was no difference in Sports Competition Anxiety of Rajasthan Cricketers and Madhya Pradesh Cricketers. Sports Psychology can help a lot in assessing the personality and sports anxiety characteristics of the players or individuals performance in cricket not only demands systematic training to develop physical and physiological variables but also demands training and considerations
of psychological characteristics for success in this field.

Modrono et al. (2010) Sport psychology researchers have devoted minimal attention to competitive windsurfers although this group of athletes represents an ideal population for the study of psychological topics and issues. The purpose of the investigation was to study anxiety and self-confidence characteristics of windsurfers competing at high levels of competition with particular attention devoted to differences that may be present in relation to gender, age, competitive outcomes, and season-long ranking. Participants in the study were 79 professional and amateur windsurfers competing in events at regional and world championships. Athletes who received a better overall season-long ranking in their event had less somatic anxiety than those with poorer performance outcomes. Athletes who had a top-five season-long ranking had higher self-confidence levels than did their counterparts who did not achieve this ranking. Gender differences were not found for anxiety or self-confidence characteristics. Age was related to cognitive anxiety in that cognitive anxiety was higher among younger participants.

Dunn and Dunn (2001) examined the degree to which the Sport Competition Anxiety Test (SCAT; Martens, 1977) and the Sport Anxiety Scale (SAS; Smith, Smoll, & Schutz, 1990) shared variance with the four subscales of the Collegiate Hockey Worry Scale (CHWS; Dunn, 1999)—a sport-specific measure of athletes’ dispositional tendencies to worry about performance failure, negative social
evaluation, physical danger, and situational uncertainty. Participants were 178 male intercollegiate ice hockey players. Correlation and regression analyses reinforced the links between worries about failure and negative social evaluation to competitive trait anxiety (CTA). However, neither the SCAT nor the SAS shared more than 5.8% of the variance surrounding athletes’ worries pertaining to physical danger and situational uncertainty. Findings are discussed in the context of Martens, Vealey, and Burtons’ (1990) recommendation to develop instruments with separate subscales measuring different situational components of CTA.

Ujwala1 and Jigmat (November, 2011) studied was to compare sports competitive anxiety among male and female state level baseball players, who participated in 3rd senior state level Maharashtra baseball champion. In this study Sports Competitive Anxiety Test (SCAT Martin et al., 1990) was used to measure sports competitive anxiety. Questionnaire was distributed among 40 (20 each) male and female players 30 minutes before the warm-up session. Descriptive statistics (mean and standard deviation) and t-test were used to analysis the data. The results showed significant difference (p<0.05) in sports competitive anxiety between male and female state level baseball players.

Singh et al. (June, 2011) studied compares the pre-competitive and post-competitive anxiety in inter-university basketball players. A group of 30 players (15 of each sex with age group of 18-25) were selected from Amritsar, Punjab,
India through purposive sampling technique. Data were collected from athletes using a Sports Competitive Anxiety Test. The result of the study reveals that there was significant difference in 0.01 levels of pre-competitive anxiety and post competitive anxiety among the male and female inter-university basketball players.

Ommundsen (1999) Goal orientation theory and competence motivation theory were used to examine the relationships between young athletes’ achievement goals and indices of somatic and cognitive trait sport competition anxiety. Included in these analyses were also the potential mediating and moderating role of the athletes’ perceived competence in sport. We examined 136 young athletes aged 13 to 18 years involved in organized sport within a community in northern Norway. Whereas no association was found between an ego oriented achievement goal and indices of anxiety, multiple regression analyses revealed that both a high task goal orientation and high perceived sport competence predicted a reduced tendency to report cognitive anxiety when competing in sport. In addition, athletes who perceived their competence in sport as high were found to be less predisposed to experiencing somatic anxiety in the form of elevated physiological arousal when competing than those who doubt their competence. The results further showed that perceived competence did not mediate or moderate the relationships between achievement goal orientations and somatic and cognitive indices of trait sport competition anxiety. The findings suggest that being task
oriented in sport as well as having a sense of being competent are important in order to prevent sport competitions giving rise to elevated cognitive anxiety in young athletes.

Lynn and Frances (1996) examined the role of stress, competitive anxiety, mood state, and social support in athletic injury. Specifically, we hypothesized that athletes reporting high levels of stress, high competitive trait anxiety, negative mood state, and low social support would exhibit greater incidence of injury and injury severity. Voluntary sample, 55 male varsity athletes (42 football, 81% of the football team, and 13 rugby, 74% of the rugby team), ages 19-28 yr (x = 22). Measurements: The inventories Sport Competition Anxiety Test (SCAT), Social Support Scale, Social Athletic Readjustment Rating Scale (SARRS), and Profile of Mood States (POMS) were administered. Internal consistency of the self-report measures was tested using Cronbach's alpha coefficient. Injury rate and severity were recorded by the head student therapist throughout the season. Correlational analyses performed using Pearson correlational coefficient revealed that competitive anxiety (r = .29, p = .03) and tension/anxiety mood states (r = .43, p = .001) were related to injury frequency, and that tension/anxiety (r = .44, p = .008), anger/hostility (r = .30, p = .02), and total negative mood state (r = .28, p = .038) were related to injury severity. Individually, the two sports yielded somewhat different results: for football, injury frequency and injury severity were related to
tension/anxiety (r = .43, p = .004 and r = .47, p = .002, respectively). Vigor/activity was found to be significantly related to injury rate (p = .02), but since the internal consistency of vigor/activity was less than .70 on the Cronbach alpha scale, this significant finding was disregarded. In rugby, injury frequency was related to tension/anxiety (r = .58, p = .04) and depression/dejection (r = .57, p = .04).

Behzadi et al. (2011) studied the relationship between goal orientation and competitive anxiety and comparing them in female athlete students engaging in individual and team sports. Using Morgan’s table, 120 athletes were randomly selected from the team sports and 80 were selected from the individual sports. The Task and Ego Orientation in Sport Questionnaire (TEOSQ; Duda and Nicholls, 1992) and Sport Competition Anxiety Test (SCAT; Martens, 1990) were used for data collection. The results of Spearman’s test revealed that only in team sports is there a negative significant relationship between task orientation and competitive anxiety. Moreover, the results of Mann-Whitney U test showed that there is no significant difference between individual and team sports in task orientation and goal orientation and that there is only a significant difference between team and individual sports in competitive anxiety and ego orientation with higher competition anxiety in the team athletes and higher ego orientation in the individual athletes (p > 0.05). Apparently, since the performance of an athlete in team sports depends on the team performance, the role given to the individual may
interfere with their inner role and this issue leads to anxiety in the individual.

Nigam (February, 2011) investigate the effects of self-efficacy on sports competition anxiety. A total of forty students of psychology belong to D. P. Vipra College, Bilaspur (CG) affiliated to Guru Ghasidas University, Bilaspur were randomly selected for the purpose of study. Sports Competition Anxiety Test and the Physical Self-Efficacy Scale were administered upon all subjects who volunteers to participate in the experiment. Results of the study revealed that females who are high in self-confidence will have low levels of competitive trait anxiety. The findings from this study also indicated that private and public self-consciousness and social anxiety are all contributing factors in predicting competitive trait anxiety.

Bray and Martin (2003) examine the performance and pre-competition psychological states of individual sport athletes in relation to competition location. It was hypothesized that skiers would perform better when competing at home. Self-reports of state anxiety were expected to be lower and self-confidence higher prior to home races compared to away. Within-subjects design to examine athletes’ performance and pre-competition psychological states at home and away competitions. Junior alpine skiers (N=26) completed the Competitive State Anxiety Inventory-2 approximately one-half hour prior to competitions that were held at home and away. Objective (race points) and subjective (coach ratings)
measures of performance were also obtained. Contrary to hypotheses, no differences between home and away performances were observed (i.e. no home advantage). Athletes reported no differences in pre-competition state anxiety or self-confidence at home compared to away. Results bring into question the reliability of the home advantage when examined from the perspective of individual athletes competing in individual sports and highlight the need for further research on the association between game location and competitors’ psychological states.

Ntoumanis (1997) examine the relationships of achievement goal orientations and perceived motivational climate to perceptions of the intensity and direction of competitive state anxiety in a sample of university athletes representing a variety of team sports. Although some studies have demonstrated that task orientation and mastery climate are associated with adaptive emotional patterns and ego orientation and performance climate are linked to less adaptive emotions, there are other studies which have not verified these findings. In the present study, structural equation modelling was used to test these links. The results showed that perceptions of a performance climate were associated with ego orientation, whereas perceptions of a mastery climate were linked to task orientation. Furthermore, no significant links were found between task orientation and direction of competitive anxiety, while it was shown that the impact of ego
orientation on the intensity and direction of both cognitive and somatic anxiety was exerted through self-confidence. No significant direct links were found between motivational climates and competitive anxiety, thus implying that motivational climates may have an indirect impact on affective responses through the different goal orientations. The findings of the present study are discussed along with suggestions for examining situational and individual difference variables that may explain the relationships between intensity and direction of competitive anxiety, and achievement goals and motivational climates.

Singh et al. (1986) studied the anxiety difference between male and female handball players of intervarsity level. 73 (male 36, female 37) subjects comprising 6 teams were investigated. The subjects were members of 1st, 2nd and 3rd position holders respectively. Marten’s sports competitive anxiety test (SCAT) for adults was administered to the subjects selected for the study. T test was applied to find out intra group differences. ANOVA was worked out to find out the difference among the different position holder of male and female teams. The difference of competitive anxiety between male and female came out to be statistically significant at .05 level though over all level is moderate in both cases.

Ali et al. (2010) studied Anxiety is an arousal state of mind which has both negative and positive effects on sports performance. The purpose of the study was to compare the level of anxiety between male and female national weight lifters of
Manipur. Forty (40) weight lifters (male = 20, female = 20) who have participated in the national championships were taken as the subjects. The age of the subjects ranged from 17 to 25 years. To find out their level of anxiety, Sports Competition Anxiety Test (SCAT) developed by Martens (1977) was administered on the subjects. T-test was used to analyze the data. Results of the study revealed no significant difference between male and female national weight lifters of Manipur with regard to sports competition anxiety.

Weinberg (1980) investigated the relationship between competition trait anxiety and state anxiety and golf performance in a field setting. Test low moderate and high CTA collegiate golfer (10 per cell) performed in a practice round one day and day 2 of competitive tournament. Co-relation between SCAT and state anxiety indicated that SCAT was good predictor of pre-competitive state anxiety. The direction of state anxiety and performance CTA main effects provide support for oxedine`s (1970) contentions that requiring fine muscle coordination and precision (i.g. golf) are performed best at low level of anxiety.

Kirchner (1982) found the relationship of state trait anxiety level and basketball free throw shooting proficiency (F T) among SHS male basketball players (N = 56). State anxiety (r = .26, P < .05) and SCAT (r = -.23, P < .10) were significant correlated with FT. state anxiety was significant correlated with trait
anxiety (r = .54, P < .01) and SCAT (r = .61, P < .01). Trait Anxiety had no significant relationship with FT.

Debnath and Bawa (1986) conducted a study to find out differences in sports anxiety between junior and senior female cyclist and gymnast. 10 female cyclists and 11 females gymnasts, who had attended national coaching camps for the preparation of X Asian Games at NIS Patiala in month of May and June 1986, were taken as subjects for his study. The analysis of the data revealed that a significant difference existed in sport competitive anxiety between junior and senior cyclists and gymnasts. But a non-significant difference was found in sports competitive anxiety between female cyclist and gymnasts of national coaching camp.

Ahmed (1980) examined the relationship between the state anxiety of male and female scholastic athletic team members and their athletic team’s psychosocial environment. 441 male and female athletic team members were selected from Eugene Springfield, Oregon, area high schools. A packet containing directions, a personal data form requesting age, sex, and sport, the Team Atmosphere Scale and the State Anxiety Scale were given to each subject. Males and females did not significantly differ in their mean TAS scores or state anxiety.

Genuchi (1981) made a study to determine the relationship between competitive trait anxiety (CTA), state anxiety, and golf performance in a field
setting. 10 low, moderate and high CTA collegiate golfers (N=30) performed in a practice round on day-1 and day-2 of the competitive tournament. State anxiety results indicated a significant displaying lower state anxiety than moderate or high CTA Ss. The competition main effect was also significant. The post-hoc test indicating higher levels of state anxiety during day-1 day-2. Than during practice period performance results produced significant CTA main effect, with low CTA Ss displaying higher levels of performance than moderate or high CTA Ss. Correlation between SCAT and state anxiety indicated that SCAT was a good predictor of pre-competitive state anxiety. The direction of state anxiety and performance CTA main effects provided support for ox-endine’s (1970) contentions that sports requiring fine muscular coordination and precision (e.g. golf) are performed best at low levels of anxiety.

Singh (2011) the study is mainly concerned with volleyball players who participated in the inter college competition. Now days, the Game volleyball is becoming as a professional sport rather than the competitive sport. So the competitiveness among the volleyball players is growing up day by day with different color. The main purpose of this study was to compare pre-competitive anxiety and post-competitive anxiety in inter- collegiate volleyball players. A group of 170 volleyball players (boys=85 and girls=85) were selected from different colleges affiliated to Guru Nanak Dev University, Amritsar, Punjab,
India through purposive sampling technique. Their age was ranged from 18 to 25 years. Data were collected from athletes using a Sports Competitive Anxiety Test (SCAT) consists of fifteen items which include 5 spurious items, 8 positive items and 2 negative items. The t-test was used to test the effect of anxiety level between pre and post completion. The significance level was determined as p<0.01. The result of the study reveals that there was significant difference in 0.01 levels of pre-competitive anxiety and post competitive anxiety among the male and female inter-collegiate volleyball players.

Silva (1981) tried to identify variable that are related to optimal performance at elite levels of wrestling. The subjects were 86 candidates competing for 1980 US Greco-Roman and free style Olympic wrestling teams. Psychological testing included trait testing and pre-competitive state testing. The reports showed non-qualifier scored higher than qualifiers on anxiety, depression and regression. Separate anxiety measures generated from the STAI and the IPAT anxiety trait measures indicated that the qualifiers were lower on all measures of anxiety than were the non-qualifiers.

Ali et al. (2011) study was to compare the level of multidimensional trait anxiety between university and national level hockey players of Uttar Pradesh. For the purpose of this investigation 40 male subjects (20 university and 20 national level players) were recruited as subjects of the study. Their age was ranged from
17 to 25 years. To find out the level of anxiety of university and national level players the multidimensional trait anxiety test developed by Martens (1977) was administered on the subjects. ‘t’ test was employed to analyze the data. Results have revealed that there was no significant difference found between intervarsity and national level hockey players of Uttar Pradesh in regard to multidimensional trait anxiety at 0.05 level of confidence.