Researchers have been conducted on different aspects of Psychological Phenomenon, with different levels sports performance. The literature was made through the studies of Journals, Periodicals and other relevant material in the library. Some of the literatures reviewed during the course of the study are discussed in this chapter.

Adegbesan 2010. Examine in his theory that the connection between imagery along with confidence in team sports. He collected descriptive data after using Sport Imagery Questionnaire SIQ and the Sources of Sport Confidence Questionnaire SSCQ as of forty-three male and female football players from Nigeria. The results indicate that the significant \( P<.05 \) that the correlation of imagery use and sport confidence with correlation value ranging from \( r=.12 \) to \( .72 \). He also established a visible important \( P<.05 \) complex effect of imagery use lying on football players sport confidence. His conclusion is based on social cognitive theory, which states that the classification of the determinants of confidence judgment over a period time of especially with the complementary effect of imagery use lead to better prediction of the football players performance confidence and the overall evaluation of sport experience.

Avramidou etal, 2007. Have examined the anxiety in competitive lifesavers and swimmers state & trait, the participant over and done with the SAS with the CSAT-mains sooner than a training session with the CSAT-mains for a second time before a competition. The aggressive lifesavers be found toward contain lower levels of cognitive along with somatic nervousness than competitive swimmers. Both groups are found to contain inferior level of self-assurance other than top level of somatic nervousness prior to a competition than before regular exercise session. Lifesavers start their level of somatic nervousness near exist other facilitative than the swimmers do. Both group supposed to top level of self-confidence be other facilitative before opposition to earlier than training. The authors also observed difference into the association among state as well as trait nervousness in accord of swimmers and lifesavers. Researchers concluded that in general the inferior level of cognitive furthermore
somatic status anxiety within lifesavers along with their understanding of somatic nervousness during competition would benefit their presentation with decision making.

**Azimirad and Jalivand 2012.** Spiritual greatness and athletes competing in the study of the relationship between anxiety. For this area, he connected with the determination of the positive relationship between the signal stratified sample of 400 of the people in the city of Kermanshah athlete as well as a complete Pierson concern over relations with the result scales. The selected spiritual greatness ($r=0.331$), request performance ($r=0.411$), universality ($r=0.156$) and spiritual transcendence ($r=0.234$) with sportive self-confidence. The researcher observed negative correlation between connectedness ($r=-0.124$), prayer fulfillment ($r=-0.443$), universality ($r=-0.415$) and spiritual transcendence ($r=-0.397$) with sportive self-confidence with somatic anxiety and between prayer fulfillment ($r=-0.271$), universality ($r=-0.312$) and spiritual transcendence ($r=-0.221$) with sportive self-confidence with somatic anxiety. The results of multiple regression through inter method show with the intention of connectedness, request performance and universality be explain 0.287 variance of competitive anxiety (cognitive-somatic) and this variables were explained 0.319 variance of sportive self-confidence ($p<0/05$).

**Bakhtiari 2012.** Compared the rate of aggression between the students of athlete in judo, teakwood as well as volleyball indoor soccer at the University level of Tiran. This study preliminary there be 90 subjects by means of age range 19-23 years old beselect. Isselect between the subject matter of this study male student athlete. In this study, judo, teakwood, volleyball and indoor soccer athlete of the four groups of the investigation and analysis of the subjective and inferential statistics beuse 25 sports for the selection of a simple random sample from the individual athlete to attend. Descriptive statistics such inferential statistical test (mean, median, thumb) and the size of the spread (range, variance and standard deviation), one way ANOVA beuse the trend indicator is used for observation. The statistical analysis of the results obtained from the trend of the player, not just a sports show violent behavior of the other students in the study of judo athlete, volleyball and indoor soccer aggression ($p>0.05$) no significant differences found between them.
**Balaji and Jesudass 2011.** Found out the differences in Mental Toughness among Cricket Players of different age groups. They selected ninety Cricket players at the age group of 10-21 years from Chennai District, who regularly practice the game and participate in various tournaments. "Mental Toughness Questionnaire" a standardized sports psychological inventory designed by Dr. Goldberg, was responded by all the subjects. The collected data analyzed by using simple analysis of variance i.e. ANOVA. This study revealed that there be major difference in mental toughness along with cricket players of different age level which show the confidence level of 0.05. They observed that Cricket Players of age group 18-21 years show significantly greater mental toughness than the other two age group which may be due to their experience in the game.

**Behzadi et al 2011.** The given analysis showed the association between goal orientations and competitive anxiety also compare with female student athlete engage in the individual and team sports. They made random selection of 120 athletes from team sports and 80 from individual sports now using Morgan's table the given sport questionnaire TEOSQ (Duda & Nicholls1992)sport competition anxiety test SCATMartens 1990usein support of data collection. The Spearman's tests havehelp to reveal that only in team sports, which give the negative significant relationship among task orientation and the competitive nervousness. Furthermore the given results of Mann-Whitney U test indicate that there be no major difference among individual and team sports in task orientation and goal orientation. There be only a major difference between team and individual sports. In competitive anxiety there is ego orientation through the higher competition anxiety in athlete team. There be higher ego orientation in the individual athlete (p > 0.05). The performance of an athlete in team sports depend on the team performance they concluded that given position of an individual which may interfere with their inner role and this problem lead to anxiety in the individual.

**Bhambri et al 2005.** Examined that the result of psychological interventions for example General relaxation, images and also mix both the mental toughness dimensions of Table-Tennis players. They accepted out by a study on 32 countrywide table-tennis players in age group of 12 - 17 years. They administer lower psychological performance record in the direction of judge their mental toughness going on seven variables viz. confidence, harmful-energy, intentional power, visual, Imagery control, motivational level, positive energy & also attitude control. The
obtain data be analyze using ANOVA t test and also the percentage distribution. The given results indicate that all the three psychological intervention improved mental toughness dimension of sports people. However combine intervention consisting of both relaxation and imagery therapy show that the maximum effect on mental toughness dimension.

Bull et al, 2005 reviewed to the psychological hardiness is a dangerous factor in modern-day international cricket. The authors observed that is small known outside the observable essentials that what constitute mental toughness at home of English cricketer. The authors carried out a study to address that there are two most important objectives which are given below 1- Improve the better thoughtful of mental toughness through cricket game 2- To classify the obtainable of mentally tough English cricketers who improved their mentally tough. They recognized that the interviewed there were twelve English cricketer because human being between the mentally tough, throughout the previous twenty years. After doing the study that it alert for interview transcripts, which acknowledged the dangerous position of the player environment, which influence the tough character, tough attitude & tough thinking. The comprehensive theme to be had by researcher inside the framework of mental toughness that use to spread the answer of cricket coaching and also the playing population in England. Authors concluded that different and balancing nature of universal theme that help, to give a structural approval that need the dependable relations that are 1- environment 2- character 3- attitudes & 4- thinking in order of a player, be considered as mentally tough in cricket time after time. They finally highlighted for implication of answer in relation to deliverance of sports psychological English cricketer.

Cohen and Levine (2011). investigated the differences in mental toughness, anxiety (trait, performance, and test anxiety), anxiety sensitivity, and anxiety control beliefs in college students who participate in competitive sports (e.g., varsity sports) and in college students who do not- including students who participate in performance based, and in some instances competitive activities, such as drama, music, dance, and those requiring public speech. The authors tried to shed light on potential risk and resilience factors in the development and maintenance of pathological or maladaptive anxiety by investigating the relationships between these constructs. They recruited several hundred students at a small, Division III undergraduate institution in the Midwest via email to complete a battery of questionnaires previously shown to
be reliable and valid measures of constructs of interests. Analysis of the data suggest that athletes are more mentally tough than their non-athlete counterparts, and that mental toughness is positively correlated with anxiety control beliefs & negatively correlated with anxiety sensitivity, trait anxiety, performance anxiety and test anxiety. There study contribute to a better thoughtful of competitive anxiety and construct of mental toughness as these relates to sports and perhaps to a better understanding more generally of anxiety, performance anxiety, and the distinction between effective and ineffective coping.

Connaughton et al 2008 carried out an investigation regarding the improvement of psychological hardiness and interviewed that there be seven participant as of a certain previous study which is given by Jones Hanton & Connaguton 2002 they also determined whether mental toughness require protection. They conducted partially-prepared interview to bring out the participants perception of how mental toughness be cultivate and retain. Their outcomes indicate so as to the increase of mental toughness be long-term processes that encompass a crowd of basic mechanism so as to operate in a combine rather than independent fashion. This mechanism is generally perceived as the inspiration for the enjoyment of the many features associated with the environment, eg, mastery of the different personalities of the coach, peers, parents, grandparents, siblings, senior athlete, sports psychologists, team-mate) is exactly the experience inside and outside the sport psychological skill and strategy with a greedy desire to That is the inspiration and internalized. The author report that if mental toughness have been developed once on three then apparent original mechanism be necessary Greedy desire and motivation to perform well and that the construction of sports and non-sports staff and included in the basic and difficult to use up a support network internalized mental skill to be successful. Finally author also discusses the useful of implication with opportunity of research work.

Daniel et al 2005 studied that group detailed difference of residence mouse group activities compare toward its next association original variety Mussmacedonicus, Mussspicilegus and Mussspretus. They reviewed that considerable difference of behavioral character among mouse populations have be as well evidenced. They calculated the agonistic performance of laboratory-natural accommodation pests as of five commensally populations Mussmusculus. central czech republic, Muss muscular domestics Bulgaria, Grecia, Turquia & natural Mussmuscular domestics hybrid beginning the czech part of hybrid region with five non-
commensal populations of M.m. domestics, C. syria, E. syria, Jordan, Iran & Libya. The author performs Kydic exchanges inside a unbiased enclose with evaluate the effect of gender along with population going on time exhausted through agonistic activities. During the study of populations male - male relationships be new agonistic than female - female ones. Male - male behaviour step by step improved as the smallest amount agonistic people of M. muscular as of central Europe towards near the east population of M. m. domestic that exhibits the top score of agonistic performance. Between population difference subsist a still strong behaviour while female - female encounter is considered. Although the fact that female of commensal populations belong toward cooperation . M.m. muscular and M.m. domesticus be open-minded of each other. Persons upcoming as of non-commensal populations of M.m. domesticus be highly agonistic, reaching yet the stage of hostility among the females of several original mouse group. The researchers were of the view that this occurrence may possibly exist recognized just before improved contest intended for provisions within non-commensally populations while compare ones complete through super abundant funds. They reported that social behaviour of house mice appear to be flexible rather than inflexible & specific species. It be able to be changed quickly according to environmental desires with such flexibility allow residence pests on the way to take possession of different habitat.

**P. Balaji and Sim son (2011).** The given study examined that the finding of different level of mental-toughness among cricket players of different – age - group. To accomplish the purpose of ninety cricket player between the age group of 10-21 years, selected the players from the Chennai District, who regularly Practice the game and participants in different kinds of sports activities. “Mental toughness Questionnaire” a slandered sports Psychological inventory designed by Dr. Goldberg, who was responded for all the subjects.

The analysis of collected Data simple of variance (ANOVA). This study showed with the intention of there be a significant difference during mental toughness among sports players of dissimilar category of mature group who show the confidence level of 0.05 and they observed that the cricket players of different kinds of age groups i.e. 18-21 years showed significantly greater mental-toughness than the other two age groups.
Donah et al. 2009 Examined the relationship between melodious, obsessive craze & aggressive behaviour in sports. They hypothesize to players who be zealously regarding basketball ought to report senior level of violent behaviour than melodiously-zealous players during universal and especially in self threat. The researchers used the Dualistic model of craze as support and also the players of basketball indicate their stage of craze & aggression during typical basketball situation while use a self-report questionnaire. The result reveals that athletes, through a main compulsive craze used for basketball give you an idea about senior level of violent behavior, going on violence level the athlete among a pleasant craze. Furthermore, the athletes were randomly pleasantly-zealous with zealously loving. That assign on the way to solitary of two conditions, self-danger and self-verification. The author predicts below self-risk and zealously-loving players ought to inform senior level of hostile behaviour than pleasantly-zealous players. On the other hand, there were rejection difference likely among zealously and pleasantly-zealous players within personality-confirmation situation. They concluded compulsive craze connected through violent behaviour particularly for below the self of danger. Consequently sport may possibly show the way to some maladaptive interpersonal behavior more than ever if love embedded inside a common sense of individuality to contingence on top of burden in good health during with the purpose of activity.

Dunn and Dunn (2001). study about related degree just before on Sport competition anxiety test (SCAT Martens, 1977) and sport anxiety scale (SAS, Smith, Smoll & 1990 Schut) Collegiate Hockey concerned about the standard of the meaning of the four subscales (1999 CHWS Dun) shared by the variance - in a sport - a certain measure of dispositional tendency athlete The failure of performance, the negative social evaluation, physical danger, uncertainty, worry about the conditions. 178 female intercollegiate ice hockey players in the evaluation of their research. Correlation and regression analysis of the competitive trait anxiety (CTA) to strengthen ties between failure and negative social evaluation anxiety. However, neither the stool or SAS physical danger, uncertainty regarding the circumstances surrounding the athlete concerned with more than 5.8% of the variance shared. Their conclusions be discuss in the context of (Martens, Valley, and Burtons' 1990) they suggested to develop instrument with separate subscales measure different situational mechanism of CTA.
Emara (2012). Identified the relationship between cognitive with motivation images furthermore several psychological variables 1- Achievement motivation 2- Competition anxiety 3- Sports confidence of high level player of wrestle. The sample of research included by 18 wrestle chosen for the purpose to be the national team of wrestle (freestyle Greco-Roman). Researcher used the tools such as questionnaire, sport orientation questionnaire, competitive state anxiety inventory & trait sport confidence inventory for the research work. The study of the statistical function, high-level players in the wrestling competition policy and target images for the special cognitive approach to facilitate the association between exposure to the outside. Researchers with images inspired by the excitement and competition policy, and the sport of wrestling outside of the association between high-level players to win the approach is a statistical function was observed. The author also inspired by the images and the statistical function and normal wrestling outside of the relationship between the players do not have a high level of physical anxiety has made it clear view. The findings also sports a high level of statistical function and wrestling and self-confidence of the players in the case of simple images suggest a correlation between the outer. Further study of the statistical function, specific cognitive pictures and WrestleMania, a high level of confidence in the players, the game featured a correlation between exposure to the outside. Past research also common motivation for wrestling at the high-level descriptions of the players and the sport outside of the relationship between faith is to show that there is a statistical function of exposure.

Faridnia et al 2012 Elite female swimmers have examined the effect of neuro feedback on training concern. They are 20 professional swimmers selected by purposive sampling and randomly divided them into an experimental and control group. The procedure of the research involved 12 sessions 45 min per session of neuro feedback training with two protocols increased SMR activity and decreased high beta and theta activity, 920 increased beta activities and decreased high beta activity. Before the training the pretest was administered using SCA and then the post-test was administered. Two-factor analysis of variance (2 x 2) was applied for data analysis and also for outcome here was not important effect involving groups. Given the significance of the interaction between test and group, correlated with t-test and also applied to compare between two groups i.e. pre-test and post-test score of each group. The correlation of T-test which was applied to compare two groups in the pre-test & the post-test. The result shows
that in the pre-test here be rejection found between these group inside conditions of anxiety, but this difference was significant in the post-test. The researchers concluded that neuro feedback training reduces anxiety in elite female swimmers.

**Fauzee et al (2009).** Investigate the reason for using or not using student recreational centre (SRC) surrounded by a frequent user and non-user. They identified group of college student either user or not-user and invite them attend a separate focus group discussion. They be consisted of six students in user group 5 males and 1 female have mean age of 20.33 and (S.D. = .82) and also in non-user group they were consisted of eight student 6 male and 2 female between the mean age of 20.38 (S.D. = 1.30). The discussion is lead by one of the author and also tape record with the permission of respondents. The tape record that be transcribes exactly with analyze using the comfortable process of analysis by the three author. Separate analysis for group also conducted by them. After completing the analysis results showed that there were Three themes emerged as important for the user group. Wellness facilities with good reason and that reason is also associated with socialization. On the other hand, non-user group does not use the facility for the four themes that emerge are also in times of trouble i.e. personal failure, Poor access & lack of interest. It is to suggest how to attract more students. User group, the student should be able to create more competition they suggested that exercise should be knowledgeable in the SRC and the management should be able to keep up. But more to the user group and send them to the e-mail information, eg, training their staff should be noted that while the SRC SRC weight room and on behalf of the staff should be able to build a large space, especially in the weight room and also to be offered more competitive. Further they found that both the user and non-user have different opinion lying on how to promote more student usage. However it be report that there appear to be a relatively good relationship between two.

**Fauzee et al (2012).** Examined the psychological hardiness supposed by means of selecting the national football players. They selected twelve Malaysian footballers existing & ex-players whose ages are 19 toward 57 years old. Each of the four former national footballers, four former state of the foot and the foot has four currently active in Malaysia is a demonstration of the National Football League. Be active as a coach, five between them. The researchers used the structure of a semi-discussionscheduled in research. All respondents have signed a letter of consent for the interview tape recorded. The record of word for word from tape be content
analyze through author to recognize theme. Outcome illustrate that eight theme emerge from the interview which be motivational, negative energy, self-confidence, positive energy, visual & imagery control, patriotic spirit, perseverance and attention control. The author concluded that approximately all of the theme have been recognized by previous researchers except for patriotic and perseverance they also recommended for the need of further research.

Gany et al (2010). The program is useful for the teacher and neuron--Linguistic Programming (NLP) techniques are some of the best junior players to improve emotional and mental abilities. Various psychological techniques or mentoring programs, counseling and mental training with techniques such as neuron-language program, and mental training (PST) are limited in, however, they found a new program in the field of sports in the Middle East. The researchers have studied different psychological techniques, participated in courses and various programs to get the expertise, and certified practice. They made the study sample of 15 players, representing the Basketball National Team of Youth. The program consisted of eighteen sessions and the aim of that program was to improve the psychological and mental abilities for the best of junior players by using mentoring and some NLP techniques. The results show the importance of using mentoring with elite players besides the other psychological methods. The researcher also recorded explicit improvement in all mental and psychological abilities for the elite of junior players.

Globy and Meggas (2011). Reviewed that the 2D and 4D ratio be a hypothetical for indicator prenatal testosterone as well as have the potential to give details that the variation in sport performance which be establish that there have been very little research done regarding the association between sports performance, number ration and psychological variables. Their studies 2D and 4D mental toughness, optimism, goal orientations, examined the relationship between aggressive, and sports with the success of the method to cope with and they also adopt a post factor design which incorporated the participant of an opportunity sample of 122 sports people male n = 60 and female n = 62 from university level in the North East England. The next up to date permission a vernier caliper used to measure the digit part of hand scans. The participant completes a self- information events which is incorporated in the other psychological Performance Inventory (Golby etal, 2008) sport mental toughness questionnaire (Sheared etal. 2009 ) and the life orientation test-revised by (Sheier etal. 1994, Buss-Perry 1992 ) and also the
The ANOVA exposed the significant gender difference in 2D and 4D ratio with the male demonstrating lower ratio Manning 2002. The 2D and 4D ratio found to differentiate eleven of the seventeen calculated variables which count the mental toughness scores (p<0.001) and varying level of sports achievement i.e. worldwide/ nationwide, regional & school level (p<0.001). Especially this difference is most important when comparing the highest (worldwide/nationwide) and lowest free time/school) groups. They also found that there be an entry for prenatal testosterone influence upon sports ability. For more them stresses on to carry the research to examine that the slight difference between competitors involved in different achievement level. They finally planned that high parental level of Personal testosterone increased mental toughness, optimism, ego / work to contribute for the development of goal orientation, and hence may aptitude towards sports. Mental toughness can be prearranged partly biological support for their end of the uncertain reasoning.

Golby & Michael (2004). Studied that for rising business - like environment of particular sport contain resulted here performance of players. They studied that the importance role of psychological parameter during predicating achievement in world of specialized and amateur for sports education. The author also studied that to date the evidence that relating to the responsibility of personality character in predict such successes are very less. They examine the strength of trial of qualities style and also mental skill during predict achievement within standard activity of proficient rugby league. They assess psychological hardiness through survey after use the mental routine record. They assessed the stamina by survey use the individual survey III-R. They included that the115 specialized rugby club footballer on behalf of the peak three playing level in game i.e. Great Britain International super league& division one. The researchers observed to the playing performance of premier standard international players score significantly higher during all three toughness subscales promise, control & challenge moreover in two of seven mental toughness subscales there be harmful of energy control & awareness control. The outcomes were discussed in relation toward preceding findings in particular use of high level of hardiness. They finally concluded that practical implications are based on mental toughness & hardiness training to develop the sports performance.
**Ibrahim et al (2010).** The study of the relationship between the aggressor and the Egyptian wrestling practice the sport for years, and aggressive sport of wrestling in the Egyptian male / female wrestling game to determine the differences between the aggressor and the relationship between chronological age, and the Egyptian wrestling ranking is determined by the relationship between sport and aggressive. The researchers used the survey method and 68 Wrestling (Greco-Roman 46 male and 22 female freestyle) is a measure of the model, applied research and collect data to apply aggressive sport. The results also less sophisticated modern wrestling, wrestling, wrestling aggressive growth in the low-ranking, ranking, there are statistical significant differences between female wrestling practice and the aggression of a positive relationship between the numeral coefficient. To work with the national team for the male and female Egyptian wrestler needs to focus on psychological preparation, as well as a sports psychologist is required, recommended.

**Jazayeri and Amani (2004).** Studied to the relating diet of awareness, attitude and practice between male & female bodybuilding trainer in Ahwaz Iran, they carried questionnaires that contained information about relating to diet knowledge, food group and also using the supplement with ergogenic aids. There were 63 specialized male bodybuilder trainers (37.9 ± 2.7 y) with thirty certified female trainer (37.3 ± 8.1 y) recruit as of every club of city. Each and every one of the male and 47% of the female trainer contain prescribed her go on a diet agenda in favour of their trainee (P < 0.001) moreover it show an important association (P < 0.001) among their diet treatment as well as their educational degree. Not any of them female trainer neither employ nor give advice anabolic hormones e.g. Nandrolon but 62 percent of male trainer contain advise hormones toward their trainee whereas no more than 50% of them use hormones themselves. Whenever 96.8 percent of trainers do not know minerals 88.percent do not know water be essential nutrients with more than 90 percent do not understand so as to fat & sugars be the same as food group. The course of training and also educational level of trainer be positively related toward their practice and also they finally concluded that every one of trainer require more theoretical & useful nutritional education.

**Kezwer 1987.** To view of this various study that has been done the effect easiness against deservedness going on next language learning. This study that contain often be ambiguous by way of show a understandable correlation between unreservedness and also achievement
knowledge but in a second language the others weakness to demonstrate that there be a cooperative correlation between sociability and second language expertise. A review presented by author of each and every one type of most important study which trade with the control of sociability which going on second language learning. Author argue that reasons amongst discrepancies inside research the given outcome be the wide variety and doubtful validity of the behavior and also the assessment of instruments use the life of the task which use to decide the second language skill and also the arrangement of class-room interface. On the other hand author considered that the implications of sociability and nervousness for class-room lessons.

**Koche and Dachen 2011**, compared the sports competitive anxiety among male and female for the state level baseball players, who participated in the 3rd senior state level Maharashtra baseball champion. They use Sports Competitive Anxiety Test (SCAT Martine et al. 1990) to measure the sports competitive anxiety. Questionnaire were distributed among 40 (20 each) male and female players 30 minutes before the warm-up session. Descriptive statistics (termed as mean and standard deviation) and t-test were used to analyse the data. There results showed important dissimilarity i.e. \(p = 0.05\) during sports competitive anxiety between male and female state level baseball players.

**Kuan and Jolly 2007**. The given study was examined that the association between goal orientation & mental toughness, during competition outcome depend on performance. WuHu athlete \(n=40\) opposing into intervarsity finals in Malaysia finished mission and opinion of yourself direction into sport questionnaire (TEOSQ) as well as psychological performance inventory (PPI). They used group study technique with hierarchical method and non-hierarchical technique \((k-\text{means group})\) in the direction of observe aim profile of three group solution emerge viz. group 1- high task & moderate ego (HT/ME) group 2- moderate task & low ego (MT/LE) group 3- moderate task & moderate ego (MT/ME). The essential area give the analysis of mental toughness which base lying on aim profile that release athlete during group -1 score much high going on harmful energy control than the athlete within group 2. Further the athlete within group -1 also scores much higher about positive energy manage than athlete within group 3. Chi - square \((X^2)\) test revealed that there is no significant difference among athlete with different aim profile during competitions which depend on performance outcome. On the other hand significant difference be observed among athlete medalist & non medalist during self -
confidence i.e. \( p = 0.001 \) which control harmful energy \( p = 0.042 \). Medalist score much higher depend going on self confidence (mean = 21.82 ± 2.72) & also the harmful power control (mean = 19.59 ± 2.32) than non medalists (self confidence - mean = 18.76 ± 2.49 harmful energy control mean = 18.14 ± 1.91).

**Modrono and Guillen 2011.** Study revealed that the characteristics of nervousness and self confidence of windsurfers challenging at high level of struggle with exacting attention that dedicated to difference with the intention of Gender, age, competition results, and also in terms of season-long status exists. Participate in this study, regional and compete in the World Championship events were 79 professional and amateur windsurfers. In the event a better overall season-long rating, the result of the poor performance of athletes than those with low Somatic nervous. A ranking of the top five season-long athlete, higher confidence level than his counterpart. Who did not achieve this ranking they finally concluded that age was related to cognitive nervousness in that cognitive anxiety was higher among younger participant.

**Moghaddam et al 2011.** Explained the citizens’ attitudes toward the utility index of health stations. The population of the study consisted of the citizens on the age range of 18 to 74 years who frequented health stations. A number of 313 participants were selected from within the population using convenient sampling technique. The research instrument was a researcher-made questionnaire on 5-point Likert scale. The validity of the scale was approved by experts and its reliability was estimated using Cronbach alpha formula (\( \alpha = 0.86 \)). The result of the study showed that 62.3% of the participants used health station equipments less than 3 hours a week, 51.4% complained that the instructions provided to them were insufficient, and 44.7% thought exercise equipments were not safe. Besides, 44.1% of the participants contended that equipment colour were inadequate, 57.2% believed that equipment maintenance was poor, and 53% contended that stations suffered from moderate to poor sanitation. Overall, 54% of the participants evaluated the utility index of health stations to be moderate to low. The results showed that there were no significant difference between men and women on their attitude towards utility index of the stations while there was a significant difference in the attitudes toward the utility index of the stations in terms of the participants’ level of education.
**Moula 2010.** Examine the association among academic success motivation as well as home environment. The study be taken away from home lying on 235 8th standard Kenyan pupil scheduled after six urban and rural primary school at random select from Machakos district. The age range between 13 to 17 years. There are two types of questionnaire i.e. simple profile (SP) & home environment working in the research. A significant (p < 0.05) positive association observed between six of home ecological factor i.e. father occupation (r = 0.22), mother occupation (r = 0.26), father education (r = 0.15), mother education (r = 0.14), family size (r = 0.26), learning facilities at home (r = 0.23) and also for academic success motivation. The parental encouragement be the only factor that be not significantly (r = 0.03) associated with academic achievement motivation. Although this correlation be low they show that pupil motivation well do in academic work and they also recommended towards the parents should aware of importance of their role in towards their children in the academic achievement motivation so that they can give the necessary facilities at home.

**Nigam 2011.** Conducted a study to examine the effects of self-efficacy on sports competition anxiety. The author randomly selected a total of forty students of psychology of a College in Bilaspur (CG). He administered Sports Competition Anxiety Test and the Physical Self-Efficacy Scale 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 indicated that private and community self - awareness and social nervousness are all contributing factors in predicting competitive trait anxiety.

**Shackell and Standing 2007.** Mental Muscular strength training can produce a profit that experience. Football, Basketball and Rugby players, including 30 male university athlete constantly physically and to practice your hip flexors or mental, and received physical training, to create a control group that weight machine for use your hip flexor muscles of the mental training to work. Each group of hip strength is calculated before and after training. Physical strength, mental exercise (P = .008) was increased by 24%. 28% of the power was increased by means of physical training, but did not change significantly in the control condition. Gain strength, mental training was greater among football players. Mental and physical training heart rate causes a similar reduction in both systolic blood pressure and had a slight reduction.
Singh et al., (2011) Researchers who evaluate the pre-university basketball player - Inter competitions during nervousness - and post competition. Through purposive sampling techniques in Amritsar, Punjab, India, 30 players (18-25 years of age group, 15 of each sex) in a group of selected. Sports competition to test athletes using concern after data collection. Competition anxiety and post - - Results of Pre 0.01 level, which should be a big difference in the shows University basketball player - male and female competition among inter concern.

Torkfar et al 2011. Were of the view that mental role in sports competitions and also the consequences of anxiety in sports psychology from the topics to be discussed are undeniable. One of environment rich in excitement and anxiety, is concerned with the sports environment deal with the excitement and anxiety is inevitable. Researchers investigated the relationship between dimension of emotional intelligence and competitive anxiety in male and female student athlete group and individual courses of 270 student athletes (180 team sports, individual sports in 1990) from the University of Fars province, all of which have 6 to 15 years had the championship, once the night before the race and the second time within half an hour before the contest conducted by questionnaire competitive anxiety and emotional intelligence Martinez 1970, to fill. They applied Kendall correlation test to determine the relationship between variables, Smirnov test for normal distribution of data, independent samples T-test for comparing normal and test agents "U" Mann-Whitney to compare variables that were not normal. They also used SPSS software for data analysis. Results reveals that the only spontaneity between the dimensions of emotional intelligence with self-confidence be a significant relationship p<0.0 but the relationship among all these dimension except for anxiety cognitive empathy be there significant (p < 0.05. All aspects of relationship between self-awareness and empathy with the exception of physical anxiety be not significant (p > 0.05). The authors also observed significant difference (p < 0.05) between athlete of individual and group about emotional intelligence and social skills and self-regulation variables. Further they reported that difference be not significant (p > 0.05) between these two variables on self-awareness, empathy and spontaneity. Finally they also concluded that EI competitive anxiety is associated in most cases.

Berger and David 1988. Experimented that the stress decrease mood enhancement depend upon four exercise mode i.e. swimming, body conditioning, hath yoga and also fencing players voluntarily enrolled in co-education fencing body conditioning swimming and yoga
administered the POMS, a measure of mood states and the state anxiety subscale of the STM before and after class on three different days student were significantly more fatigued than before, in body conditioning interaction between Pre and Post means was significant, yoga participants felt significantly better after exercising on four POMS subscales.

Giri 1987. The using a set of yogic exercise studied effects of these programmed was six weeks on the five test of national Physical efficiency. Drive Via 80 meter sprint 400 meter run. Cricket ball through, pull-ups and running broad jumps. He found a significant improvement among the experimental group in all the fine sets as a performance of yogic training however, when the group discontinued the practiced the yogic exercise for the same period of six weeks the effect was significant cost.

Reddy and Devander (1999) Conducted these studies of the competition anxiety, between medalist and non-medalist boxers. The conducted study and a total sample of forty subjects drawn from the Andhra - Pradesh senior state level boxing championship held at Warangal from 1st to 3rd October 1999. The subjects were selected at random and divided in two groups-medalists and non-medalist. For the purpose of the collections marten’s competition anxiety questionnaire was employed prior the competition and date, were collected on analysis of data by’s ratio, it was found that the competition anxiety levels of the medalist and non-medalist boxers is equal.

Boon 1997. Investigated arousal and anxiety of gymnastic performance. Anxiety was assessed by means of the state trait anxiety inventory, the college women’s varsity gymnastic team (N=18) were tested, the inter co-relation matrix of all variables, gymnastic ability, Pulse rate, Palm-Sweating, state anxiety, trait anxiety and gymnastic performance and arousal were analyzed.

Gueciardi D.F. And Gordon, F 2009. Personal construct psychology offer researchers as well as practitioners more than a few useful methodologies on behalf of the individual to construct the individual. However, there is a tendency in the PCP literature towards developing into a dependent on top of Such triadic & dyadic listed as laddering interview with conventional construction elicitation events. Design was led by the power of P in particular to be interviewed
for the purposes of research methodology but having no feature powerfully. We attend to this issue in this paper by describing a case instance of how we engaged PCP to design an interview procedure intended for investigative the suggestion for future research be offered.

More recently, Morgan and Costill (1972) administered the EPI, the IPAT Anxiety Scale, and the Depression Adjective Check List to a group of experienced marathoners. Correlations were computed between performance in the marathon, the maximal oxygen intake of these subjects, and the psychologic variables. Marathon performance was not significantly correlated with any of the variables. This is somewhat surprising since most observers of the marathon readily agree that these runners represent a special breed. They are, of course, quite unique form an anatomic and physiologic standpoint. This uniqueness, at least in part, explains the lack of significant correlations between the variables cited; that is, they are so similar that their homogeneity suppresses the likelihood of significant correlations. This group of marathoners scored much lower on the anxiety and extroversion variables than the average population; that is, they were characterized by introversion and low anxiety.

The 16 PF was administered to 246 football players from four colleges by Straub and Davis (1971). The teams were from a small private college, an Ivy League university, a Big Ten university, and a small state college. It is interesting to note that the purpose of this investigation was to determine that if there were significant differences in team personality profiles. Subsequent analysis revealed that the Big Ten team differed significantly from the other three teams. Whether this difference reflects primarily (1) recruitment, (2) gravitation, (3) mortality, (4) cause and effect, or (5) an interaction effect remains to be demonstrated.

Parsons (1963) administered the 16 PF to champion swimmers and found that they differed from the average population on 15 of the 16 factors. However, those swimmers in this champion group who were selected to participate on the 1962 Canadian team did not differ from those swimmers who were not selected. This might simply reflect the homogeneity of the group. Also, it should not be assumed that members of any country’s team are necessarily the best
athletes available. Indeed, it is rather clear that numerous economic, political, sociologic, and personal factors influence the composition of national teams.

The Thrust one temperament schedule was administered to 21 school swimmers by Newman (1968). The subjects were ranked in swimming ability as measured by actual mean competitive times in dual meets. Correlations were then computed between ranks on performance and the seven Thrust one traits. Three of the correlations were statistically significant, but since approximately two would be expected due to chance alone, this suggests that there was no relationship between personality and swimming performance in the sample studied. However, as mentioned earlier in this chapter, testing such hypotheses in isolated, intact, readily available samples does not lend itself to demonstration of significant relationship. The primary reason for not observing significant correlations relates to the homogeneity of variance which often characterizes such samples.

More recently, the 16 PF was administered to 338 swimmers from two Olympic Development Swim Clinics swim clubs from California, Indiana, and New Jersey; and five college and university teams by Rushall (1970). The swimmers were pooled from the respective teams in order to form performance and maturational categories. The data were evaluated by means of stepwise multiple discriminant function analyses. Rushall concluded that “personality appeared to have no relation to success in swimming.

Several years ago, Kane (1964) reviewed the literature pertaining to personality and physical ability and came to the conclusion that a positive relationship exist between “athletic ability and (1) stability as opposed to Anxiety, and (2) Extraversion as opposed to Introversion” (p. 89). On the basis of the present review, it would be hazardous to advance any generalizations regarding to interaction of personality and physical performance. The results of investigation conducted since Kane’s review (1964) has been equivocal. The equivocal nature of this research can be explained in a number of ways.

First of all, one of the most serious shortcomings of investigations in this field has been the unitary nature of inquiry; that is, attempts to understand physical performance have been limited to the personality domain. This is rather interesting since considerable evidence is
available which suggests the success in sport is dependent upon certain physical capacities. In other words, sport psychologists have attempted to discriminate between high- and low-performance group on the basis of their scores on various personality inventories. There has been a general failure to consider biologic and sociologic factors as well as additional psychologic phenomena which might contribute to high-level performance.

An exception to the preceding generalization has been the research strategy of Kane (1964), who has examined the relationships between various physical abilities, personality factors, physique, and sociometric status. His factor analytic work prompted the advancement of the following hypotheses (1964).

(1) that a high level of physical ability favour extravert development; (2) that among those of high physical ability only those achieve high standards in competitive conditions who rate highly in Extraversion and (3) that size supports stability.

Confusion regarding the relationship of personality and physical ability will persist until different research strategies are used. It is recommended that investigators concerned with this problem (1) organize multidisciplinary teams, (2) adopt theoretic models, (3) employ precise operational definitions of dependent and independent variables, and (4) use meaningful sampling procedures.

**Athletes and Non athletes**

Investigations which have been concerned specifically with comparisons of athletes and non-athletes will be reviewed in this section.

**Henry (1941)** administered a questionnaire consisting of items from the Thrust one neurotic inventory and questions pertaining to ascendency-submission to student pilots, members of a college track team, physical education major students, and a group of students enrolled in weightlifting. The track athletes and pilots were found to be quite similar and these groups were significantly less hypochondriacal and introverted than the weightlifters. Also they were significantly more neurasthenic than the physical education majors.
Slusher (1964) administered the MMPI to high school athletes who had won letters in baseball, basketball, football, swimming, and wrestling and to Non athletes from the same population. The athletes and Non athletes differed on all of the MMPI scales except the M (hypomania) and K (validity). These MMPI scales are known to fluctuate with various treatments. For examples, scores on the depression scale decrease following the administration of antidepressants and numerous other therapies. At any rate, since the MMPI is not comprised of *trait measures per se*, it cannot be inferred that the athlete and non athlete groups differed prior to the athletes electing to participate in sport.

Schendel (1965) administered the California Psychological Inventory (CPI) to ninth-grade, twelfth-grade, and college athletes and nonparticipant’s in athletics. The ninth-grade athletes differed from the non athletes on eight of the CPI scales, differences existed on 4 scales for the twelfth-grade sample, and nine differences were observed for the college Ss. This investigation supports the view that athletes and non athletes differ in personality structure, and while cross-sectional studies have obvious limitations, it also suggests that athletes and non athletes differ from the outset since both the younger and older groups differed.

According to Eysenck (1974), extraversion is at best a behavioral of personality, but that it does possess biological causal source implication. He believes that extraversion can be explained at the neural level in that his extraversion-introversion scale reflects the strength of the excitatory-inhibitory functions of the central (cortical) nervous system. He (1967) also proposed that the extraversion associated reticular-cortical loop system of the brain stem. It means that the dimension involves the reticular activating system. His proposal was founded in the belief that cortical excitation in response to external stimulation (such as the effects of competition) is higher in introverts than in extraverts.

It is through the linkage of the reticular formation and hypothalamus with personality dimension that Eysenck believes differing personalities will reflect their positions on a level of arousal continuum. For example, cortical excitation in response to external stimulation (e.g. a tension situation in sports) is postulated as being higher in introverts system than extraverts. This is because he saw introverts as having weaker nervous system than extraverts. Conversely, he believed that inhibition will be higher in extraverts as they possess stronger inhibitory
mechanisms because of their stronger nervous system. The reason for this is that weaker nervous system is more sensitive and begins to respond at stimulus intensities which are ineffective for strong nervous systems. This results in the weaker system’s responses being closer to the maximum level of responding than those of a stronger system through the stimulus intensity continuum. Eysenck feels that this represents the cortical supremacy of introverts as producing a constraint of their behavior in accordance with conditioned and learned patterns of response that lead to the emergences of those personality traits characterizing introverts. Conversely, the absence of such supremacy leads to an absence of such constraints and to the emergence of extraversion traits.

According to Alderman (1974), “Eysenck’s view can be interpreted as indicating that extraverts are low on excitation and high on inhibition, which introverts being the opposite. Athletes, then, would react quite differently to a rise in arousal level from competitive circumstances depending on whether or not they are mainly extraverts or introverts. For example, an athlete, high on extraversion would have more trouble “getting up” for a game than one high on introversion, but would be better able to handle and channel arousal later in the game because of strong inhibitory mechanism”.

The dominance trait appears to be one of the important personality traits of sportsmen which has two interesting implications for sports performance. E.g. (1) Eysenck expects extraverts to have low tolerances for sensory deprivation and higher tolerances for physical pain because they have higher thresholds of arousal. It explains why athletes are, in fact, highly physically active and relatively tolerant of physical pain, which is required in many endurance events and in the hard physical training programmes required for skill perfection. (2) It is generally accepted that an optimal level of arousal, stimulation or activation, exists in each person where his performance is maximal. It is usually represented by an inverted U-curve relationship which shows that a person’s level of arousal increases, performance increases up to an optimal point, after which further increases in level of arousal result in a deterioration of performance.

Alderman (1974) reported by “Eysenck has taken this basic premise, related it to his personality variables, and stated that if extraverts have stronger nervous systems, which have higher thresholds to stimulus intensities (i.e. arousal), then they should be able to handle higher
levels of arousal before their performance deteriorates. This is undoubtedly true in outstanding athletes. The ability to withstand the extremely high level of arousal caused by intense competition and the usually higher vociferous spectator reaction, without a consequent drop in performance, is the hallmark of a successful athlete. A partial explanation for this ability to withstand pressure may lie in Eysenck’s neural explanation of extraversion – a trait that continually crops up in athletes”.

Eysenck (1960) developed two broad personality dimensions, the E scale, which is a continuum between extraversion and introversion, and the N-scale, which is a continuum between neuroticism and stability. Though this is essentially a behavior description of personality, he did attempt to link overt personality characteristics with their casual biological sources. He believes that behavioral characteristics can be explained at the neural level, with the F scale reflecting the strength of both the excitatory and inhibitory functions of the central nervous system i.e. (the cortex) and the N-scale reflecting the excitation of the autonomic nervous system.

In neuroticism, the individual reacts to some distressing stress situation with more than the usual amount of sadness and dejection. There is high level of anxiety and apprehensiveness, together with diminished activity, lowered self-confidence and a general loss of initiative. Eysenck (1967) has proposed that neuroticism, stability dimension is more associated with the hypothalamus. His explanation revolves centrally around the hypothesized instability of the autonomic nervous system. He maintains that autonomic nervous system reactions are rooted in the person’s constitutional structure, which mediates the reaction of the sympathetic nervous system to incoming stimuli. Though people react differently to sympathetic stimulation and to the way the para-sympathetic system is controlled. Eysenck, nevertheless, feels that it is the autonomic nervous system that does, in fact, control emotionally. In this context, introverts are seen to be more chronically aroused than extraverts and neurotic or unstable people then to become aroused more easily than stable people.

However, Eysenck (1974) states that neuroticism (emotional instability) refers to “general emotional over-responsiveness and liability to neurotic breakdown under stress”. He explains the bipolar dimension of neuroticism-stability in terms of the instability of the
autonomic nervous system. He maintains that the autonomic reaction is basically dependent on an individual’s constitutional structure, which mediates the strength of the sympathetic or voluntary reaction to incoming stimuli. Although there seem to be characteristic ways in which various individuals react to this sympathetic stimulation, and the way in which control is indicated by the para-sympathetic system. Eysenck nevertheless considers the autonomic nervous system to be the most likely basis for individual differences in emotionality. This is essentially an integration and conceptualization of earlier thoughts by Jung (11039), Pavlov (1934) and Hull (1952), which suggested the variations in the strength of the excitatory and inhibitory functions of the nervous system could account for temperamental differences in human personality.

Alderman (1974) is of the opinion that the level of emotionality in athletes to a considerable extent is “rooted at the constitutional, neural levels i.e. the inhibitory or excitability of the autonomic nervous system. This genetically and constitutional basis is reflected in the everyday behavior of the individual. In the case of neuroticism, this appears as high emotionality or emotional instability”. Emotional instability is characterized by “a low” tolerance of frustration immaturity, instability, high excitability, evasiveness, worriedness, and neurotic fatigability’s On the other hand, emotional stability in athletes is characterized by “maturity, stability, quiet realism’ the absence of neurotic fatigue’. It is generally felt that high emotionality is related to, or described best by Eysenk’s “general neuroticism” and that emotional stability is grounded in what Kane (1964) calls personal integration or a mature control of one’s emotions.

One the basis of related evidence, high emotionality in athletes would appear to indicate three things: (i) because neuroticism has virtually a zero relationship to intelligence, achievement by highly emotional athletes in sports is due to something other than intelligence (ii) neuroticism is probably related to successful athletic performance through its manifestation in persistence, I and (iii) high anxious subjects show high speed of learning, and superior performance in relatively simple tasks, or in complex tasks where faulty associations have not been present.

In terms of the interaction between arousal level difficulty of task, and performance as a function of Eysenck’s two personality dimensions, the following observations can be made:
a. People who score high on introversion and neuroticism will tend to perform better on easy or simple tasks than people high on extraversion and stability.

b. On difficult tasks, the reverse tends to be true i.e. stable extraverts perform better than neurotic introverts.

c. No predictions have been made on the intermediate personality types.

These predictions are based on the theory that higher arousal level (partially caused by external conditions as in competitive situations) will not cause as much disruption in the performance of people possessing strong nervous system (extraverts) simply because extraverts possess strong inhibitory potentials, i.e. they can shut out the negative or deleterious effects of high drive situations. Introverts, on the other hand, are more sensitive and respond more quickly to situations of low intensity as appears to be the case, in low arousal situation or with easy tasks.

Anxiety is a physiological response to a real or imagined threat. It is a complex emotional state characterized by a general fear or foreboding usually accompanied by tension. It is related to apprehension and fear and is frequently associated with failure, either real or anticipated. It often lead to do with inter-personal relations and social situations. Feelings of rejection and insecurity are parts of anxiety. According to Frost (1971) anxiety is the feeling of uneasiness and feeling of foreboding often when a person is about embark on a hazardous venture, it is often accompanied by strong desire to do extremely well, hence anxiety arises from imperfect adaptation to the stress and strain of life and is caused by over actions in an attempt to meet these difficulties.

A certain amount of anxiety is needed for peak performance. Our body’s autonomous nervous system prepares for competition with the “fight or flight” response which quickness reaction time, sharpens our senses and increases our strength. But excessive anxiety, however, is debilitating to performance. It physically inhibits performance by causing extreme muscle tension, shortness of breath and nausea. For athletes, excessive anxiety would mean difficulty in acquiring necessary skills for their sports.

Performance in four individuals gymnastic events (Vault, balance beam, parallel bars and floor exercises) and the all round events as determined by mid scores, Significant results
were found between gymnastic ability and self concept measures of physical self, moral ethical self, total variability and column total variability, in the area of personality and frequency additional statistical analysis using R Techniques were applied to determined if selected cluster of personality traits of self concept measure would predict of gymnastic performance. No significant factors were found.

**Earl. R Jones (1973)** conducted a theory on effect of anxiety and need achievements of the performance of high school wrestlers. Data were obtained by the thematic appreciation test. The anxiety questionnaires, expectancy ratings by the individuals and by their Physical Education teacher’s performance data were obtained from match a scores boards and observation. It was concluded that the personality traits of anxiety and need for achievement had tendency to influence both the expectancy and the actual performances of the high school wrestlers subjects who measured low in anxiety level performed better than those high need in anxiety. The group scoring highest in performance was that of low anxiety and high need for achievement, the lowest level of performance was demonstrated by the group high in anxiety and low in need for achievement.

**Harpeet shergili (Feb 1991)** conducted a study on the personality difference of successful and non successful volleyball players. The sample consisted of 24 successful and 24 non successful volleyball players personality characteristics measured using 16 PF and ST AI forms discriminate can be discriminated on the basis of given variables. The result also showed that while factor a (easy going), (ego strength), G (superego) and H (venturesome) are the traits of successful players, state anxiety, trait anxiety and dominance were the dominant characteristics of non-successful players.

**Jhon N. Meiors (1973)** administered the cattel’s 16 PF questionnaire to 110 varsity athletes participating in seven different sports. Results of this study indicated that reserve athlete were more out going and warm hearted than first string athletes. Specific differences were reported for athletes in swimming, volleyball, water polo, wrestling and track.

**Joan, Elise Dud, (Nov.1981)**, administered a questionnaire to 250 subjects to compare personality characteristics of adult women athletes, young women athletes and college women
athletes. The aim of the study is to investigate similarities and differences in personality characteristics of college young adults and adult women athletes. The result indicates the absence of significant differences in the overall personality profiles of three groups of women engaged in competitive sports. However, there were significant difference at the 0.01 level between the women engaged in competitive sports and those engaged in non-competitive sports. The capacity for status was significantly lower for college women as compared to adult women and young adult women. Sociability was significantly lower in the case of young adult college women athlete. Social presences and self acceptance were not significantly different among the groups.

**Harpreet Shergill 1903**, conducted a study on personality differences between low and high anxiety female hockey players. The study was conducted to find the personality difference in female hockey players. Total sample of 49 players were taken in divided into two groups on the basis of their scores on state trait anxiety inventory by Spielberger 1970. Group one consisted of 28 players which had more state anxiety. Group two which consisted of 21 players had lower state anxiety than trait anxiety. 16 PF Cattel 1970 was used to measure their personality traits. Discriminate analysis was applied to analysis the personality difference. The results showed that players in Group two scored in higher on six personality difference. The results showed that players in Group two scored in higher on six personality traits namely less intelligent Vs I more intelligent, sober Vs I happy go lucky, shy Vs I venturesome, forthright Vs I controlled while subjects in group one scored more on reserved Vs I out going, affected by feeling Vs I emotionally stable, humble Vs I assertive, expedient Vs I conscientious, tough minded Vs I tender indeed, trusting Vs I anxious OUS, practical Vs I imaginative, conservative Vs I experimenting group, dependent Vs I self-sufficient and relaxed Vs I tens.

**M.L. Kamlesh 1986** conducted a study on 191 athletes, who took part in the 41st interuniversity athletic meet from fine tests namely, torrances’s test of creative thinking (Non verbal form A, standard progressive matrices (adults) by Ravent, IPAT (Form A) by Eysenck, and A, S, reaction study adopted by Dr. N.K. Dutt were administered. Results revealed by Dr. N.K. Dutt were administered. Result revealed no significant differences in the performance of various Athletic groups (high performing and low performing boys/girls) as the tests of these variables (leaves of creativity, intelligence, anxiety, extroversion – introversion and neuroticism.
and ascendance submission) high performance did not show any marked trend, negative of positive from the low performers nor did men Athletes differ from women Athletes significantly of any of the variables.

Physical activity environment might be structured to maximize improvement in more global well being constructs as satisfaction with life.

According to A Pipe (2001), it is assumed that participation in sports will produce only an arry of health benefit. The adverse consequence of sports participation particularly at the elite level are rarely explored. Evidences continues to accumulate a variety of unfortunate consequences that may accompany elite sport participation. Sports involvement may exacerbate pre existing health problems, causes injury or even death. The sport environment may be hazardous in a variety of physical, emotional and social ways. The training & competition practice of certain sports cultures may themselves be harmful. Athlete might have to give up health, home, education and normal social development in the pursuit of sport “success”. Sport medicine professional and sport scientists have particular opportunities and responsibilities at act as an athlete’s advocate—and to protect their health and well being.

Mukul Pant (2004) conducted a study to assess the competitive level of individual, team games, combative and non-combative games. Several attempts have been made to identify the differences, it any, between any, between the personality of the athletic and the non athlete Rushall (1970), in an evaluation of physical performance & personality, concluded that “Personality is not a significant factor in sports performance “this conclusion was supported Ellison and Treschlog, who found that the pain tolerance, arousal and personality of made college athletes and non-athletes are substantially similar.

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H. Yanade and H. Hirage (1970) administered the Tokyo university personality Inventory (TPI) to Athletes in sport club and Tokyo university, Kabaddi and Kho-Kho Players who continued in their sports clubs were found to be less neurotic and depressive than those Kabaddi and Kho-Kho Players who discontinued, They assumed that it may be that low trait anxiety and neuroticism as per requisites for success in the Athletic, and anxious on neurotic individuals simply avoid or drop out of Athletics.

Jr. E.G. Boath and O.E. Jr. BOTH (1947). Both used MMPI and to compare the personality rating of fresh man and varsity athletes who participated in only team. Individual or
team and individual sport. He concluded that no significant differences between the means to the scores in any of the MMPI variables among those who participated in individual sports.

**Jhon P. I.A. Place (1954)** Attempted to determine whether specific professional baseball. A successful group of 49 major league players were compared to a non successful group of 64 major league players. The Minnesota multi phasic personality inventory and biographical date sheet were employed result indicate that major league players are better able than minor league players too.

a. Apply their story desire towards a definite objective by exercising self discipline.

b. Adjust to occupation as professional baseball, requiring social contact or ability to get among well with other people.

c. Exercise initiative.

**Michael J. Montyomery (1977)** administered the athletic motivation inventory and cattel’s 16 PF. Questionnaire to the top 13 inter collegiate basketball players at Boise State University during the spring of 1976 to determine if there are personality traits difference between men and women basketball players at the college level. The result showed that for the traits of drive, aggression, determination and self confidence on the AMI significant differences were found between men and women basketball players at the .05 level. No significant differences were found for the traits of guilt proven, leadership, and emotional control mental toughness coach ability of truth on the AMI. The results on the 16 PF revealed significantly higher scores for men on factor E.

**Shri L. Peterson, Jersomen Weber and William Trondale (1967)**, Peterson and his associates determined if there were distinguished personality traits between the women competing in team sports and the women competing in individual sports. For A of 16 PF questionnaire was administered to the subject. Test was employed to compute the difference between the groups. It was concluded that the women participating in individual sports, rated higher on the personality factor of dominance, adventuresses, sensitivity, extroversion, ridicules and self-sufficiency and lower on the factors sociability, intelligence, stability, sergeancy, consociation, suspecting, high-self commitment or high agric tension.
Horvastich conducted a study to find out the effects of A-trait and A-state anxiety upon athletic performance. A meta-analytic approach. A total of 90 “effect size” (ES) were calculated from the initial investigations, and utilized as dependent variables to assess of 41 independent moderator variables, which included anxiety type, anxiety level, performance outcome, sex of the subject, and grade level, the average study ES was 0.656 (SD = 0.842) suggesting that anxiety influences performance somewhat more than with no anxiety present. Specific suggestions were presented to direct attention towards the relationship between anxiety and performance or changes in anxiety level.

Debnath and Bawa found that sports competitive anxiety between junior and senior cyclist and gymnast. But a non significant difference has been found in sports competitive anxiety between female cyclist and gymnast of national coaching camp.

Peek examined 32 students in a volleyball class by dividing them into two matched groups on the basis of the IPAI 8-parallel form anxiety test prior to 13 class meeting during which the French and Copper serve and repeated volleyball test were given at the beginning, middle and end of the meeting. Induced anxiety was attempted by verbal and written suggestions that inadequate test performance improved significantly on the skill test but the correlation between the anxiety and test performance were not significant. Induced anxiety produced significant changes in anxiety but the changes were not un-uniformly in some direction.

Griffths, Steel and Vaccaro examined the relationship between the anxiety level of 62 beginning, scuba diving students and standardized that there was no relationship between anxiety and performance on relatively simple task, while there was a relationship between anxiety and performance on the more complex diving maneuvers.

Boutin selected five Naia inter collegiate men’s basketball team and 53 players as subject to determine the role pre-game anxiety played in basketball game performance.

Wiggins et al. (2006) conducted a study on the topic “Multidimensional comparison of anxiety direction and burnout over time.” Aim/Objectives, methods, results, conclusions are as under. The purpose of this study was to assess if athletes who perceived their trait anxiety to be debilitative to performance also experienced higher burnout over a competitive season.
Volunteers were 53 NCAA Division I and II male (n = 14) and female (n = 39) athletes, ages 18 to 23 years. Participants completed a trait version of the Competitive State Anxiety Inventory-2D once and the Athlete Burnout Questionnaire three times during the season. A 2 (anxiety direction group) x 3 (time of season) multivariate analysis of variance indicated no significant interaction and no main effect for time of season. A significant main effect for anxiety direction group did emerge, with the Facilitative group reporting significantly lower Burnout scores overall on the Reduced Sense of Accomplishment scale than the Debilitative group. There were no differences found on the other two subscales, Emotional/Physical Exhaustion and Devaluation.

Wiggins, Laiand Deiters (2005) conducted a study on the topic “Anxiety and burnout in female collegiate ice hockey and soccer athletes.” Aim/Objectives, methods, results, conclusions are as under. The purpose of this study was to assess whether athletes who perceived their scores on trait anxiety to be debilitative to performance also experienced higher burnout scores. 84 NCAA Division I female ice hockey and soccer athletes, ages 18 to 23 years, volunteered. Participants were given a trait version of the Competitive State Anxiety Inventory-2 with an added direction scale to collect general perceptions of anxiety. They also completed the Burnout Inventory for Athletes. A one-way multivariate analysis of variance for group anxiety yielded an overall significant effect, with the Facilitative group (n = 40) reporting a lower mean burnout score. Mean intensity of cognitive anxiety was significantly higher for the Debilitative group (n = 44), while mean self-confidence intensity was significantly higher for the Facilitative group.

Ferreira et al. (2007) conducted a study on the topic precompetitive anxiety & self-confidence in athlete with disability. Aim/Objectives, methods, results & conclusions are as under. This study examined the pre competition temporal patterning of competitive anxiety mechanism in 42 athletes with disability who participated at the national level and at the national trial for the Paralympics Games in a variety of sports. All subject completed a modified version of the Competitive State Anxiety Inventory 2 which measures intensity and direction of the competitive anxiety response on three occasions before competition (1 wk., 2 hr., and 20 min.). Analysis optional that for cognitive and somatic dimension athlete with disabilities shows a similar pre competition anxiety response to athlete without disability. However there appear to be some difference particularly in the intensity of self-confidence as athlete with disability reported a reduction of self-confidence just prior to competition.
**Kim et al. (2009)** conducted a study on the topic Psycho physiological stress response during competition between elite and non-elite Korean junior golfers. Aim/Objectives, methods, results, conclusions are as under. The purpose of this study was to investigate the effects of stress hormone and competition state anxiety response between elite and non-elite junior golfers in competition. Six elite (Handicap: 2.67+/-.82; 16.2+/-.38 yrs) and six non-elite (Handicap: 7.83+/-.17; 15.8+/-.75 yrs) Korean junior golfers participated in this study. Physiological stress and psychological stress responses were measured on four occasions (at rest, prior to, during, after competition) by salivary cortisol and Competitive State Anxiety Inventory-2 (CSAI-2) respectively. In salivary cortisol, no interaction was found between groups and the test occasions. However, both groups showed significantly increased levels between rest and all other occasions and between prior to and after competition. The interpretation of this finding is limited by the interaction with the diurnal rhythm of cortisol secretion. In cognitive state anxiety, significant interaction was found. Elite golfers had significantly lower cognitive state anxiety scores than non-elite golfers at rest, prior to and during competition. No interaction was shown in somatic state anxiety. However, there was significant difference among occasions. Both groups had higher somatic state anxiety scores prior to and during competition than after competition. No interaction was shown in self-confidence, but elite group had significantly higher scores than non-elite group at all occasions. This study demonstrates the differences of psycho physiological response in competition between elite golfers and non-elite golfers.

**Wilson, Vine and Wood (2009)** conducted a study on the topic. The influence of anxiety on visual attention control in basketball free throw shooting.” Aim/Objectives, methods, results, conclusions are as under. The aim of this study was to test the predictions of attentional control theory using the quiet eye period as an objective measure of attentional control. Ten basketball players took free throws in two counterbalanced experimental conditions designed to manipulate the anxiety they experienced. Point of gaze was measured using an ASL Mobile Eye tracker and fixations including the quiet eye were determined using frame-by-frame analysis. The manipulation of anxiety resulted in significant reductions in the duration of the quiet eye period and free throw success rate, thus supporting the predictions of attention control theory. Anxiety impaired goal-directed attentional control (quiet eye period) at the expense of stimulus-driven control (more fixations of shorter duration to various targets). The findings suggest that
attentional control theory may be a useful theoretical framework for examining the relationship between anxiety and performance in visuomotor sport skills.

**Elloumiet et al. (2008)** conducted a study on the topic “Psychoendocrine and physical performance responses in male Tunisian rugby players during an international competitive season.” Aim/Objectives, methods, results, conclusions are as under. The aim was to investigate a follow-up study based on hormonal, physical, and psychological parameters among rugby players who trained during a whole season interspersed with competitions on an international level. Fitness or reciprocally tiredness as well as competitive anxiety were evaluated, respectively, using the French Society for Sports Medicine (SFMS) and the sport competition anxiety test (SCAT) questionnaires. In this study, SFMS and SCAT scores increased respectively over the competitive season. The SFMS score revealed a state of relative tiredness at the end of the season, highlighted by a slight decrement in physical performances. The SCAT score changes are related to the competition context and therefore increased accordingly to the importance of the competition stake. We analyzed the corticotrope and the gonadotrope axis before (T(1)), and at the end of the national and international rugby season (T(2)). Training did not affect the resting salivary cortisol (Csal) levels, but induced a decrease in resting testosterone (Tsal) values, resulting in a dropped T/C ratio. Competition, in both periods (T(1)-T(2)), provoked a significant increase in Csal levels, but the Tsal responses depended on the match stake. Their concentrations increased when the competition generated an important stress and decreased when the psychological conditions remained relatively stable. SFMS is preferentially correlated with resting Csal levels and T/C values measured at 08:00 hr but not with Tsal. SCAT is highly correlated with competitive Csal and Tsal concentrations measured before and after the matches.

**Ommundsen et al. (2006)** conducted a study on the topic ‘Parental and coach support or pressure on psychosocial outcomes of pediatric athlete in soccer’. The Aim, method, outcome, conclusion are as: the aim of this article is to examine the supportive & pressurized influence of parents and coaches on young athlete get used to perfectionist tendency, interaction to friends, and competency perceptions in soccer. Previous research has revealed that parents and coaches may give rise to both pleasant and stressful sport’s experience for the pediatric athlete. Parents and coaches are capable to influence the decision taken by the young people whether to quit the
game or take part in it. The less performance performed by the athlete is known about the relation of supportive versus pressurizing parental and coach behaviour on the quality of athlete achievement striving, relationship with friends in sport, and their competence perception. Such knowledge may help to create a better psychological sport experience for pediatric athletes. A questionnaire-based cross-sectional field study were carried out among 677 young Norwegian soccer players (aged 10 to 14 years; 504 boys, 173 girls; mean age: boys = 11.9 years, SD = 2.9; girls = 11.2 years, SD = 2.1) taking part in the Norway Cup international youth soccer tournament in 2001. Multivariate analysis of variance (MANOVA) with follow-up canonical correlation was used to examine multivariate relationships between supportive and pressuring behavior and athlete psycho-social experiences. Joint pressuring behaviors from parents and coaches relate positively to maladaptive achievement striving, as indicated by over concern for doing mistakes, doubt about one's soccer action and lowered perception of soccer competence. Mirroring these conclusion, predominantly supportive coach-created psychological climate were related to a linear pattern of psychological outcomes comprising of high-quality friendship, positive competency perception, and the absence of specific worries related to achievement striving. Supportive, mastery-oriented coach influence seem beneficial for constructive psychosocial outcomes in pediatric athlete and athlete experience a joint social pressure to excel from coaches and parents may benefit less psychosocially through sport.

**Partridge and Wiggins (2008)** conducted a study on the topic ‘Coping styles for trait shame and anxiety intensity and direction in competitive athlete.’ Aim, methods, results, conclusions are written ahead. The purpose of the study was to assess if athlete who perceive their anxiety as debilitative to performance also scored higher on ratings of coping styles used to handle the trait shame. The sample was comprised of 94 participants (males = 44, females = 50) ranging in age from 15 to 24 years (M = 18.8, SD = 2.3). Athlete in high school (n = 21) and college (n = 73), selected for several sports were surveyed for this study. Competitive sport needs a experience of average 11 yr. (SD = 3.9) overall. The Competitive Trait Anxiety Inventory-2D was given to collect general anxiety perception related to the athlete's specific sport. The Compass of the Shame Scale-Sport is administered to measure the copying styles designed for the trait shame responded for connection with the competitive sport experiences. The athlete be divided into Facilitative (n = 39) and Debilitative anxiety groups (n = 55) based
on the overall direction of anxiety score. Multivariate analysis of variance indicates no interaction, but reveals significant main effects for sex and anxiety group. Univariate test indicate significant differences for several of the shame and anxiety subscales based on sex and anxiety group.

**Cumming et al. (2010)** conduct a study on the topic ‘The spirit of sport, morals and hypoxic tents: logic and accuracy.’ Aim, methods, results, conclusions are written ahead. The current study examined the mediating role of physical self-concept on relation between biological maturity status and self-reported physical activity in adolescent British females. Biological maturity status, physical self-concept and physical activity were assessed in 407 female British year 7-9 pupils (M age = 13.2 years, SD = 1.0). Participants completed the Physical Activity Questionnaire for Adolescents (Kowalski, Crocker, & Donen, 2004) and the Children and Youth Physical Self-Perceptions Profile (Whitehead, 1995). Percentage of predicted adult height attained at measurement was used as an estimate of biological maturity status. Structural equation modeling using maximum likelihood estimation and bootstrapping procedures revealed that perception of sport’s competence, body attractiveness and physical self-worth mediated an inverse relation between maturity status and physical activity. The result provide partial support for Petersen and Taylor's (1980) Mediated Effects Model of Psychological and Behavioural Adaptation to Puberty within the context of physical activity.

**Aktop (2010)** conduct a study on the topic ‘Socio economic status, physical fitness, self-concept, attitude towards physical education, and academic achievement of children.’ Aim, methods, results, conclusions are written ahead. The goal was to analyze the physical fitness, self-concept, attitude towards physical education and academic achievement of Turkish elementary school children by socio economic status. 198 (101 boys, 97 girls) students from Grades 7 and 8 completed the Children's Attitude Inventory towards Physical Education. This was related to the Piers-Harris Children's Self-concept Scale and Eurofit Physical Fitness Test Battery. Significant difference was found between the groups of Low and High socio economic status (SES) in terms of physical fitness and the academic achievement. While the Low SES group had high mean score on physical fitness. Mean academic achievement of the High SES group was high. Mean difference in height, self-concept, and children's attitude towards physical education by socio economic status was not statistically significant. Particularly
attention should be paid to physical fitness in children of high socio economic status and the academic achievement of children with low socio economic status.

Folsom-Meek (1991) conduct a study on the topic ‘Relationship among attribute, physical fitness, and self-concept development of elementary school children.’ Aim, methods, results, conclusions are written ahead. The purpose of the investigation was to examine the relationship among children's selected attribute, health-related physical fitness and self-concept development. There were 97 subjects in elementary school for children in Grade 1 through 6. Correlation was examined for significance and effect size among the attribute of age, weight, body mass index, for scoring related from the Health Related Physical Fitness Test, and the total score from the Martinek-Zaichkowsky Self-concept Scale for Children. A max R2 forward stepwise multiple regression analysis was performed to assess which attribute physical fitness variables and were the best predictors for self-concept scores. Analysis indicated that the one-variable model of weight was the best predictor of self-concept.

Astrid Junge, PhD*, jiri Dvorak, MD*, Dieter Rosch, MA, Toni Graf-Baumann, MD, jiri Chomiak, MD and Lars Pererson, MD It is hypothesized that players of different levels of play might differ not only in their football skills but also in their way of playing football and with respect to psychological factors such as concentration, reaction time, or competitive anxiety. The psychological characteristics of a player might influence his way of playing football (in particular with respect to fair play) and also his risk of injury.

Booth (1947) using MMPI investigated the differences in the personality of football players, athletics and non-athletics. His result revealed that the athletics from various sports groups and non-athletes differed significantly on several of the MMPI scale.

Behrman (1967) conducted study on personality differences between swimmers and non-swimmers. The investigation was made to determine whether there are personality differences between male college freshman swimmers and non-swimmers and to determine the relationship between personality turnspits and swimmers experiencing a common course of instruction in swimming. Subjects were compared on the basis of swimming performances, personality tests, biographic data forms and interviews with subjects who failed to learn how to swim. Comparison
revealed significant difference between swimmers and non-swimmers and between learners and non-learners. The data indicated a need to investigate methods of teaching fearful non swimmers based on indication of pertinent personality traits, fears and experiences in the water.

**Bawa, Gurdial Singh And Debnath Kalpna (1989).** Studied the personality traits of Indian national football and gymnastic team they found a significant difference in six of the personality traits between the two teams. Female gymnasts were found to be significantly more intelligent more controlled, having higher self concept control where as national footballs team was found more suspicious, more apprehensive and moody and more self sufficient than gymnastic team.

**Byron Nelson Meclanney (1969)** divided college men into high fitness groups on the basis of ‘APPHER’ youth fitness test battery. While comparing their personality characteristics, as measured by cattle’s 16 pf questionnaire, self concept and academic aptitudes, be concluded that high fitness group appeared to be more group dependent while low fitness groups were more self sufficient. Also the subject in high fitness group appeared to be more trusting and free of jealousy where as the low fitness group appeared to be more auspicious and self opinionated.

**Bhushan and others (1978)** conducted study to evaluate personality characteristics of high and low achievement Indian sports persons. They administered the cattel, S 16. Questionnaire to ten high achievement players who had represented India at international level and ten persons who had never achieved any distinction in their respective games.

The results of this study indicated that the high achiever scored significantly higher than low achievers on dominance and serjencey.

**Burton Merriman (April 1960),** Merriaman concluded that motor ability is related to personality traits the upper motor ability group scored significantly higher than the lower motor ability group on the measures of poise. Ascendancy and interest modes.

**Carbbe and Johnson (1979)** studied the male and female socio-economic status of different age groups during face to face competition. The hypothesis of the study was that boys and who have similar experience in competitive physical activity perform similarly in Socio-
economic status. It was found that there were no differences in the performance of male and female in Socio-economic status.

*Carson & Study (1963)* the less anxious group performed better on a stabilometer under stress than the highly anxious group early in the learning stages. The nature of the learner and more particular his anxiety level, is also important in determining how much stress should be present in learning situation. The complexity of task and the anxiety level of the person interact to produce interesting performance expectancies with a compels task (the kind athletics usually have to learn) the expectation would be that highly anxious people would end to perform less under stress than less anxious people. The phenomenon has been observed by a number of researches.

*Clark Peter T (1987)* studied the personality and attitudinal profiles of 250 applicants to sports related courses. He reported that successful group scored significantly higher than the successful group in the sub domain of vertigo and females where significantly higher in the domain of aesthetic.

*Chadwik (1972)* found that male athletes were more tough-minded group dependent, subdued, and less intelligent then non-athletic male.

*C Lu, X Xu (1509)* investigated personality traits of student teachers in physical education. This study examined the changes in selected personality traits of fifty-three physical education student- teachers over the course of a student teaching semester. The personality trait measure anxiety, concentration, confidence, mental preparation, motivation and cooperation. An adapted Psychological Skills Inventory for Sport (PSIS) questionnaire was administered before (PRE), at mid-term (MID), and immediately after (POST) a student teaching period. Three paired Hotellings T-square tests and their post-hoc tests were used to determine whether changes occurred in selected personality traits over time (PRE, MID, and POST). Our findings include:

1. There are significant change in anxiety, concentration and confidence from PRE to MID and from PRE to POST;
(2) The significant changes in mental preparation occur only for a longer period of time, e.g. between PRE and POST;

(3) There are no significant changes among all these personality traits between MID and POST; and

(4) No significant changes were found for motivation and cooperation in any time period.

**Duncan B, et al. (1983)** Investigated effectiveness of a structured physical fitness program was compared with that of the customary organized activities for fifth grade students. The level of fitness was compared at the beginning and end of the nine-month academic year as well as after the three-month summer recess during which time no structured program was offered. The experimental group showed significant improvement over the control group in flexibility, strength and endurance during the school year; part of that improvement was maintained over the summer months; the physical fitness program had a positive influence on the general activity level of the students and was adopted by nine of the other 10 classrooms in the experimental school.

**Dorsey (1976)** discovered that relaxation training did not load to change in state anxiety or an improvement in gymnastic performance. A study conducted by Blacksmith (1977) systematic desensitization failed to reduce state anxiety collegiate weightlifters.

**Davis & Mogk (1994)** reported that elite athletes could be distinguished from other groups on Extraversion, Neuroticism, Tough-mindedness (Psychoticism). However, they have reported that recreational sports enthusiasts had higher scores that any other groups on psychoticism scale and they were the only groups which has higher extraversion scores than non athletes.

**Dorothy V. Harris (1964)** compared high and low fitness college in psychological traits and found that there is a tendency for the, fit individual to appear more stable in certain psychological traits and to appear less anxious in other.
**Durcha O.K. (1987)** Concluded that the sports men and non sports men differed in their personality characteristic in some factors like emotional stability and realism about life, cheerfulness and frankness, tender-mindedness and practicability and great control over emotions and greater regards for self respect and social reputation.

**David H. Hunt (Dec. 1969)** designed to investigate the difference in personality factor with athletes and non athletes with white athletes and Negroes. He said garden personality profiles as an criterion measures and total of III subjects were divided into 4 groups based upon their ethnic background and athletic ability. The result suggested that the varsity athletes were significantly differently and were ranked higher in ascendance responsibility and emotional stability, traits when compared to Nigro and white non athletes. They also suggested that Negro varsity athletes were significantly differently and were ranked higher in responsibility when compared to Negro nin athletes. No significant difference was measured when white varsity athletes Vs1 Negroes varsity athletes. Negro varsity athletes and Negro non athletes Vs1 non athletes were compared.

**Edward C. Olson (1967)** attempted to identify the personality differences among male tennis players, this study attempted to discern the personality difference among outstanding male tennis players in two categories established by tennis experts. ‘Champions’ were more inner directed, more pragmatic and more extrovert than mere great tennis players.

**Ever And Balchard** divided a rating to appraise the character personality traits Dr. Babasaheb Ambedkar Marathwada University Football players and Swami Ramnaand Teetrth Marathwad University Football players of physical education classes and concluded that desirable character and personality traits are affected by participation in physical education activities.

**Eysenek et. Al. (1982)** reported that athletes tend to be high on psychoticism that the non-athletes. According to them, a high psychoticism sores may by described as being aggressive, troublesome, cruel and inhuman, lacking in feeling and sympathy.

**Evans & Quaterman (1983)** found that the female basket ball player (successful & unsuccessful) scored significantly lower then the non-athlete female group. Towards the tough-
minded side of the scale on factor L the unsuccessful groups of basketball players are more training.

Francois Trudeau and Roy J Shephard (1508) examined, based on a systematic review of currently available literature, including a comprehensive search of MEDLINE (1966 to 1507), PSHYCHINFO (1974 to 1507), scholar.google.com, and ERIC databases. Quasi-experimental data indicate that allocating up to an additional hour per day of curricular time to PA programmes does not affect the academic performance of primary school students negatively, even though the time allocated to other subjects usually shows a corresponding reduction. An additional curricular emphasis on PE may result in small absolute gains in grade point average (GPA), and such findings strongly suggest a relative increase in performance per unit of academic teaching time. Further, the overwhelmingly majority of such programmes have demonstrated an improvement in some measures of physical fitness (PF). Cross-sectional observations show a positive association between academic performance and PA, but PF does not seem to show such an association. PA has positive influences on concentration, memory and classroom behaviour. Data from quasi-experimental studies find support in mechanistic experiments on cognitive function, pointing to a positive relationship between PA and intellectual performance. Given competent providers, PA can be added to the school curriculum by taking time from other subjects without risk of hindering student academic achievement. On the other hand, adding time to academic or curricular subjects by taking time from physical education programmes does not enhance grades in these subjects and may be detrimental to health.

French (1977) also found that biofeedback training significantly improved gross and find motor skills. Recently another construct has been receiving considerable attention within the area of athletic performance.

Methods to access both types of anxiety have been established the sport competition anxiety test (SCAT) (Marten, 1977), has produced reliable and valid measures of trait anxiety while Spielberger’s (1970) State Anxiety inventory (SAI) has been proven to be effective means of assessing state anxiety. Further more the STI has been revised into a competitive short from
(CASI) (Marten, Burton, Rivkin and Simon, 1980) and utilized successfully by investigators in competitive situation (Gruber and Beauchamp’s, 1979. Scalan and Ragan 1978).

**Ful, Frank, H., (1984).** Studied the personality profiles of athletes and non-athletes in six developing countries by administering 16 PF (form A) from each country eighty subjects were selected out of which 40 were sports men who had participated up to inter collegiate level and 40 were non sports men of the same educational qualifications. Half in age category were male and other half female. Differences in personality profiles were observed from male and female Students form Venezuela, Nigeria, Hong-King and Taiwan, Similar differences were also found among athletes and non athletes from Venezuela and Nigeria. Further comparisons were also made with each ethnic group.

**Goodenough and Karp, (1974)** first introduced the concept of psychological differentiation in the course of studies of individual differences in cognitive style. “Differentiation” refers to the complexity of structure of a psychological system (Witkin, 1978). In another study of a similar kind berry (1966) compared the Temne and Eskimo groups and found that the Temne children who were severely disciplined and physically punished were more field dependent than Eskimo Children who were given much freedom, were rarely punished and were encouraged to assume responsibility early in life. A number of studies have given similar results. Studies have shown that family experiences and socialization (Dyk. 1989; Dyk & Witkin, 1965; Witkin, 1985; and Witkin et al., 1974) are important determinants of psychological differentiation. Therefore, there are reasons to believe that children in these two types of families will differ in the extent of psychological differentiation. Families with greater parental involvement were likely to have field independent, children (Busse, 1969; Dawson, 1967; and Dreyer, 1975) and extended family structure was associated with field dependence while a nuclear family structure was associated with field independence (Witkin et., 1974; Holtzman, Diaz Guerrero & Swartz, 1975). The modes of adaptation (Berry & Kim, 1988) and support systems available to individuals (Caplan & Killilea, 1976; Cohen & Wills, 1985) have been implicated as important factors in the experience of stress associated with changes in life style. It is evident that individuals, who adopt integration, coexistence and assimilation strategies, experience less stress while those who adopt separation or marginalization strategiesexperience greater stress (Berry, 1990; Berry & Kim, 1988; Mishra, sinha & Berry,
With regard to social support mechanisms, it was found that social isolation of individuals heightens the levels of stress (Cohen & Wills, 1985; Fondacora & Moos, 1987). Individuals own psychological makeup is also an important variable in the experience of stress. For example, field-independent individuals, who happen to be cognitively controlled, experience stress to a lesser extent than field-dependent individuals, who seem to be less cognitively controlled (Berry & Annis, 1974; Mishra et al., 1996).

Gupta (1969) studied the personality characteristics of hockey champions and non-athletes by administering the MMPI test. The result to this test revealed that hockey champions were highest on Ma scale while low on PF scale. Hockey champions were found to have greater ability to concentrate, self-confidence, extraversion, tendency to worry less and less intelligence as compared with the group of non-athletes.

Gruber and Parkins (1978) found who competed in intercollegiate championship to be significantly higher on the factor F (sober), and I (tough minded) when compared to non-participant group. William (1978) reported that selected personality traits are frequently associated with the elite female athletes and specifically that the successful female competitor generally tends to be more assertive, dominant, self-sufficient, independent, aggressive, reserved.

G.S. Bawa ans Monika Debnath (1989) studied the personality traits of female national badminton players, gymnasts and cyclists. All the three groups were found to be an average category on introversion extraversion scale. But when the mean scores were compared the badminton players were found significantly more introverts that other two groups.

Gooch, foster, Eule (1973) found variations in personality between successful and non-successful athletes. Evidence also indicated that there was relationship between personality and physical performance.

Gruber and Perkins (1979) found who competed in intercollegiate competition to be significantly higher on the factor F (Sober) and I (tough Minded) when compared to the non-participant. Williams 1979 reported that selected personality traits are frequently associated with the elite male athletics and specifically that the successful male competitor generally tends to be
more assuasive dominant self sufficient independent aggressive reserve achievement oriented and have average to low emotionality then the unsuccessful male competitor.

**Hill PL, Roberts BW, (2010)** Studied that the new directions in the empirical study of moral personality development are needed. We set the stage for this future work by presenting sex propositions that should serve as the foundation for future research in the field. We conclude by providing an example of how using a more integrative and inclusive framework for studying personality can readily incorporate these propositions.

**Hurlock (1964)** the economic statuses of a family frequently determine what will be the social status of a family. It does not appear to be appropriate and quite vocal in the Indian Socio-cultural setting keeping in this view. It has been considered appropriate to determine social and economic status separately in two areas of social and economic aspects, and then the two scores of different areas switched to one continuous or in standard scores, which can give the socio-economic status of an individual.

**Harre (1988)** self-concept relates to the individual’s strength and weakness, and hence is concerned with abilities; Self-concept can include attitudes and beliefs and may extend to temperamental matters. Self concept is highly dependent on the kind of situation a person perceives him or herself to be acting in, “Knowing myself, then involves, not only knowing my dispositions and abilities but the situations and conditions in which I may be able (or liable) to have them.” According to social constructionists, “Self” is a learned construct. They forward the claim that gender is learned in the same way as learning about the other objects of the world, that is, a human attribute, through inductive process of categorization and classification, serves the function of acquiring social knowledge (Bigler & Liben, 19103; Das & Ghadially, 1988; Gupta, 1994; Heller, 1993; Liben & Signorella, 1980; Slaby & Frey, 1975). Miller (1990) also writes that even though in infancy both and boys are matched in a complex and “interacting” sense of self,’ are encouraged to augment their abilities to “feel as the others feel”, and to practice “learned about” the other (s)’. Self-concept is the some total of an individual’s belief about his or her own personal attributes. Thus, self-concept is the set of ideas that a person has about himself. These ideas run through all his emotional experiences, habits, memories, trades and values. It referees to an attitudinal structure, which tends to be self-sustaining. An individual’s evaluation
of self-concept as dominant or submissive, emotional or calm, social or exclusive will be dependent to some extent upon the group with which consciously or unconsciously he/she compares himself/herself. No one is born with a fully framed self-concept. It develops as we experience approval and criticism, success and failure. It goes with our family, our friends, our place in society, and our perception of the world around us, it is modified as our bodies mature and we evaluate our physical, social and emotional characteristics.

_Hopkins (1973)_ studied the self-perception of disabled persons and reported that handicapped children attribute their disability to themselves. Physical appearance serves as a critical variable in the process of personality development for the physically handicapped children. Dreikurs (1948) reported that nearly half of a sample of 40 severely crippled children deliberately used their abilities to appear inferior and more helpless than they really were. All of them showed poor self-concept, their self-image was distorted and they blamed themselves. They experienced more fears and feelings of guilt than able-bodied children. All these exhibit their poor self-concepts. Shakespeare (1975) surveyed those studies of handicapped people where better-adjusted and poorly adjusted people were compared. He found that better adjusted people had positive self-concept, more self-esteem and more readily saw themselves as making a worthwhile contribution to society. His findings also showed that better adjusted people are less anxious and have less need of social approval.

_Hein (1954)_ found team sports participants to be more extraverted than those participating in individual sports. He also found that participants on individual and dual sports possessed less amount of self-assurance.

_Husman (1955)_ showed, in his study on boxers, wrestlers and cross-country, distinguished characteristics as far as aggressive tendencies were concerned. His findings were that the cross-country runner tended to be more extra-punitive than the boxers and the boxers possessed less overall intensity of aggression and had more supergo.

_Harpeet Shergili (Feb 1991)_ conducted a study on the personality difference of successful and non-successful volleyball players. The sample consisted of 24 successful and 24 non-successful volleyball players personality characteristics measured using 16 PF and ST AI
forms discriminate analysis was applied to study the differences between the two. The results indicate that two group can be discriminated on the basis of given variables. The result also showed that while factor a (easy going), (ego strength), G (Superego) and H (Venturesome) are the traits of successful players, state anxiety, trait anxiety and dominance were the dominant characteristics of non-successful players.

**Harpreet Shergill (March 1903),** conducted a study on personality differences between low and high anxiety female hockey players, the study was conducted to find the personality differences in female hockey players. Total sample of 49 players were taken in divided into two groups on the basis of their scores on state trait anxiety inventory by spielberger 1970. Group one consisted of 28 players which had more state anxiety. Group two which consisted of 21 players had lower state anxiety than trait anxiety. 16 PF cattle 1970 were used to measure their personality traits. Discriminate analysis was applied to analysis the personality difference. The results showed that players in Group two scored in higher on sex personality traits namely less intelligent Vs I more intelligent, sober Vs I happy go lucky, shy Vs I venturesome, forthright Vs I controlled while subjects in group one scored more on reserved Vs I out going, affected by feeling Vs I emotionally stable, humble Vs I assertive, expedient Vs I conscientious, tough minded Vs I tender indeed, trusting Vs I anspcl OUS, practical Vs I imaginative, conservative Vs experimenting group, dependent Vs I self-sufficient and relaxed VS I tens.

**Jagdish and Yadav (1999)** indicated that home deprivation was negatively associated with positive self-evaluation, perception of reality, integration of personality, autonomy, group oriented attitude, environmental mastery and overall mental health.

**Javet S breedlone (1978)** predicted gymnastic performance based on personality traits and preferred self concept was determined. Jaksons personality research form and the TN self concept scale we the administered to 48 collegiate gymnasts scores from those instruments were compared to performance in four individuals gymnastic events (Vault, balance beam, parallel bars and floor exercises) and the all round events as determined by mid scores, Significant results were found between gymnastic ability and self concept measures of physical self, moral ethical self, total variability and column total variability, in the area of personality and frequency additional statistical analysis using R Techniques were applied to determined if selected cluster
of personality traits of self concept measure would predict of gymnastic performance. No significant factors were found.

*Jhon N. Meiors (1973)* administered the cattle’s 16 PF questionnaire to 110 varsity athletes participating in seven different sports. Results of this study indicated that reserve athlete were more outgoing and warm hearted that first string athletes. Specific differences were reported for athletes in swimming, volley ball, water polo, wrestling and track.

*Joan, Elise Dud, (1981)* administered a questionnaire to 250 subjects to compare personality characteristics of adult athletes, young athletes and college athletes. The aim of the study was to investigate similarities and differences in personality characteristics of college young adults and adult athletes. The result indicates the absence of significant differences in the overall personality profiles of three groups of engaged in competitive sports. However, there was a significant difference at the 0,01 level between the engaged in competitive sports and those engaged in non competitive sports. The capacity for status was significantly lower for college as compared to with adult and young adult. Sociability was significantly lower in the case of young adult college athletes. Social presences and self acceptance were not significantly different among the groups.

*Jr.E.G. Boath and O.E. Jr. BOTH (1947).* Both used MMPI and to compare the personality rating of fresh man and varsity athletes who participated in only team. Individual or team and individual sport. He concluded that no significant differences between the means to the scores in any of the MMPI variables among those who participated in individual sports.

*JHON P. LA. Place (1954)* Attempted to determine whether specific professional baseball. A successful group of 49 major league players were compared to a non successful group of 64 major league players. The Minnesota multi physic personality inventory and biographical date sheet were employed result indicate that major league players are better able than minor league players too.

(a) Apply their story desire towards a definite objective by exercising self discipline.
(b) Adjust to occupation as professional baseball, requiring social contact or ability to get among well other people.
(c) Exercise initiative.

. The result indicates the absence of significant differences in the overall personality profiles of three groups of engaged in competitive sports. However *Joan, Elise Dud, (1985)*, administered a questionnaire to 250 subjects to compare personality characteristics of female athletes, male athletes and college athletes. The aim of the study was to investigate similarities and differences in personality characteristics of college female and male athletes, there was significant difference at the 0,01 level between the engaged in competitive sports and those engaged in non competitive sports. The capacity for status was significantly lower for college as compared to with female and male. Sociability was significantly lower in the case of female college athlete. Social presences and self acceptance were not significantly different among the groups.

*Kim (1503)* investigated that Socio-economic status influences our mental health poverty and unaffordable housing leading to poor mental health.

*Karuppaian (1990)* has found that some people growing in poverty bidden society play the games, which incur less expenditure. Accordingly the games like tennis cannot be afford by anyone else than the people of high socio-economic status.

*Kim and Kawachi (1505)* examined the individual level determinants of self related health and happiness. They reported a strong income and education gradient for self rated poor health and unhappiness.

*Khothari (1500)* expressed that there was significant mean difference between the T.B. patients sex age, marital status and education and their overall mental hygiene whereas area, income and type of T.B. patients were non-significant.

*Khan (1503)* said that without mentally healthy teachers we cannot aspire and expect a good society. Beside it, the teachers should be aware of and will informed about mental health care programmes and practices so that they may guide and direct the student’s guardian/parent properly and accordingly, whenever it is needed.
Khane (1970) found a complex relationship between the second order personality variable “extraversion” and performance of “track athletes” (sprinters) and they were found to be frequently more extraverted than middle distance runners. He claimed that as the distance increased, there was a trend towards introversion.

Kennedy (1971) analyzed the effects of sports participation on the modification of various personality traits possessed by an individual before starting his/her sports career. Here he emphasized on the most commonly found personality traits in the championship athletes as stated by the Ogilvy. These traits are:-

1. Emotional Stability
2. Tough Mildness
3. Self-assurance
4. Basic trust in people

Kirkealdly (1982) found no significant differences regarding the personality dimension of team and individual athletes.

Kumar and Thakur (1986) found that athletes were not anxious, tender minded and worrying persons, but had outgoing personality in comparison to non athletes. These results supports tea finding of Eysenck who reported that athletes tend to be low and neuroticism or anxiety and tend to be extraverted than the non athletes.

Kamlesh et.al (1986) studied the personality traits of : Genera” and “Reserved” category physical education majors, Eysenck personality inventory was administered on 38 males (28 general and 10 reserved) physical education majors. They reported that male and female education majors, within their category groups differed significantly on extraversion and neuroticism.

Kistler (1970) compared 116 college varsity male athletes with 116 non varsity athletes be found that varsity players demonstrated poorer sportsmanship than the non varsity players his
findings are supported by those of Richardesen (1962) in a study. Comparing who had not using 233 Dr. Babasaheb Ambedkar Marathwada University Football players and Swami Ramanand Teerth Marathwad University Football players, Richardson discovered not only that the latter winners record lower in sportsmanship, than there who had not won later, but that subsidized athletes scored lower in sportsmanship than athletes who were not subsidized.

Kroll & Crenshaw (1970) used the cattle’ 16 PF to study 387 athletes. The group under study consisted of 81 football players 141 gymnast, 94 wrestlers, 71 karate participants. On the basis of certain traits the 4 groups seems to fall into 2 groups: the football players and wrestlers, were similar in their psychological profiles, both groups were significantly different from gymnast and karate participants the results are surprising because football is a team sport and wrestling on individual sport. The finding of kroll & Crenshaw are perhaps explained by the fact that football and wrestling are gymnastic combative activities requiring, strength, endurance, agility. It is common in Dr. Babasaheb Ambeddar Marathwada University Football players high school & High schools to find football player who are in the wrestling squad or vise-versa. On the other hand few gymnasts are also football players or wrestlers. In summary the result showed gymnast to be rather intelligent and relax, possessing weaker super age strength, and with a serious outlook toward life. Karate participants reflected on opposite set of characteristics being tense conscientious and rule bound and independent both groups were man well sufficient more reserved and detached than wrestlers and football player.

Kennneth Tilman (Dec. 1965) administered A.S. reaction study of all port, cattle’s 18 pf questionnaire and kuder preference record from C and found that the upper physical fitness group had a significantly higher ascendance rating on the A-S reaction study test than did the lower group. The upper physical fitness group appeared more urgent (f) social dependence (02) and less tense (04) than the lower physical fitness group in cattle’s 16 pf questionnaire. In kudar preference record form N the upper physical fitness group was found to have greater preference for activities, more of a social service interest and also ranked higher on the scientific and mechanical scores were as the lower physical fitness group scored higher on computational, musical and clerical scores.
Kiran Saidu (1989) conducted a personality study on 150 collegiate sports who participated in basketball, cricket, hockey, Dr. Babasaheb Ambedkar Marathwada University Football players, Swami Ramanand Teerth Marathwad University Football players, volleyball, badminton, cross country, chess, gymnastics, shooting, Swami Ramanand Teerth Marathwad University Football players, swimming, Table tennis, track and field. Another group of 150 non-sports of matching age and educational level where also selected.

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L. Rees (Feb. 1950) concluded a study in title body build, personality and neurosis in. He concluded that constitutional factors are responsible of mental abnormality and found a correlation between extroversion and ectomorphy body build. He also found relationship between psychopathy and criminality.

Luo and Waite (1505) emphasized the role of childhood (i.e. parents) Socio-economic status and adults Socio-economic for health and well being of an individual.

L. Rees (Feb. 1952) concluded a study in title body build, personality and neurosis in. he concluded that constitutional factors are responsible of mental abnormality and found a correlation between psychoticism and mesomorphy body build. He also found relationship between psychopathy and criminality.

Madigan V. (1506) Studied to answer two research question first can previously identified factor relating to academic performance be used to predict first-year academic success for student undertaking a newly developed and vocationally oriented pre-hospital care course delivered in a rural setting. Second can the study conclusion be used to develop appropriate student selection criteria to assist in the admission of student into relevant tertiary study or the
pre-hospital care industry. A retrospective review of all first-year, on-campus pre-hospital care student enrolled in a vocational course at a rural Australian university from 1998 to 1501 was conducted. Six predictors of academic performance were examined, namely University Admission Index (UAI), postsecondary educational qualifications, student entry type (traditional or mature-aged), previous health-related experience, gender and background (rural or urban). Three dependent variables assessed academic performance grade point average (GPA) of student who completed all required first-year subject, GPA of student who completed at least one subject in first year and student ability to successfully complete the first year. UAI>50, previous health-related experience, postsecondary educational experience, background, student entry type, and gender were all found to be significant predictors of first-year academic performance in selective cohorts. In addition, a combination of predictors produced higher GPAs than did any single predictor.

Peterson, Jersomen Weber And William Trondale (September 1967), Peterson and his associates determined if there were distinguished personality traits between the competing in team sports and the competing in individual sports. Form A of 16 PF questionnaire was administered to the subject. Test was employed to compute the difference between the groups. It was concluded that the participating in individual sports, rated higher on the personality factors of dominance, adventuresses, sensitivity, extroversion, rediculism and self-sufficiency and lower on the factors sociability, intelligence, stability, seerancy, consociation, suspecting, high-self commitment or high ergic tension.

Qureshi (1987) The community area where the players hail profession of their parents and the income of parents are important factors determining the selection of game and also the performance.

Rushall (1967) while comparing personality characteristics of male swimmers with female swimmers found that females were socially bold, noisy and unrestrained in their behaviour, whereas male appeared to be self centered and individualistic. It was also found that novice female swimmers were in general, more introverted than a control group of female athletes, not primarily engaged in swimming.
Almost each concern of human endeavour is thought to be effect somehow by anxiety (Lavitt 1967) number of theories exist concerning the effects of anxiety of performance and while it seems to be an interaction effect between the amounts to anxiety necessary to maximally perform certain specific tasks, all theories seems to agree that maximum performance is reduced by too much anxiety (Duffy, 1962, Null 1952, Wiener 1965) a number of specific management techniques have emerged including cybernetic training (Roman 1978) visual motor behavioral (Sumn 1976) hypnoses (Morgan 1972) Cognitive behavioral training (Horton and Shelton, 1978) and progressive relaxation (Tulko and Topsi, 1976 Down and Lanning, 1982) Additional techniques are being used by athletics include transcendental meditation, biofeedback, zen & yoga, autogenic training and sentic cycles (Benson, 1975) According to the well known hypothesis of Liebert and Morris (1967) and Sarson (1975) the state of anxiety is characterized by the self focussing tendencies leading to self-preoccupation. This is associated with task-irrelevant cognitions, in particular “worry”. For Example, an athlete being in a negative prestart tension in increasing concentrates his thoughts on self-concept problem instead of directing his attention to the demands of the task and competition. Therefore, the control of such task-irrelevant cognitions is first essential approach to anxiety control. Furthermore, anxiety is accompanied by a higher level of activation, the athlete feels nervous, upset and overacted. This aspect is called “emotionality” by Liebert and Morris. In second approach to anxiety control is to reduce the activation level with the expectation that an improvement of concentration may follow too. Finally a pre start anxious athlete will tend to avoid the threatening competition in order to prevent failure and potential loss of a social appreciation. In this case, appropriate motivational techniques are required. This third approach to anxiety control is based on controlling behavioral tendencies expecting an additional feedback effect on cognition and emotion as well.

Rjinder S. Ranu (1981) administered 16 PF questionnaires to 40 sportsmen. Sportsmen were from the sports football, volleyball, basketball, cricket, track and filed gymnastics and wrestling. T-test was administered to determine the significance of difference between their personality characteristics. It was concluded that sportsmen and non-sportsmen differ in emotional stability and realism about life Cheerfulness and frankness, tender midedness and
portability and greater control over emotion and greater regard for self respect and social reputation, by respect to the rest of the factors, no significant differences were found.

_Roland A. Carlstedt, Ph.D., ABSP, LP._ Theories of Critical moment propose that state induced relative activation of the left-brain hemisphere will facilitate pre-action preparation phase (sport) or strategic planning prior to critical moment of competition or important situation and decision. The likelihood of this occurrence is predicted to increase as a function of left-brain hemisphere localized repressive coping, a behavior associated neurophysiologically with the ability to functionally inhibit the inter hemispheric transfer of negative affect from the right to the left hemisphere. Conversely negative affect or neuroticism, a right brain hemisphere based trait, in the absence of high repressive coping and in the presence of high absorption or hypnotic susceptibility is predicted to disrupt performance during critical moment by allowing the inter hemispheric transfer of negative affect from the right to the left hemisphere. In such a scenario negative intrusive thoughts access and remain in the ruminative left-brain hemisphere thereby disrupting the seamless left-to right shift that has been observed in numerous EEG studies of athletes, indicative of pre-action strategic planning prior to focusing on visoperceptual demands of a sport-specific action.

Several attempt have been made to identify the difference, it any between personality of the athletic and the non athlete.

_Rushall (1970),_ in an evaluation of physical performance & personality, concluded that “Personality is not a significant factor in sports performance “this conclusion was supported Ellison and Treschlog, who found that the pain tolerance, arousal and personality of made college athletes and non-athletes are substantially similar.

_Richard et al (1996)_ Conducted investigation to test the hypothesis that the chinese athletes participating in the sports of track and field, fencing and gymnastics exhibited differential psychological profiles when compared with college level Chinese athletes. They have reported that elite Chinese athletes exhibited higher anxiety control and confidence scores than collegiate level athletes.
Singer (1969) administered the Edward present performance schedule (EPPS) to baseball and tennis players and a group of non athletes. He found that ‘non athletes scored higher’ than baseball group in other autonomy. The tennis group was higher than the baseball group. The results also showed that tennis players were higher in dominance than baseball players. Baseball players scored higher than tennis players in a basement.

Other studies have also shown that athletes are higher in those traits associates higher in those traits associated with leadership, power prestige esteem and sociability. The hypothesis that athletes in a given sport posses traits specific to that sport in supported by the evidence as Kroll’s study indicated certain sports attract certain types of athletes. For example, at is the performance of the individual tennis players that determined whether the match is won or lost because tennis is not a sport requiring group to operation or effort, tennis players might not score on sociability or extroversion. On the other hand they might be expected to square high in dominance. Individual sport might attract participants who fit Alderman’s definition of dominance.

Researchers have attempted to differentiate between superior and inferior performance in various sports.

Kroll & Carlson (1976) reported no difference between participant of various levels of ability in wrestling and karate. Singer in a previously mention study comparing baseball and tennis players also found no difference between highly successful and less successful tennis players.

Slevin (1970) used the STAI to investigate the effects of anxiety upon the performance novel gross motor task. The results showed that overall high trait anxiety subject had significantly higher state anxiety scores and significantly lower performance scores than low trait subject.

Sharma and Shukla (1982) studied the personality characteristics of sportsmen of individual and team sports. They reported that individual sports athletes were higher on these traits: conscientiousness, outgoing, super ego-strength, vigorous and tough mindedness.
Sharma and Shukla (1986) found that individual sports athletes were higher on conscientiousness, outgoing, suerego, strength, vigorous, relaxed and tough mind ness. Singh (1986) found that the players of individual events and team games differed significantly on the extraversion and neuroticism traits of personality. In the case of both male and female, the athlete group was more extraverted and more neurotic than the hockey group.

Singh and Singh (1986) found that neuroticism tendency was significantly in the non sports groups of Dr. Babasaheb Ambedkar Marathwada University Football players and Swami Ramanand Teerth Marathwada University football players, whereas, no significant difference was observed in extraversion scores between the two groups.

Sharma and Shukla (1986) also concluded that athletes in various sports specialties tends to be outgoing, socially confident, emotionally stable, happy go lucky, conscientious (rules bound), venturesome, self-reliant, vigorous, confident, self-sufficient, controlled and relaxed. On the other hand, the non-athletes are reserved less intelligent affected by feelings, weak super ego, shy, tender-mindedness, suspicious, doubting, indiscipline and tense.

Seymour (1956) made an attempt in 1956 to evaluate the effects of single baseball season on the personality traits of little league participants. Various traits of 114 little league baseball players were compared with their of 114 non participants before and after the baseball season.

The subjects were rated by teachers by classmates and by themselves. According to their teachers meetings the participants had higher leadership qualities and were work expected by their peers, but there were no significant differences between the participants and non-participants.

Singer (1969) administered the Edward present performance schedule (EPPS) to baseball and tennis players and a group of non athletes. He found that ‘non athletes scored higher’ than baseball group in other autonomy. The tennis group was higher than the baseball group. The results also showed that tennis players were higher in dominance than baseball players. Baseball players scored higher than tennis players in a basement.
Other studies have also shown that athletes are higher in those traits associated with leadership, power, prestige, esteem, and sociability. The hypothesis that athletes in a given sport possess traits specific to that sport is supported by the evidence as Kroll’s study indicated certain sports attract certain types of athletes. For example, at is the performance of the individual tennis players that determined whether the match is won or lost because tennis is not a sport requiring group operation or effort, tennis players might not score on sociability or extroversion. On the other hand, they might be expected to square high in dominance. Individual sport might attract participants who fit Alderman’s definition of dominance. Researchers have attempted to differentiate between superior and inferior performance in various sports.

Kroll & Carlson (1976) reported differences between participants of various levels of ability in wrestling and karate. Singer in a previously mentioned study comparing baseball and tennis players also found no difference between highly successful and less successful tennis players. Burttom Merriman (April 1960), Merriaman concluded that motor ability is related to personality traits, the upper motor ability group scored significantly higher than the lower motor ability group on the measures of poise, ascendancy, and interest modes.

Shankar, G (1986) Found that the position winner gymnasts and non-position winner gymnasts of various universities of India were almost equally stable and extroverts in their psychological make-up of the personality scales; however, the gymnasts differed from non-athletes on both the dimensions of personality. Hence, gymnasts were better equipped mentally for successful performance and achievement in sports than non-athletes.

Sharma S.S. and Shukla B.r.K. (1982) Concluded that athletes in various sports specialists tend to be outgoing, specially confident, emotionally stable, happy-go-lucky, conscientious, venturesome, self-reliant, rigorous, confident, self-sufficient, controlled and relaxed. On the other hand, the non-athletes are reserved, less, intelligent, affected by feeling, weak super ego, shy, tender-minuteness, auspicious, doubting in disciplined and tense.
Singh A, Bar R.S. (1987) found that both male and female players were just ambivert. They however suggested that these studies need to the extend further to know the personality traits of the athletes in different sports events in Indian condition.

Sinku Kumar Singh (2010) administered the award personal programmes schedule to 112 high school Dr. Babasaheb Ambedkar Marathwada University Football players and Swami Ramanand Teerth Marathwad University Football players categorized as football, drama dual participant and a batter winner in baseball, football, basketball, soccer and non participant to evaluate their personality traits among selected high school Dr. Babasaheb Ambedkar Marathwada University Football players and Swami Ramanand Teerth Marathwad University Football players. The result indicated that there was little difference among group in personality where difference occurred in drama and non participants groups tended to show similar differences in comparison with the football music and dual participants groups. The nonparticipants scored significantly lower than group of affiliation. However, the subject reflected the similar manifest need in general.

In this chapter the study related to the problem selected are given below:

Slusher (1964) using MMPI found that personality differences existed even among athletes who athletes who participated in different sports.

Subjective well-being (SWB) is an abstract super ordinate construct causing the affective reactions of individuals to their life experiences along a positive-negative continuum (Okun, 1987). Subjective well-being has been operationalized (Okun, Melichar & Hill, 1990) for happiness, moral and life satisfaction. Diener, Suh, Lucas & Smith (1999) stated that subjective well-being is a general area of scientific interest rather than a single specific construct and is abroad category of phenomena that include people’s emotional response, satisfaction and global judgments of life satisfaction.

Conclusion: It appears that social relation integral to the exercise environment are significant determinant of the subjective well being in older adults. conclusion are discussed in terms of how physical activity environment might be structured to maximize improvement in more global well being construct as satisfaction with life.
Thakur G.P., Thakur M. (1980) studied personality characteristics of the athlete and non-athlete Indian college males using protective method of personality assessment and found that the characteristics associated with the athletes were happiness, cordial and affectionate anxiety, achievement, dominance and superior organization capacity, where as the characteristic associated with non-athletes were quiet, acquisition passivity, rejection superior imagination.

vander Walt HS et. Al. (1507) investigated the relationship between personality and academic success. student from three entry associates to the second year of study of a six-year BVSc program at the University of Pretoria completed the 16 Personality Factor Questionnaire. A meta-analytic approach be used to estimate the interaction between academic performance in two major final-year subject and academic performance on entry an interview score and personality factor. The study confirmed the value of previous academic performance and the interview in selecting student for the veterinary degree program. The conclusions also indicate that the inclusion of a measure of intellectual ability should keep importance. The value of various personality characteristic in predicting good study habit and examination performance is highlighted by the study result and student will become more successful if they become conscientious, emotionally stable, socially adeptable, self-disciplined, practical rather than imaginative and relaxed rather than anxious. It appear worthwhile to consider including an appropriate personality questionnaire in the selection process to improve the accuracy of prediction of student success. A sound personality make-up will not only increase the likelihood of academic success but should also be beneficial in the successful management of a veterinary practice and in enjoying veterinary science as a career.

Varma and Asthana (1993) revealed that there was significant mean difference between the cancer patients and the normal patients and their mental health aspects, viz. Ego-centrism, alienation, emotional stability and social non-conformity while expression was insignificant.

Wilson (1967) A pioneer in the socio-economic related research, reported that a majority of people vow positive level of happiness and most people report that their well being vary between slightly satisfied and very satisfied and between slightly happy and very happy.
Wilson also concluded that happy people are young, healthy, well-educated, well-paid, religious, married people with high job morale of either sex and of any level of intelligence. Since then a number of study have been conducted and Wilson’s conclusion have been re-examined and several predictors such as subjective satisfaction, Income, age, gender, race, employment, education, marriage & family social class and social contracts, behavior and personality have been reported.

Wagstaff and Watanabe (1503) Studies have indicated an association between indicators of socio-economic status and health and well-being.

Zahner L, et. Al. (1506) conduced on 15 schools were randomized to the intervention (n=9) or the control (n=6) group, stratified by geographic region (urban vs. rural) and by age (1st and 5th grade). Participation be given for all children in the intervention group since in this group the intervention be part of the normal school curriculum. The intrusion during one academic year consist of 1. Two extra physical education classes per week given by trained physical education teacher adding up to a total of five PA classes per week 2. short PA breaks (2-5 min each) during academic lessons 3. PA home works 4. Adaptation of recreational areas around the school. All children undergo anthropometric measurement, blood pressure measurement, fitness testing, and measurement of PA and then they filled out questionnaire. At least 70% of all children agreed to blood sampling and measurements of body composition and bone mineral measurement by dual energy x-ray absorptiometry. The primary endpoints of the study after one year were an increase in total PA accelerometer, an increase in aerobic fitness measured by the 20m shuttle run, a decrease in percent body fat derived from skin fold capacity and an increase in quality of life as assessed by the child health questionnaire in the intervention group compared to the control group. Secondary outcome were overall fitness, difference in body composition includes fat distribution in the body, cardiovascular risk factor, psychological health, bone mineral content & density of femur, lumbar spine and total body and food intake. Our preliminary data suggested that the children were representative of Swiss children in accordance with sex, socio-demographic status, and body mass index. Short-term outcome will be in the beginning of 1507. We hypothesized that our intrusion would lead to an increase in PA, fitness of overall health. Based on our data, the only aim is to provide important information regarding the influence of
such an intrusion on these outcomes that measure in school-aged children and to provide nationwide guidelines to improve PA in children.