CHAPTER I

INTRODUCTION
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INTRODUCTION

“He who has health has hope, and he who has hope has everything”

(Ravindran, 2000)

The progress and prosperity of a country are the sum total of the achievements of the people in all spheres of life. Man’s insatiable desire for achievement leads him towards the path of progress. This desire for achievements, in turn leads to even higher levels of aspirations so that people work harder and as a result progress further. People who have an intense longing for achievement are not satisfied by success by mere chance. They, instead, prefer the challenge of working at problem which involves risk-taking and accepting the personal responsibility for success or failure. Therefore, the level of one’s achievement depends on the magnitude of challenges faced. In physical education and sports the need has now arisen for the physical educationists, coaches to identify specific personality factors that are associated with individuals at various levels and the positions they are preferred in their sports participation.

Having rightly identified the personality structure of players at various levels of participation and positions, the player performance can be enhanced which results in achieving the goal in time. With this perspective, the present study has been carried out titled” Analysis of Personality Traits of Men Hockey Players”
SPORT AND GAMES

Sports according to Webster dictionary, mean recreational competitive activity which involve a degree of physical exertion, which require skills in playing with an object for scoring. Games refer to team events in which more than one person forming group, Compete against the similar group for supremacy. A game is a corporative affair in which teammates play in accordance with certain well defined set patterns. Foot Ball, Basket Ball, Volley Ball, Cricket etc. are commonly known as game rather than sport.

According to Kamlesh (1998), Sport as a means of health, fitness, recreation, excellence and achievement, has remained an inextricable part of human culture through the millennia. Through the history of mankind, sport has played a crucial role in shaping the destinies of individuals and nations. No other human endeavour, perhaps, is a greater chiaroscuro of war and peace than sport. Sport ensure international understanding, amity, brother hood and peace among nations of the world.

Till recently, athletes were undergoing training and coaching for acquisition of various skills that related to a particular sport (tactical moves) for achieving success in competitions but very little importance has been given to the training of athletes in the acquisition of relational or personality skills. However, it is realized in the recent part that personality training will contribute for better results in sports.

Day (1985) states that today, the preparation of an athlete for top-most achievement is a completely dynamic state, characterized by a higher level of physical and psychological efficiency and degree of perfection of the necessary
skills and knowledge and tactical preparation. An athlete arrives at this state only as a result of corresponding training. Thus, athlete’s training today is a multi-sided process of expedient use of aggregate factors so as to influence the development of an athlete and necessary level of participation. Therefore, the need has now arisen for the physical educationists, coaches to identify specific personality factors that are associated with individuals who tend to favour one type of sports participation as opposed to another and those who succeed in one game as opposed to another. Thus, the superior athlete and superior teams are not necessarily the ones who have the best motor skills or most ideal physical characteristics but those employing appropriate strategies and tactics. It has often been found that the success of an athlete to a significant extent depends on one’s own psychological characteristics.

HISTORY OF HOCKEY

Games where teams attempt to place a ball or puck into their opponents goal using sticks have been found throughout history and the world. Historical records show that game was played in various antique civilizations, although it is not possible to know exactly when and where the game began. 4000 year – old drawing found in the Benihasan tombs, in the Nile valley, Egypt depicted men playing the sport. Other traces show that the Persians the Romans, the Ethiopians as well as the Azteces were playing the own variation of the game. The first evidence of a team game was found on bases of statues that were part of the wall built of the Mistocles in 478 B.C. six men are carrying hooked sticks, two of whom are opposing each other over a ball that looks like the bully that starts modern game.
The Irish game of hurling dates from at least 1272 BC. In inner Mongolia, China the Daur people have been playing Beikou for about 1,000 years (Mcgnath Charles, 2008). European settlers in Chile in the 16th century described a hockey-like game of Araucano. Indians called chueca. In western Australia, early white settlers witnessed Noongar people playing a game called dumbung, in which bent sticks were used to hit a ball made of dried sap from the native Peatree.

MODERN HOCKEY

A game called hockey was being played in English public schools in the early 19th century. Lord Lytton wrote in 1853 that, on the common some young men were playing hockey. That old-fashioned game, now very uncommon in England, except at schools hockey’s popularity increased with that of other team games. The first club was Black Health, formed in 1849 in southeast London. The game played there was rougher than the modern version, played on a very large field, and used a cube of black rubber and rough sticks on one side.

The modern game was developed on the other side of London by Middlesex cricket clubs, especially Teddington. The members of these clubs were looking for winter exercise, but did not particularly care for football. In 1871, members of the Teddington cricket club, who had recently moved to play in Bushy Park were looking for a winter activity. They experimented with a ‘stick’ game, based loosely on the rules of association football. Teddington played the game on the smooth outfield of their cricket pitch and used a cricket ball, so allowing smooth and predictable motion. By 1874 they had begun to draw up rules for their game, including barring the raising of the stick above
shoulder height and stipulating that shot at goal must take place within the circle in front of it. An association was formed in 1875, which dissolved after seven years, but in 1886 the hockey association was formed by seven London clubs with representations from Trinity college, Cambridge.

In the late 19th century, largely due to British army, the game spread throughout the British Empire, leading to the first international competition 1885. The international rules board was founded in 1895, and hockey first appeared at the Olympic games as a men's competition at 1908 Olympic games in London only with three teams. England, Ireland and Scotland. Men's hockey becomes a permanent fixture at the Olympics at the 1928 Olympic games.

The first step towards an international structuring occurred in 1909, when England and Belgium agreed to recognize each other for international competitions. In 1924 the International hockey federation (FIH – federation international de hockey) was founded in Paris, under the initiative of the French man. Paul leautey, as a response to hockey's omission from the 1924 Paris game. The founding members were Austria, Belgium, Czechoslovakia, France, Hungary, Spain and Switzerland.

The game had been taken to India by British servicemen, and the first club formed there in Calcutta in 1885. The Beighton cup and the Aga Khan tournament had commenced within ten years. Entering the Olympic games in 1928, India won all the five of its games without conceding a goal, and went on to win in 1932 until 1956, and then 1964 and 1980. Pakistan won in 1960, 1968 and 1984. In the early 1970s, the synthetic grass fields began to be used for hockey, with the first Olympic game on this surface being held at 1976
Montreal edition. The sticks also tend to become more and stiffer as to hit the ball harder. Fiberglass, carbon fiber and Kevlar were first applied to the traditional wood core in early 1970s. Wooden sticks are less and less common, and players are now playing with sticks entirely made of synthetic composite materials.

To play hockey well needs careful study, especially of positional play and tactics. The actual stroke play and ball control can only be practiced on the ground, but positional play and tactics can be studied at leisure in an armchair and put into practice later on the field of play. If a player before going on to the field can get a good idea of where he should take position himself as the game develops, and when and to whom he should pass the ball, then his hockey should improve quickly. Practice and fitness will obviously help in this (John Gadman, 1984).

Modern sports are more about fitness than skill. Paradoxical as this may sound, the fact that success today is invariably associated with fitness and endurance rather than proficiency, professionalism or strategy cannot be disputed. It is true a proper blend of all these attributes contribute to making a perfect specimen of a sportman.

Skill may be inherent a gift, or acquired out of constant endeavour, or fashioned from a process of systematization. On the contrary, fitness mandates arduous effort, a ceaseless attempt to fine tune the muscles and enhance the level of endurance to meet the rigorous of competition. Such training is result oriented and scientific, both in concept and application. The level of fitness varies from individual to individual based on the structure of the body, but
sports scientists today have identified a basic level for all to get excellence at the highest grade. (Muniel Samways, 1989).

SYSTEMS OF PLAY AND FORMATION

A particular – system of play does not necessarily win a game. It is virtually important that a team of players suit a system rather than trying to make the system suit the players. George Beim (1977) writes, it is the players of a team who make a system work effectively, and it has always been the players not the system that have made a particular team successful. System are to a great extent designed to outline specifically the duties of particular players, however, regardless of what system of play has been designed for them, if players disregard the basic principles of play in attack and defense, they will not succeed. Due to the unpredictability of individuals within a team sport, Spectators and opponents have to keep questing as to the formation being played. The popular systems of play are pyramid or 1-2-3-5 system, 3-3-3-1-1 formation (Netherlands and Germany), 4-2-3-1+1 formation, W-M or 3 – 4 – 3 system and Swiss bold or 3 – 3 – 4 (European) systems.

QUALITIES AND ROLE OF PLAYERS IN DIFFERENT POSITIONS IN HOCKEY

Forwards (Strickers):

They should be goal getter. They should have good running speed with and off the ball. Strong and exceptional shooting at goal techniques. Should interchange positions across the ground to facilitate goal scoring. Should be excellent in trapping the ball on fore stick side and reverse stick side. Good at creating space for themselves and their team mates. Ability to force penalties
when not able to take a shot at goal. Should use space instead of stick work to eliminate the opponent during one-on-one situations.

**Half backs (Mid fielders):**

They should possess good defensive and offensive skills. They should play two distinctive roles such as creators and close markers. Center half back should create moves by using variety of passes and play, marking role on centre forwards. Flank half back should mark the inside forwards of the opponents. Half backs should possess very good tackling skills both on the fore stick and reverse stick sides. Should have good attacking techniques like passing to a space or man, forcing penalties, over lapping and link techniques, etc., Should be quick movers Should concentrate on marking opponent player. Should spoil the move of opponent. Should be intelligent readers of the game and try to break the confidence of the opponent. Should tend to join attack when the own team defense is under control.

**Full backs:**

Should be cool, calm and confident players with good speedy tacking and hitting skills. Should move across the back line picking up loose balls. Final tackle before the circle is penetrated. Strong sprinter in order to cover the width and depth of field. Should not be eliminated by the opponents, space and time. Should re-group the defensive structure and direct the defensive net work of his team. Should develop and initiate a well disciplined and methodical attack. Should cut-off through passes given by opponent. Should confront unmarked opponent ball carriers. Should play long, accurate, well directed powerful hits. Should have dazzling stick work to move the ball out of his own defense area. Should act critically to defend the goal and provide back up cover
for goal keeper. Should be able to view the attacking and defending pattern of the opposition.

**Goal keeper:**

Last line of defense should be very good at defending the goal. Should be able to defend set plays like penalty corners. Should be able for cover greater area by standing up, sliding or lying on the ground. Should be good at reading the play and providing support to full backs. Should have goal sharp and agile reflexes.

**PERSONALITY**

The human body is the complex composition of psychological entity. The behaviour of the individual organism is the result of the outcome of the psychological interaction. The psychological interaction takes place as a consequence to a stimulus that leads to organization of the response process elicited by the body in a specific manner. The above intricate psychological phenomenon takes place in one unit as the body exhibits the stimulus response process as a single expression. Such process encompasses the behavioral pattern emphasizing the concept of psycho-physical unity of the organism. Psycho-physical unity of the organism is an inseparable phenomenon from each other. In other words, every action of the organism is the resultant outcome of a stimulus and organization of the mental processes specific to a given situation. The behavioral pattern set the trend for the formation and development of the personality of the individuals.

Personality is a theoretical concept employed to focus attention on the individual as an integral, dynamic and striving organism. It connects the
person’s actions, reactions and interactions of all aspects of human behaviour. Personality is both dynamic and static in nature. It is the sum total of many components like, cognitive maturity, motivation, interest, feeling, temperament emotional stability, self-concept and attitude. These traits are organized in a distinctive way so that they uniquely characterize a person. The organization of personality traits is said to be consistent, persistent and change slowly. Although each personality is unique, there are certain personality traits, which are common to many individuals. This consists of reaction to conflicts, frustrations, aggressive or defensive behaviour and out going or withdrawing attitude towards self and other people.

Personality is a term also used to describe persons as having a fine, a strong or a magnetic personality accordingly as they have a fine appearance or have pleasant manners. It is the totality of their being and includes their physical, mental emotional temperamental make-up. Their experience, perception memory imagination instincts, habits thoughts and sentiments constitute their personality and also their tastes, style or life, beliefs enthusiasms and colour. Personal elements are such as personal appearance, physical constitution, knowledge, experience, intelligence, character, habits temperament and attitude and beliefs. Some Important functions of personality are to allow for the periodic regeneration of energies by sleep, to exercise its feeling and valuations, to reduce conflicts by following schedules which result in a harmonious way of life and reduce conflicts between personal dispositions and social approvals.

Personality research has always stirred up controversy – usually because researchers have not been able to agree on the correct approach to studying it.
Some have taken what is known as the ‘trait’ approach, which views personality as stable and enduring, based on individual characteristics. However, others see personality as shaped by environmental influences, while ‘inter-actionists’ view individual traits and the environment as co determinants of behaviour. In recent times, this latter position has tended to predominate, based on the view that personality structure involves both a stable core of attitudes, values and beliefs about self, that remains relatively unchanged after early childhood, and more changeable, dynamic behaviours that are influenced by our environment.

**Personality and sports**

Personality theories have contributed to a great extent to the mode of selection for various vocational, professional, and managerial pursuits and ergonomics. Of late, sports psychology emerged as a branch of psychology totally devoted towards the application of the psychological principles to sports performance. How and to what extent an athlete’s personality determine success in sports is important as such knowledge would provide valuable insights for enhancing of effectiveness of the coach, the athlete and the team.

It is often reported that participation in sports influences one’s personality development. Singer (1972) feels quite strongly about the relationship of athletic achievement to dimensions of personality. He states “personality ratings on traits of aggression, dominance, persistence, drive, confidence and general extroversion have been found to go most often with success in athletic skills. Ogilvie (1968), states that: with success in competition the girls become more outgoing and less reserved: competition increases their emotional stability and tough mindedness and with age, tension
and anxiety are reduced, more self-control, and self-discipline are demonstrated and there is a shift from apprehension and worry to self-confidence. Vanek and Cratty (1970), comments that “future records will be broken primarily because of the increased attention to the psychological parameters of human personality”.

According to Liewellyn and Blucker (1982), personality is integration or merging of all the parts of one's psychological life—the one thinks, feels, acts and behaves. Any behaviour that individual exhibits at any point of time are a function of two major variables namely the person himself, and his environment. These two variables are mutually interdependent and not independent of each other. Having agreed that the behaviour of the individual is governed by these two factors, considerable amount of emphasis should be laid on these two aspects while training the athletes as each sportsperson not only comes from a different background but also has behavioral patterns different from the rest. If these two can be properly channelized the performance of the athletes can be enhanced to a great extent.

The performance of a player mostly depends upon his understanding of the game and also about the opponent player. Therefore, sports psychology plays a pivotal role in the development of an individual to become a good athlete. Both psychological and physical condition of the athletes is important for optimal performance in competitions. Mental toughness is also an important element in high level competition. It is mental power that separates the exceptional from the very good. List of few attributes of mental toughness are: 1) Strong desire to succeed, 2) Stay positive in the face of challenge and pressure, 3) Control the controllable, 4) High commitment with a balanced
attitude, 5) High level of self-belief, 6) Positive body language, 7) Overcoming the fear of failure, 8) Developing superior mental preparation. Elliot (1984) pointed that “the mental aspects is the only real issue in any race”. The positive emotions provides opportunities for the development of team spirit, cooperative effort, self discipline, leadership and qualities for the development of character and personality.

The winner of four gold medals in Tokyo Olympics, Don Schollander stated that winning is 20% physical and 80% mental. So, mental strength is a must for better performance. Bull et al., (1996) felt that mental training is very important aspect for the athletes, coaches, managers to achieve top level performance. It has also been found that the right kind of personality trait combination makes the athlete more successful. When an athlete is more sociable, more communicative, less anxiety prone, has the capacity to withstand the strain and is less affected by crowd reactions, his performance is better and success is assured.

Personality traits of the sportsmen have strong bearing on their performances. High level sports performance need to learn the complex motor movements. As quickly and thoroughly movements are learned as swiftly and confidently they can be applied during the competition. Sports performance, of individuals is believed to be influenced by physical fitness on the other. So far as the successful sportsmen are concerned for the high level achievement in competitive sports they need to be physically and mentally well balanced. For success in international sports competition today, the focus is on both physiological and psychological aspects of the athletes. The psychological
aspects such as interest, motivation, attitude, anxiety, aggression, emotionality, and personality are given emphasis.

Personality traits of the sportsmen have strong bearing on their performances. High-level sports performers need to learn the complex motor movements. As quickly and thoroughly there movements are learned, as swiftly confidently they can be applied during the competition, as the sports performance is influenced by physical fitness on one hand and psychological adjustment on the other (Khan, 1984). It is followed strictly so far as the successful sport men are concerned because for the high level achievement in competitive sports, they need to be physically and mentally well balanced. It is realized that sports participation leads to a change in certain important personality traits. Ogilivice (1968) and vanek (1970) are of the opinion that the differences in the personality traits may encourage the athletes to participate in sports, as certain personality traits may encourage the athlete to participate in sports, only certain personality traits can undergo the social and physical stress of participation in highly competitive sports situation.

Kane (1972) reiterates that the players used to select the sports and games only on the basis of their personality. Both heredity and environment play an important role in the personality development of athletes, when compared to environment, heredity has more influence over the personality of sportsmen. A number of need variable found to differentiate between activity influence choice of activity selection. Personality variables do influence choice of activity (Riddle 1968). Edgar (1988) supported the view that the structural influence exercised by sports practice on personality traits, participation in volleyball enhances more significantly emotional control, and increases more
energetic control. Sports participation can lead to a change in certain important personality traits (Ikegami 1970).

Theoretically, it could mean that the differences in personality traits encourage the sportsmen to participate only sports as it is suggested that only certain personality traits can undergo the social and psychological stress of participation in highly competitive sports situations (vanek and Gatty 1970). Vanek states that physical efforts prevail in training and psychic efforts prevail in competition. Kroll (1967) observes that only those individuals possessing suitable personality traits tend to persist and become successful sportsmen. Some set of personality factors cause some people to select and participate in sports.

**Dimensions of personality:**

Personality has certain dimension such as physique, emotional stability, sociability, mind and intellect. The maturational changes which take place during the life time determine the potentials of personality.

**Physique**

A good personality must have a good physique, good appearance and good physical and mental health. A sound mind exists only in a sound body. Physical activity and sports help an individual improve his posture and health. Physical exercise can even cure certain structural deformities like hunch back and Lordosis.
Emotional Stability:

An emotionally stable individual will never come under the sway of emotions such as feelings or anger, fear, repulsion and hatredness. Many sportsmen feel happy when they win, but start crying and scolding the teammates and umpires when they lose, reflecting their emotional status. Emotional stability leads to balanced living and emotional instability leads to maladjustment. Emotions must be trained, channelized and sublimated so as to give each individual's personality a sort of stability.

Orlick (1980) says that you can have excellent skills, but you will never be a great player unless you gain control of your mental state. You have to be emotionally in control, not flying off the handle. It is very important for top sportsmen to be mentally strong.

Sociability:

Man is a social animal and he wants to live in the society, and adjust with the society. Nature creates man but society humanizes him. The seeds of sociability are sown in human personality right from the moment a human child is born. The process of socialization and humanization starts right from the time of one's birth. Then it is socialized by the behavioral patterns, customs, traditions, norms and standards of the society in which one is an indistinguishable part. Characteristics like cooperation, adjustment, sense of fairness, respecting the others and sense of justice are developed by participating in sports activities.
Mind and intellect:

This aspect of mind and intellect in personality is neither ornamental nor a substitute. Actually, it is the mind and intellect that distinguish man from animals. Mental soundness and intellectual capability are not frills of personality, they are basic attributes of humanity. Development of mental attributes such as reasoning, intuition and judgment are possible only through a programme of good education and well planned physical education programme.

Personality and Assessment:

In the primitive age people informally attempted to test the personality of their fellow beings with crude methods, mostly involving the use of physical strength. While assessing personality one is trying to measure something that one cannot see or touch and wants to find out a person’s typical behaviour in different game situations.

Without the ability to measure personality, very little could be known about it and no science could proceed in the absence of measurement. With the development of civilization new methods were evolved for measuring personality, psychologists use five basic tools namely, the personal interview, direct observation of behaviour, ratings, projective tests and objective tests or personality inventories.

Personality Inventories:

Psychologists have invented many personality inventories in an attempt to devise measuring instruments that do not depend on the skills of interviewer or the imperative abilities of an observer. They are 16 PF questionnaire
Inventory, Eysenck personality Inventory, Minnesota Multi-phases personality Inventory, the California psychological Inventory, Athletic motivation Inventory, Multi-dimensional assessment of personality series (MAPS) etc. The questions are usually constructed in such a way that the person has to merely choose between ‘Yes’ or ‘No’ response or select one answer among many choices.

Sports is for all. Millions of people take part in sports or physical recreations. Millions more watch or follow sports. Sports offer opportunities to millions of adults to maintain and improve their health and find companionship. It also provides a ladder of fulfillment and success to youngsters who may otherwise be crowded in uncomfortable housing or tempted to a wayward life on the streets. Sports opens a path to relaxation which we rarely find in work. Physical exercise improve a person’s mood, decrease anxiety and improve his self-image. Sports offers a special fulfillment and health benefits to people with disabilities. (John Geraint 1997).

The success and failure of an individual athlete depends upon the blending of physical ability, conditioning, training, mental preparation and the ability to perform well under pressure. It is not uncommon to hear coaches and athletes express disbeliefs, on how they feel apart in a crucial situation. (William, 1980)

Within the field of psychology, behavioral techniques were being developed to modify cognitive or thought processes in individuals with fears and behavioural problems. Observations an interviews with athletes showed,
that thought content similar to that seen in clinical situations Eg. Fears and self doubts under highly stressed conditions interfered with performance.

Sports psychology has the same as does any other behavioral science – the description, explanation, prediction, and change of individual behaviour. Its uniqueness lies in its attempt to achieve those goals within the framework of sports and motor performance situations. The attainment of those goals allows the player to apply strategies to assist the performer in enhancing sports performance. (Anne, 1986)

The participation in modern sports is influenced by various physical, physiological, sociological factors. During the training period, besides the good physique and physical fitness of the athlete, main emphasis is laid on the development of various types of motor skills involved in the game as well as on teaching the strategies, techniques and tactics of the game. Until recently, the coaches have been paying inadequate attention to social and psychological factors which have been proved to contribute to performance in events in the higher competitive sports. It is only recently that sports administrators and coaches have realized the importance of the psychological factors and coaches have realized the importance of the psychological preparation and training of players to enable them to bear the strains and stresses inherent in sports participation. (Mohan Jitendra, 1981).

Psychology as a behavioral science has made its contribution for improving sports performance. It helps the coaches to coach more effectively and athletes to perform more proficiently. The psychological aspect of sports is gaining much attention among sports administrators. (Kocher – 1972)
The physical characteristics and the training imparted to the performance in sports and games are believed to be more or less the same. The success of a player or a team mainly depends upon how he or the team is psychologically prepared for the competition. Of course physical and psychological factors are equally important but the success or defect of the competition is mainly on psychological factors. The analysis of the various psychological variables and their role in the success or failure is of great important in sports competitions. A close observation of this area will surely help us to examine how a particular sportsman could reach the absolute limits of performance. Therefore the researcher has chosen as his thrust area the study of psychological variables pertaining to personality traits (MAP series), which have a direct bearing on the optimum performance of state and national performers at Tamilnadu and Chennai inter district league tournament held at Chennai during the year 2007.

**STATEMENT OF THE PROBLEM**

The present investigator analysis the personality traits of men hockey players.

The purpose of the study was four folded.

1) To examine the difference which exists between state and national level men hockey players on selected personality traits.

2) To compare the difference which exists among different age group of men hockey players on selected personality traits.

3) To compare the difference which exits among different position of hockey players on selected personality traits.
4) To compare and to determine the predictive factors of men hockey players from selected personality traits at different positions.

HYPOTHESES

1) The state and national level hockey players would differ significantly in personality traits.
2) Different age group of hockey players would differ significantly in personality traits.
3) Different position of hockey players would differ significantly in personality traits.
4) It is hypothesized that personality traits of hockey players of different position would be predicted significantly from MAP series predictive factors.

SIGNIFICANCE OF THE STUDY

1) Based on the results of this study the physical education teachers, coaches and sports administrators may plan to develop the needed psychological quality for each player in hockey.
2) The study may help to develop the body of knowledge in the area of hockey and different field position.
3) The findings of this study may be used as screening tool and technique in analyzing and classifying hockey players.
4) The study may motivate further research studies on high performance hockey players and related personality traits.
5) The results and findings of this study may provide criteria for selecting potential hockey players to different field positions on the basis of personality traits.
DELIMITATIONS

1) The study was conducted only on men hockey players who participated in Tamilnadu state level inter district and Chennai district league tournaments held at Chennai during the year 2007.

2) The age of the subjects ranged from 17 to 35 years. All the subjects were healthy and normal.

3) Two hundred and sixteen hockey players responded the MAP series (Multi-dimensional Assessment of Personality Series) test, out of which 144 players scored 1 to 6 in VI (Validity index). These 144 players were selected as subjects for this study. The subjects were in the following categories namely 125 state level players and 19 national level players.

4) Details of subjects selected.

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5) To assess the personality trait, MAP series was used, which consists of twenty personality traits (adaptability, academic achievement, boldness, competition, creativity, enthusiasm, excitability, general ability, guilt proneness, individualism, leadership, innovation, maturity, natural health, morality, self control, sensitivity, self sufficiency, social warmth and tension).

LIMITATIONS

1) Certain factors like personal habits, life style, daily routine, diet, climatic condition, environmental factors etcetera which might have an effect on the results of the study, have not been taken into consideration.

2) No special motivation technique will be used during testing. Hence the difference that might have occurred in performance due to the motivations was recognized as limitations for the study.

3) The differences that existed among hockey players (positions, age and level of participation) due to varied social cultural, economic and regional factors were not considered.

4) The disparity prevailing in internal and external factors which could have discouraged or motivated the subjects while administering the psychological questionnaire could not be controlled.

DEFINITION AND EXPLANATION OF THE TERMS

Hockey

A game shall be played by two teams of not more than eleven players each. The usual constitution of a team is five forwards, three half backs, two backs and a goal keeper. The duration of the game shall be two periods of thirty
five minutes each, unless otherwise agreed upon mutually by the respective captains. At half time the teams shall change ends and the internal shall not exceed five minutes.

To realize the superior fun and enjoyment of playing field hockey, a player should learn and practice the four field hockey components of techniques, tactics, fitness and motivation. Because field hockey balances all essential physical skills found in a cross section of sports, field hockey players will encounter numerous mental and emotional challenges in addition to the physical demands. (Anders, 1998)

Personality

Woodworth (1968), “Personality” can be broadly defined as the “Total quality of an individual’s behaviour, as it is revealed in his habits of thought and expression, his attitudes and interests, his manner of acting and his personal philosophy of life”.

Trait

Gazzaniga (1980) says that “traits is a consistent behaviour pattern that distinguishes one person from another”.

Adaptability (Ad) – Accommodating, accepts and adjusts to situations easily.

Academic Achievement (Am) – Ambitions, overtly interested in position and realistic involvement in school life.

Boldness (Bo) – Socially hold, adventurous, responsible and friendly.

Competition (Co) – independent minded, stern and assertive.
Creativity (Cr) – Original, fluency in thoughts and explorative.

Enthusiasm (En) – Cheerful, talkative, expressive and frank.

Excitability (Ex) – Impatient, demanding and hyperactive in behaviour and thoughts.

General Ability (Ga) – Intelligent, high abstract thinking, sensitive to minute details.

Guilt proneness (Gp) – Escapist, shirking responsibility, insecure and depressed.

Individualism (In) – Longer, likes to be internally restrained, avoids group action.

Innovation (In) – Experimental thinking, liberal ideas, can analyze concepts swiftly.

Leadership (Ld) – Controls, directs and initiates actions for a group, power to influence other, achieves goals.

Maturity (Ma) – Realistic about life and emotionally stable.

Mental Health (Mh) – Zestful, well adjusted, positively harmonious state of mind.

Morality (Mo) – High sense of duty, attentive to people, emotionally disciplined and responsible.

Self Control (Sc) – High self – image, socially conscious, strong will power.

Sensitivity (Se) – Over protected, dependent, impatient, and attention seeking.

Self Sufficiency (Ss) – Independent, manipulating, and enterprising.

Social warmth (Sw) – Outgoing, participative, good natured and warm hearted.

Tension (Tn) – Excited, tense, irritable and frustrated.