SUMMARY
At the present time sports have achieved such high levels of development that the physical, technical and tactical perpetration of the strongest athletes in the world is approximately the same. The major the competition, the more stressful the sports become and the more important the psychological state of the athlete.

During sports training and competition, some of the psychological variables play an important part for enhancing variables sports performance, try to fulfil certain desires by identify these achievement, to get social acceptance eradicate frustration which is due to the interference of goal achievement and persistence annoyance.

The application of psychological factors to the improvement of performance in sports has received greater attention during these days. There are certain accepted psychological factors, which have to be applied, so that the sportsmen and non-sportsmen may be able to show their best in their performance. Coaches, physical educationists and sports scientists have always expressed a great need to know more about those psychological principles, which are helpful in improving the motor skills
of the players. It is important to know about the role of reaction time, movement time, emotional phenomena like competitive anxiety, adjustment and some personality traits like extraversion and neuroticism of the players during training as well as competitive situations.

Anxiety is a central concept studied by various behavioural and medical specialists particularly by psychologist. The importance of anxiety in contemporary life is increasingly recognized. Nobody can escape from the bending sickle of this phenomena. It is still ambiguous to define the anxiety. An important source of ambiguity and confusion in the theory and research on anxiety is that the terms stresses and anxiety are used interchangeably.

Anxiety influences behavioural across species, culture, races and civilizations. It knows no distinction of age, sex, status, language, religion, ideology, education or occupation. This phenomena is manifested at all levels- conscious, sub-conscious as well as unconscious, in dreams while we are fast asleep, as well as when we are awaking, in slips of tongue, increased rates of pulse and palpitation, in private whisper or public appearance, in overt expressions as well as covert feelings. Every conscious endeavour to conceal anxiety results into still
greater manifestation of anxiety. The clever ego, the cunning self, in an attempt to safeguard itself waves many defenses around the self.

Anxiety knows no gestation period, sometimes it is experienced spontaneously. At other times, it does into abeyance and may take a long time in manifestation. The influence of anxiety may range from minor to major disturbances in human behaviour, thought and personality development. It may adversely affect one’s performance from simple psychomotor to perceptual academic and even intellectual fields.

A neurotic is a person of imbalanced judgement, one who’s actions are promoted by emotions rather than by dictates of clam reasoning. Eysenk says that the lack of sociability must be regarded as an index of neuroticism.

The neurosis has, form the standpoint of classification, two connotations. In the first and historical connotation, its meaning is purely descriptive. It is a term referring to conditions characterised by certain mental and physical symptoms and sings according in various combinations.

And the other connotation is more fundamental since it is an etiological one. This is to the effect that the existence of a neurotic reaction is an indication of mental conflict. Neurotic reactions are the
commonest modes of faulty response to the stresses of life and especially to those inner tensions that come about from confused and unsatisfactory relationships with other people, whether they are a legacy from the past or from early childhood onwards, which remain in hinder future adaptations or arise in the present in relation to hopes, ambitions, jealousies and so forth.

The behaviour that deviates from conventional ways of responding is called neurotic behaviour. It implies that something is wrong with the functioning of person's nervous system or with his psyche. The deviant behaviour is not so acute as to cut off the individual from the realities of his environment. The individual remains in touch with his environment and is able to establish rapport with those around him.

Various theories have been advanced by psychologists regarding the cause of neurosis. For example, Charcot believed that the source of trouble in hysteria was to be found in an inherited weakness, while Freud believe it to be a weakness of the ego. Over-powered by a stronger superego. Janet on the other hand, believed hysteria to be a splitting of the psyche or min.

A person who suffers from neurosis is tense and feels unhappy but is generally able to adjust fairly well to normal life. The neurotic person
tries to maintain balance of his personality and attempts to make adjustment by neurotic defence mechanisms. A neurosis is an unsuccessful "Solution" to a painful problem situation.

Jung has divided human beings into two primary personality types—one is extroverts and the other is introverts. According to him, the extravert personality is interested in outward activities. He is usually cheerful self assured and talkative. He may be aggressive and demand approval. When in doubt or difficulty he turns to society for assurance and help. He has slow level of aspiration and shows no tendency to underestimates it. Extrovert finds the value of the life in objects he perceives.

Eysenck and Eysenck (1985) have described the traits of Extraversion as sociable, lively, active, assertive, sensation seeking, carefree, dominant, urgent and venturesome. According to Schill et.al., (1987) subjects high on Extraversion tend to be aggressive and to lose their tempers quickly, while those low on this dimension seldom behave in an aggressive manner and rarely lose their tempers.

The problem of adjustment has become so vital in our complex and civilized society that psychologists have turned their deep interest in understanding it. Just as individuals may have different views on the nature of psychological adjustment, so also do psychologists. Some
psychologists view adjustment as a process by which individuals are continually growing and meeting life’s challenges. Other psychologists view adjustment as a fixed state or goal that involves certain desirable characteristics (such as satisfaction in social relationship, in marriage, in a career, or goal achievement) that must be achieved.

The systematic study of the whole man is undertaken in two inseparable fields, identified as the psychology of adjustment and the psychology of personality. Adjustment and personality are unifying concept because they includes the various subordinate process of motivation, emotion and cognition. For example, adjustment is accomplished through the exercise of cognitive activities such as perception and thought process by which the person has transactions with the world about him.

Psychologically, adjustment implies a constant interaction between the person and his environment. Although, most persons resemble the average of the group in many characteristics, there are those who divide widely from the average in certain traits. These deviations create certain problems of adjustment. “Sometime adjustment is accomplished when the person yields to person’s constructive activities. In most cases, adjustment is a compromise between the two extremes and mal-
Adjustment is failure to achieve a satisfactory compromise” – Robert W. Whites (1956).

Adjustment attempts to satisfy needs by over-coming both inner and outer obstructs and by adopting circumstances. The learning about adjustment means analysing two things: internal make-up and internal personal or social behaviour. Adjustment is dynamic process by which organizers meet their needs. Physical Education and related activities satisfy many of these needs.

**SIGNIFICANCE OF THE STUDY:**

The present study in hand is a psychological survey study of sportsmen and non-sportsmen of Haryana state, in which four psychological factors Anxiety, Neuroticism, Extraversion, and Adjustment were studied. These factors influence normal living conditions of a person and normal living condition of sportsmen. The performance of a player is most effected by the development of these four factors arising during a practice session and during a match or a competition due in this session. These psychological factors play a significant role in the success and failure of a sports person during his performances. Even these factors also affect the living condition and the behavioural pattern of a normal person or a non-sportsmen during his
general activities and specific work to be done by him. The present study tells us how the factors of Anxiety, Neuroticism, Extraversion and Adjustment play their role on the sportsmen and non-sportsmen during their performance and work. The study have significant contribution in directing the sportsmen and non-sportsmen to control these factors for achieving their roles. The findings of the present investigation are beneficial for the trainers, the coaches and the organizers of the sports programme, sports psychological and sports medical professional to add to significant contribution for the successful achievement of their sports person and players. The results of the study will also help the sportsmen and non-sportsmen in building their all round personality by the development of these psychological factors.

STATEMENT OF THE PROBLEM:

A Comparative study of Anxiety, Neuroticism, Extraversion and Adjustment among Sportmen and Non-sportmen of Haryana.

OBJECTIVES OF THIS STUDY:

The following are the main objectives of the present study:

1. To compare the Level of Anxiety among sportsmen and non-sportsmen
2. To compare the Level of Anxiety among sportsmen of Basketball, Hockey and Volley Ball games.

3. To compare the Level of Neuroticism among sportsmen and non-sportsmen.

4. To compare the Level of Neuroticism among sportsmen of Basketball, Hockey and Volley Ball games.

5. To compare the Level of Extraversion among sportsmen and non-sportsmen.

6. To compare the Level of Extraversion and sportsmen of Basketball, Hockey and Volley Ball games.

7. To compare the Level of Adjustment among sportsmen and non-sportsmen.

8. To compare the Level of Adjustment among sportsmen of Basketball, Hockey and Volley Ball games.

**HYPOTHESES OF THE STUDY:**

On the basis of the related literature found the investigator does not have a particular direction to set the hypothesis for the present investigation. Due to this reason null-hypothesis will be set in the beginning of the study and hence shall be tested through this investigation. The null-hypothesis set in the beginning are stated below.
1. There is no significant difference in the Level of Anxiety among sportsmen and non-sportsmen.

2. There is no significant difference in the Level of Anxiety among sportsmen of Basketball, Hockey and Volley Ball games.

3. There is no significant difference in the Level of Neuroticism among sportsmen and non-sportsmen.

4. There is no significant difference in the Level of Neuroticism among sportsmen of Basketball, Hockey and Volley Ball games.

5. There is no significant difference in the Level of Extraversion among sportsmen and non-sportsmen.

6. There is no significant difference in the Level of Extraversion among sportsmen of Basketball, Hockey and Volley Ball games.

7. There is no significant difference in the Level of Adjustment among sportsmen and non-sportsmen.

8. There is no significant difference in the Level of Adjustment among sportsmen of Basketball, Hockey and Volley Ball games.

DELIMITATIONS OF THE STUDY:

The present study has the following delimitations:

1. This study was confined to Haryana state only.
2. Sportsmen and non-sportsmen in the age groups of 18 to 22 years was taken as the subjects for the present study.

3. Only four psychological factors viz. anxiety, neuroticism, extraversion and adjustment was studied in the present investigation.

4. For the purpose of the sportsmen to be taken as subjects only the players of Basketball, Hockey and Volleyball team games were selected.

5. Only the players who participated atleast in a state level tournament or University level tournament of the above three games were the subjects for the present study.

6. Total 225 sportsmen (atleast 75 each game) were tested for the collection of data.

7. Equal numbers of non-sportsmen 225 male were also the subjects in the present study for the comparison of sportsmen of Haryana.

8. The data was collected only from four districts – Kurukshetra, Bhiwani, Hisar and Rohtak.

**DESIGN OF THE STUDY:**

A Clear visualization of methodology is on imperative need for the successful completion of the research project.
Keeping in view the nature and purpose of the study the investigator adopted a descriptive survey method to carry out the study. Descriptive survey method deals with what exists at present and it describes and interprets the current prevailing conditions, relationships and practices.

SAMPLE:

A total sample of 450 students was taken for the study. For the collection of the data 225 sportsmen (75 for Basket ball, 75 Hockey and 75 Volley Ball games) were selected from four district of Haryana state where the Haryana state government run training centre for these games. These players were of age group 18-22 years and had participated atleast in one of the inter college or inter district tournament only male sportsmen were subject for the present study. For the purpose of comparison 225 male non-sportsman in age group 18-22 years were selected randomly form the various districts of Haryana State.

TOOLS USED:

(a) Sinha's Anxiety Scale Questionnaire by Dr. Durga Nand Sinha Hindi Version (1965) was used for measuring anxiety (Appendix A).
(b) Maudsley personality Inventory (MPI) by S.S. Jalota and S.D. Kapoor Hindi Version (1950) was used for measuring Neuroticism and Extraversion (Appendix B).

(c) Bell adjustment Inventory by S.M. Mohsin Hindi Version (1934) was used to measure home, health, social and emotional adjustment (Appendix C).

PROCEDURE OF STUDY:

In the present study the 250 sportsmen and 250 Non-sportsmen were taken from K.U.K. and M.D.U. Rohtak as a sample.

The investigator met the participants personally and after making a rapport with them discussed the purpose of the study and answer the queries. The investigator assured the participants to keep the information secret, provided by them.

After getting the consent of participants, the investigator administered all the questionnaires.

The participants, who did not provide full information were dropped from the final analysis. The final sample includes 225 sportsmen and 225 non-sportsmen.
STATISTICAL TECHNIQUE USED:

Mean, Standard Deviation and T-ratio were computed to study the difference between Anxiety, Neuroticism, Extraversion and Adjustment of sportsmen and non-sportsmen.

MAIN FINDINGS

After the interpretation of data, the investigator was in a position to draw certain finding on the basis of analysis and interpretation. According to the objectives and the hypothesis stated earlier in the present study, the results have been presented as follows:

1. There is no significant difference between the level of Anxiety of sportsmen and non-sportsmen.
2. There is no significant difference between the Basketball and Hockey players on level of Anxiety.
3. There is significant difference between the Basketball and Volleyball players. Basketball players have more anxiety than Volleyball players.
4. There is significant difference between the Hockey and Volleyball players. Hockey players have more anxiety than Volleyball players.
5. There is no significant difference between the sportsmen and non-sportsmen on Neuroticism.
6. There is no significant difference between Basketball and Hockey players on neuroticism.

7. There is significant difference between Basketball and Volleyball players on neuroticism. Basketball players are more neurotic than the Volleyball players.

8. There is no significant difference between Hockey and Volleyball players on neuroticism.

9. There is significant difference between Sportsmen and non-sportsmen on extraversion. Sportsmen have more extraversion than non-sportsmen.

10. There is no significant difference between Basketball and Hockey players on extraversion.

11. There is significant difference between Basketball players and Volleyball players on Extraversion. Basketball players are more extraverts than Volleyball players.

12. There is significant difference between Hockey and Volleyball players on extraversion. Hockey players are more extraverts than Volleyball players.
13. There is a significant difference between Sportsmen and non-sportsmen on Adjustment. Sporstmen are better adjusted than non-sportsmen.

14. There is no significant difference between Basketball and Hockey players on adjustment.

15. There is significant difference between Volleyball and Basketball players on Adjustment. Volleyball players are better adjusted than Basketball players.

16. There is no significant difference between Hockey and Volleyball players on Adjustment.

**EDUCATIONAL IMPLICATIONS:**

The psychological variables such as Anxiety, Neuroticism, Extraversion and adjustment play an important role to educate the students and to modified these behaviour even in the field of psychological behaviour of important role in the better adjustment. In the present investigation these psychological variable are being compared between the sportsmen and non-sportsmen and the between the players of game Basket ball, Hockey and Volleyball. This finding is the study reveal that Anxiety, Neuroticism, Extraversion and adjustment play an important role in the field of game and sports. The Anxiety and neuroticism can
better the control by the sportsmen and they showed better results 
extraversion and Adjustment better behaviours. The games and sports 
help in the better development of all over the personality of a man.

The finding of the present study have significant implication for 
teachers, physical educators, coaches, administrators and organizers of 
sports in our country. They have to frame more scientific curriculum 
including the latest developments in sports techniques, sports medicine 
etc. more over, more effective and more scientific training activities were 
to be imported to those engaged in teaching physical education and sports 
at various levels.

SUGGESTION FOR FURTHER STUDY:

The present study is a step towards understanding the problem of 
anxiety, Neuroticism, Extraversion and adjustment among sportsmen. On 
the basis of the conclusion arrived and the scope of study, I feels that 
more studies of this type should be undertaken till a better understanding 
of the effect of Anxiety, Neuroticism, Extraversion and Adjustment is 
developed. Some of the problems in this area which can be undertaken 
for further investigation may be stated as follows:

1. More Psychological variables may be studied in the future 
   investigation.
2. This study may be also conducted females students and players.

3. The games which are not cover in the present study should also be covered by the further investigator.

4. These psychological variables should also be studies at different level of growth, at different level of achievement and at different time of competition and non-competition.

5. For the more significant findings the no. of subjects should be increase where as age limit, level of achievements should be squeezed.

6. A study of anxiety, neurosis, extraversion and introversion among the sportsman of high socio-economic status and low socio-economic status can be taken.

7. Sportsmen’s academic achievement in relation to their anxiety, introversion – extraversion, neuroticism and adjustment may be investigated.

8. For the purpose of comparison studies of various districts should also be conducted.