Chapter-II

CONCEPTUAL FRAME WORK

Concept and Definition of Personality

Personality is defined as 'distinctive patterns of behaviour (including thoughts and emotions) that characterize each individual's adaptation to the situations of his or her life.

Personality is shaped by inborn potential as modified by experiences common to the culture and sub-cultural group (such as sex roles) and by the unique experiences that affect the person as an individual.

Theories about personality can be grouped into those, which emphasize traits, motivation, learning and the self. The corresponding approaches to the understanding of personality are: trait, psychoanalytic, social learning and humanistic theories.

Personality theory has something important, impressive and provocative to say about the nature of human beings. They however, do not always agree due to the three important factors:

1. The complexity of the subject matter.
2. The differing historical and personal contexts in which each theory was formulated.

3. It is a young discipline compared to other science subjects.

The concept of personality gives an understanding of the entire human organism, its structure, nature and functioning. These are more than 50 definitions of personality. More precisely, personality was derived from the Latin word Persona, which refers to the masks, used by actors in Greek theatres. Why? It refers to the appearance or the outer manifestation of a person. The face that is revealed to the public. What you appear to be is what persona refers to. The word was borrowed by our Personality. Later personality was expanded to include all qualities that are uniquely present in the individual. Psychometrically sound tests were also developed to assess personality.

The personality theories have given divers explanations to human behaviour. Therefore the concept can be understood only by going through the major theoretical approaches to the study of personality. The term personality has no standard meaning. The definition amount to more than fifty; generally including all characteristics of an individual, such as his temperament, abilities, values, interest, motivation etc. The concept of character is often used to explain personality.
Psychologists have developed many theories in attempting to explain human personality. Study of personality itself became the major subject matter of personality, since personality as defined by psychologists comprises of all individual characteristics or qualities within itself. The major explanations of personality have been classified into four types, namely the probabilistic, the deductive, the teleological, and the genetic.

The Probabilistic approach is based on probable or predictive approach has resemblance to other physical sciences, is based on logical inference. From the information available on the particular quality, inferences are made.

The teleological or functional explanation emphasizes the events being the effect of certain causes or functions in adaptation. The genetic type and often the other branches of science. The term 'genetic' means "genesis' or "beginning" and has nothing to do with the mechanisms of heredity. The approach emphasizes the genesis of behaviour, the underlying factors or the root of such characteristics.

Psychologists have explained the nature of personality as the unique set of behaviour and enduring qualities that influence the way has adjust to his environment. However, the psychologists have also given importance to similarities among human nature. In general, it may be seen that psychologists, in attempting to understand personality have found that human beings are like all others in certain
characteristics and only like some other in certain others and like no one in still other characteristics. Though the general qualities may be present in all human beings on the basis of heredity and environment, certain unique interactions take place resulting in individual differences.

Many psychologists have offered their own explanations, which are classified as type and trait theories. Some of the earliest personality theories were not really scientific. These were the sciences of Phrenology, Physiognomy and Graphology.

F.J. Gall put phrenology forward during the 18th century explaining human nature to be directly related to the physical formation of the skull. Physiognomy, another belief that personality characteristics could be interpreted through facial characteristics. Graphology also was popular during those days when people believed that reading the handwriting of the person could assess personality characteristics.

Almost a century later Sheldon proposed a body type theory in understanding human personality. Sheldon argued that body types are basically contributing to different personality patterns. He described it as somato types. The three basic somato types of personality are the Endomorph, the Mesomorph and the Ectomorph, known to have a Visceratonic, a Somatotonic and a Cerebrotonic personality. The visceratonic personality is associated with characteristics of being
apprehensive, insecure, sleepy, amiable and conforming. The somatotonic is characterized by being adventurous, informal, tolerant and enthusiastic. The Cerebreratonic personality is one who is secluded, unamiable, non-adventurous, and intolerant.

There are no consensus amount psychologists about the definition of the term, Personality". Today, dozens of formal definitions exist. Some of the important are as follows.

G. Allport: The dynamic organization within the individual of those psychophysical systems that determine his unique adjustment to his environment.

H. Eysenck: The more or less stable and enduring organization of a person's character, temperament, intellect and physique that determines his unique adjustment to his environment.

R.B. Cattell: Personality is that which permits a prediction of what a person will do in a given situation.

J.P. Guilford: A person's unique pattern of traits.

D.Mc Clelland: The most adequate conceptualization of person's behaviour in all its details.

L. Kolb: Each individual's characteristically recurring pattern of behaviour.
S. Freud: Personality is an individual's pattern of behaviour developed to resolve dynamic conflicts and events.

Each of the above definition emphasis on different points. All port's emphasis is one dynamics, Eysenck's on predisposition, Cattelll's on prediction, Guildford's on individual differences, Mc Clelland's on description, and Kolb's on uniqueness. A complete definition of personality would include many factors: intellectual abilities, motives acquired in the process of growing up, emotional reactivity, attitudes, beliefs, and moral values.

**Study of Personality**

Traits are underlying tendencies to behave in a consistent and distinctive style. Trait theories assume that a personality can be described by its position on a number of continuous dimensions or scales. We can pick the traits we study by (a) their theoretical or practical value, (b) seeing which traits people actually uses to describe other, and (c) factor analysis. Two dimensions found fairly consistently in factor -analytic studies of personality are introversion-extroversion and stability-instability.

Type theories seldom work, largely because different traits do not regularly go together. We can, however, find certain clusters of characteristics, which constitute "type", even though the types do not include everyone.
Reliability and validity questions about trait measures are exceptionally complex for several reasons: (a) People's behaviour tends to very according to the demands of specific situations; (b) people differ in the areas which are "central" to their personalities and in which they show consistency, and (c) behaviour tends to very according to the impression the individual seeks to make.

A 'trait" is a determining tendency or a predisposition to respond. In some respects every one is a trait theory, in that we note consistencies in other people's behaviour and we label them accordingly as aggressive, lazy, shy or by one the other 18,000 words, which exist in English to describe human behaviour. Theories of Cattell and Eysenck have been usually quoted as examples of trait and type approach. These two contributions however could be understood only when the research method is understood, namely that of factor analysis.

a) Extraversion

The extraversion is a personality trait. The extravert person's orientation is towards the external world. He deals people intelligently in social situation. He is conventional. Outgoing, social, friendly and free from worries. In Eysenckian terms, extraversion stands for central excitatory/inhibitory level and sociability. According to Eysenck. "the typical extrovert is sociable, needs to have people to talk, craves excitement and is generally impulsive. He is carefree, easy going,
optimist, likes to laugh and to be merry and his feelings are not under tight control"

In the present study, E-score on EPI has been taken as a measure of extraversion.

b) Neuroticism

It is a minor mental disorder, characterized by inner struggles and discordant social relationship. It is precipitated by emotional stresses, conflicts and frustrations. Some of the more frequent psychological complaints in neuroticism are anxiety, depressed spirits inability to concentrate or make decisions, memory disturbances, heightened irritability, morbid bouts, obsessions, irrational fears, insomnia, compulsions and inability to enjoy social relations. According to Eysenck, "Neuroticism refers to emotionality, initiated by the inherited differences in liability and excitability of autonomic nervous system" In the present study, N-score on EPI has been taken as a measure of neuroticism.

c) Psychoticism

Psychoticism is a personality pattern typified by aggressiveness and interpersonal hostility. High levels of this trait were believed by Eysenck to be linked to increased vulnerability to psychosis such as schizophrenia.

Concept and definition of Well-being
Well-being, Well-being, wellbeing, or wellness is a general term for the condition of an individual or group. A high level of well-being means in some sense the individual or group's condition is positive. In relation to human development, the word "domain" refers to specific aspects of growth and change. Major domains of development include social-emotional, physical, language and cognitive.

Psychological well-being is a very subjective term but form all the research that has been carried out, the term is used throughout the health industry as kind of a 'catch-all phrase' meaning contentment, satisfaction with all elements of life, self-actualisation (a feeling of having achieved something with one's life

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity a good or satisfactory condition of existence; a state characterized by health, happiness, and prosperity; welfare: to influence the well-being of the nation and its people.

Factors of well being

Results from cross-sectional, longitudinal and experimental studies find that well-being is associated with

1. Accept your emotions

2. Take daily risks
3. Live in the present

4. Be introspective

5. Laugh

6. Determine and live your personal values

7. Identify and use your individual strengths

**Well-being defined**

There is no consensus around a single definition of well-being, but there is general agreement that at minimum, well-being includes the presence of positive emotions and moods (e.g., contentment, happiness), the absence of negative emotions (e.g., depression, anxiety), and satisfaction with life, fulfillment and positive functioning. In simple terms, well-being can be described as judging life positively and feeling good. For public health purposes, physical well-being (e.g., feeling very healthy and full of energy) is also viewed as critical to overall well-being.

With talented young athletes so much of their identity is build around their sport, it is basically their life, and therefore any feeling of poor well-being will have a much greater impact on them. Unlike other young people they cannot
simply move on to something else without it feeling like a seismic shift in their life.

For the record the results showed that talent development Environments could be broken down into three levels based on how they were perceived by the players (high, moderate and low quality environments). Using these categories the researchers discovered a strong link between the quality of the environment and athlete well-being. In other words players in high quality talent environments experienced significantly higher levels of well-being than those in the low quality environments. Three areas in particular showed distinct differences: communication with the coach; goal setting; and well-established relationships. Understanding these can help ensure the well-being of the young athletes in talent development environments.

CONCEPT OF WELL-BEING

We all know that being physically active is good for our bodies. But our physical health and mental health are closely linked - so physical activity can be very beneficial for our mental health and wellbeing too.

Lots of us don't get enough exercise to stay healthy, but physical activity is particularly important if you have a mental health problem. This is because people
with mental health problems are more likely to have a poor diet, smoke or drink too much alcohol, or be overweight/obese (this can be a side effect of taking medication).

So if you have a mental health problem, the health benefits of becoming more physically active are even more significant.

All have different reasons for being active. The types of activity we do usually fall under these headings:

- **Physical activity.** This can describe anything we do that involves moving our bodies.
- **Exercise.** Any physical activity could be considered exercise, but when we talk about doing exercise we usually mean activities we do deliberately for fitness or training, rather than something that's part of our daily routine.
- **Sport.** Sport usually refers to physical activities we do on our own or in a team for competition or fun. People working in the sport and leisure industries use the word in its broadest sense, including activities such as tennis, athletics, swimming, keep-fit or Zumba classes. Some sports such as snooker or darts are more about skill than any physical exertion.

**Does mental health impact on physical conditions**
Having a mental health problem can put us at even higher risk of developing serious physical health problems than other people. Those of us with a mental health problem are:

- twice as likely to die from heart disease
- four times as likely to die from respiratory disease
- on average, likely to die between 10 and 17 years earlier than the general population, if we have schizophrenia or bipolar disorder (this may be due to a number of factors including suicide, poor diet, exercise and social conditions. People may also be slower at seeking help, while doctors can sometimes fail to spot physical health problems in people with severe mental health problems).

If you have a long-term physical health condition it can also put you at risk of developing a mental health problem such as anxiety or depression. For some people, the impact on your mental health could become more of a problem than the physical condition itself. Exercise programmes and other treatments like cognitive behavioural therapy (CBT) and mindfulness have been shown to improve anxiety and depression, and quality of life for people with chronic illnesses.
You might consider your mental health problem to be a disability, or you might not. If you are disabled, you might be even less likely to do any sport as a physical activity - only 1 in 6 disabled people play a sport regularly compared to 1 in 3 non-disabled people.

**Health benefits of physical activity**

Physical activity has a wide range of health benefits - for your mind and body, and for your social and emotional wellbeing.

**Physical health benefits**

As well as improving your overall physical fitness, being more active can have the following physical benefits:

**Reduced risk of some diseases.** For example, health experts suggest that being more active can reduce your risk of developing a stroke or heart disease by 10%, and type 2 diabetes by 30-40%.

**Reduced risk of physical health problems as our bodies adapt to stress.** As we become fitter, our bodies can better regulate our Cortisol levels. Cortisol is a 'stress hormone' that our bodies release in response to anxiety; over prolonged periods, higher Cortisol levels have been linked to a wide range of health problems
including heart disease, high blood pressure, a lowered immune response, as well as depression and anxiety.

**Healthier organs.** When you're active your body is working more, which is good for your organs. For example, a stronger heart will help you have lower cholesterol and lower blood pressure.

**Healthier bones.** Weight-bearing exercises will strengthen your bones and build your muscle, which can reduce your chances of developing osteoporosis.

**Healthier weight.** If you're overweight, becoming more active can help you start to reduce body fat as your stamina and fitness levels improve.

**More energy.** As your body adapts to increased activity levels you get a natural energy boost, which can make you feel less tired. Researchers say that even low intensity levels of activity can be beneficial if you usually feel very fatigued.

**Improved sleep.** Many people find they are able to sleep better at night after having been more active during the day.

**Mental health benefits**

**Reduced anxiety and happier moods.** When you exercise, your brain chemistry changes through the release of endorphins (sometimes called 'feel good' hormones), which can calm anxiety and lift your mood.
**Reduced feelings of stress.** You may experience reductions in feelings of stress and tension as your body is better able to control Cortisol levels.

**Clearer thinking.** Some people find that exercise helps to break up racing thoughts. As your body tires so does your mind, leaving you calmer and better able to think clearly.

**A greater sense of calm.** Simply taking time out to exercise can give you space to think things over and help your mind feel calmer.

**Increased self-esteem.** When you start to see your fitness levels increase and your body improve, it can give your self-esteem a big boost. The sense of achievement you get from learning new skills and achieving your goals can also help you feel better about yourself and lift your mood. Improved self-esteem also has a protective effect that increases life satisfaction and can make you more resilient to feeling stressed.

**Reduced risk of depression.** If you're more active there's good evidence to suggest that at most ages, for both men and women, there's a trend towards lower rates of depression. In fact one study has found that by increasing your activity levels from doing nothing to exercising at least three times a week, you can reduce your risk of depression by almost 20%.

**Exercise as a treatment for depression:**
If you have a diagnosis of mild to moderate depression, your Grasping Power (GP) might suggest you do some exercise to help lift your mood. This is because exercise can be a more effective treatment than taking antidepressants. Your Grasping Power (GP) might even give you a prescription for exercise, and refer you to a programme at a local gym or health centre.

In exercise treatment programmes the sessions usually last from 45 minutes to 1 hour, and you'd be invited to attend at least three times a week over a 10-14 week period. This is because exercise is thought to be most effective if you're able to manage the equivalent of five 30-minute sessions of moderate intensity activity each week (the same as the current Natural Health Scheme (NHS) guidelines for healthy physical activity). It's also more likely to work for you if you choose exercise that you find enjoyable and that gives you a sense of accomplishment.

Social and emotional benefits:

1. Making friends and connecting with people. Being around people is good for our mental health and social networks - plus you can maximize the benefits of exercising by doing it with other people. You may find that the social benefits are just as important as the physical ones.

2. Having fun. Lots of us enjoy being active because it's fun. Researchers have shown that there's a link between the things we enjoy doing and
improvements in our wellbeing overall. If you enjoy an activity you're also more likely to keep doing it.

3. Challenging stigma and discrimination. Some people find that joining a sport programme helps reduce the stigma attached to their mental health problem. Getting involved in local projects with other people who share a common interest can be a great way to break down barriers and challenge discrimination.

Having a clear idea about what you want to achieve should help you to make a decision about which activity to choose. For example, you could think about which of these factors are most important for you:

1. meeting new people and making friends
2. learning a new skill
3. managing your weight
4. making your lifestyle more active or improving your physical fitness
5. giving your mental health a boost
6. playing a team sport or exercising on your own
7. being in an outdoor or indoor space
8. ease of access - for example if you have limited physical mobility, or can't afford certain classes or equipment

9. doing something you enjoy