CHAPTER I

INTRODUCTION
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“Sport” refers to all forms of physical activity which, through casual or organized participation, aims at expressing or improving physical fitness and mental well-being, forming social relationships or obtaining results in competitions at all levels. (Council of Europe, 2001).

Sports is not just an exhibition of muscular and physical power. Sports is a combination of physical as well as psychological skills. Sports is a way for improving an individual’s physical, mental fitness and health.

In formulating the definition of sport, consideration was given to its physical, competitive and institutional characteristics, as well as how sport is shaped by social and cultural influences.

Emerging sports may begin with popular physical recreation activities, like running, lifting, jumping, and now developing as a sport governed by rules and competition. Sport may also have a very local flavor, with different societies preferring different types of sports (e.g. ice sports are more prevalent in cold climates, water sports in coastal region etc).

Sport includes recreational sports, adventure sports, combat sports, competitive sports etc. Formal rules are flexible in recreational sports. In recreational sports, characteristics and rules vary from place to place. In this, the rules can be framed according to the local availabilities of person, availability of equipment, availability of time etc.

In organized or competitive sports there will be a set of rules decided by the concerned organization. The rules are strictly followed all over the world and are not supposed to be changed in competitions. Scientific equipment and fields are used to perform. The organized or
competitive sports have the same rules and regulations worldwide. The rules may be changed only in accordance with the systematic research by the concerned authorized organizations to get the best performance from the athlete.

Thus, all sport is derived from some form of organised sport, which is governed by social organisations that enforce rules and manage formal sporting competitions.

In organized sports, there are mainly two divisions. One is the individual sports event and the other, group or team events. Individual events are played among individuals such as wrestling, weight lifting, power lifting, swimming, running, jumping, throwing, aiming etc.

In team events, the competition is to be held among the groups. Co-ordination, combination and mental co-operation play a vital role in team events to get the ultimate result. Team events are such as football, hockey, kabaddi, volley ball, ball badminton and others.

Competitive sports are essentially a psycho-social activity. Tension, anxiety, fear, strain and stress are common in all competitions, which arise in athletes before and after a competition. Winning and losing are quite common in sports, but it could lead to a lot of psychological stress in individual and team events. The player should be prepared to face any kind of stress and strain. It’s the duty of the coach to see that the player overcomes psychological pressure during the competition.

The psychological preparation during training, plays a very important role in modern sports. It adds more ability to the player. Through sports psychology we can understand the personality of the sports participants.

**Sports psychology**

Sport psychology is an interdisciplinary science that involves the study of psychological factors of a sports person and its effect on sports performance and how participation in sport and exercise affect psychological and physical factors. In addition to this, instruction and training of
psychological skills for performance improvement is to be done by the coaches. Applied sport psychology may include work with athletes, coaches, and parents regarding injury, rehabilitation, communication and career transitions, communication, and career transitions.

In 1996 the European Federation of Sports Psychology (FEPSAC) made a broad and simplified definition. It says, Sport psychology is the study of the psychological basis, processes and effects of sport. The term ‘sport’ is used, both in the FEPSAC definition of sport psychology, in the broader sense, including any physical activity for the purposes of competition, recreation, education or health. Psychology can be defined as ‘the science of mind and behavior (Gross 1996).

The study on the influence of psychological factors on sports participation and sports performance is called Sports psychology. But sports have become a psycho social activity. Skill in sports and physical strength are not only the deciding factors of performance in a competition. The socio psychological variables of a sports person also plays an important role in performance during a competition. Some research has been conducted on this subject. The variables such as self-confidence, dominance, extraversion, sociability, conventionality, mental toughness, emotional stability and socio economic status of the athlete may play an important role in sports performance and recognition in society.
Personality

Personality usually refers to the distinctive patterns of behavior including thoughts and emotions that characterize each individual’s adaptation to certain situations of life. It is an individual’s enduring, persistent response patterns across a variety of situations which are comprised of relatively stable patterns of action often referred to as traits, dispositional tendencies, motivations, attitudes and beliefs which are combined into a more or less integrated self-structure and which determine those commonalities and differences in the psychological behavior (thoughts, feelings, and actions) of the people that have continuity in time and that may or may not be easily understood in terms of the social and biological pressures of the immediate situation alone.

Psychologist Allport defined personality as ‘what a man really is’ and he added ‘not what he appears to be’.

Hollander defined ‘personality is the sum of an individual’s characteristics which makes a human unique’.

Personality represents those characteristics of the person that account for consistent patterns of behavior as defined by Pervin in 1993.

Personality is a dynamic organization within the individual of those psycho-physical systems that determine his unique adjustment to the environment (Allport, 1948). It is continuously changing due to interaction with environment as it involves the integration of physical intellectual, emotional, social and character make up of an individual, which is expressed in terms of behavior, attitude conduct, movements, temperaments and traits. It is the sum total of all the biological innate dispositions, impulses, tendencies, appetites and instincts of an individual and the dispositions and tendencies acquired from experience (Prince, 1989).

The personality signifies the appearance or the conduct of an individual. It involves behavioral activities, moments, replies and everything else concerning the behavior of the individual. It helps to differentiate people or the stability in a person’s behavior across different
situations as personality deals with an individual's behavior. The different conditions of infancy, childhood, adolescence, youth and old age play an important role in modifying the personality from time to time. In different stages of development of personality, different changes are visible in particular traits of the individual. In some states changes are visible in behavior of the individual. In some stages changes are faster and more comprehensive and in other stages the change is comparatively less. The period of 6 -18 years is particularly a significant phase of life for building the wholesome personality of an individual as a growing organism. It includes the pubertal phase which further leads to various developmental changes in an individual’s personality.

Personality is generally measured by using self-reporting questionnaires. The respondents indicate their opinion or feelings on questionnaire. Questions are constructed on personality variables such as neuroticism, anxiety, extraversion, dominance, assertiveness, emotional stability, mental toughness, self-concept, sensitivity, conscientiousness and agreeableness and other psychological variables.

**Personality in sports**

The physical educator and the coach believe that personality plays a major role in the selection and participation in physical activities and sports. Moreover the involvement in physical education and sports contributes to personal and social adjustment. The development of personality and the social values have been the main objectives of sports. The findings that athletes are different from non-athletes may not mean that athletics cause enhanced personality characteristics. It may be that physical education and sports produce the more well-adjusted individuals in society and it helps in removing maladjustments.

Historically one of the most popular issues in sports psychology concern the relationship between personality and sports performance. Although most sport personality research has
focused on description of the personality characteristic in athletes and the influence of
personality in sports behaviors, the study of the effect of sports participation on personality
development and change has also been an important area of research. Certain personality
attributes (Competitiveness, self-confidence) are important to athletes in achieving their
performance. Some personality attributes may be developed or modified through sports
participation. Sports participation and physical activities enhance physical as well as
psychological development. Several studies have been conducted on personality and sports
behavior.

Personality assessment has always been an area of interest for psychologists. In recent
years, the study of the measurement of the personality traits of athletes has become a popular
topic of sports psychology research. One of the goals of this research has been to ascertain the
role of the athlete’s personality in successful competition. So the athletes’ personality has
become important in athletic success. The psychologist has developed way to measure
personality that can help us to understand personality traits of the athletes. Many psychologist
distinguish among typical style of behaving (traits) and the situations effect on behavior. This
distinction between psychological traits and states has been critical in the development of
personality research in sports.

Allen and Laborde (2014) reviewed the role of personality in sports and physical activity
and identified the recent studies on relationship of personality and sports performance
personality trait related to long term athletic success, inter personal relationship, psychological
states before, during, and after competitions. New studies on health-related exercise, have
demonstrated that personality traits relate to leisure-time sitting time, strength and mobility in
old age, and unhealthy exercise behaviours also collected evidence that physical activity
contributes to personality change.

In the field of sports psychology, the personality research was characterized by group
comparisons, athletes were compared with non-athletes, successful athletes with less successful
ones, and male athletes with female athletes. Comparisons were also made among athletes representing different sport disciplines, individual discipline and team events. These studies attempted to predict performance of the athlete and selection of goals. Some attempts were very successful and some studies have attempted to demonstrate and athletic personality.

Usually athletes are extraverted, emotionally stable and express stronger need for productivity and stimulation. High level athletes have distinct psychological profile, and there were totally different from amateur athletes and non-athletes in personality.

**Sports specific personality**

The sports specific personality is the personality of an individual in the field of sports. This includes the dimensions of personality such as sociability, dominance, extraversion, self-concept and conventionality, mental toughness and emotional stability.

Sociability- “Sports makes us social” which was being already proved by so many studies. Study concluded that all basketball players’ male and female of Punjab have good sociability. And assumed that at different Level of performance have Different sports specific Personality, where other factors were assumed constant. Dominance represents the normal tendency and study reveals players have good and equal dominance. Extroversion type of people are typically very open and have great confidence. Conventionality representing the quality or characteristics of being conventional in behavior, thinking etc. Self-concept means an internal model of the individual which comprises self-assessment. Mental toughness was collection of attributes that allow a person to preserve through difficult circumstance in life, in sports as difficult competitive situation. Emotional stability was state of being able to have the appropriate feeling about the common experience.

Every sport require a typical personality. In other words all personality characteristics will not suitable to all the sports and games.
Singh Kanhaiya Kumar (2016) studied and compared on sports specific personality and will to win among state, inter university level and district level basketball players.

Study showed that the high level performers have good and balanced score in all the seven variables.

Individual and team sport athletes have different personal characteristics. The environmental setting in individual and team sport differs and therefore gives the athletes different conditions to develop as athletes.

Usually the Individual sport athletes are more introverted, have more individual goals. Individual event athletes have the possibility to control different situations in trainings and competitions and they have higher responsibility over the results. They have a closer contact with their coach. Parents are less involved in some situations.

Team event athletes have different personalities. Because they play among the group of athletes. The performance of the team depends on team mates. In team events, team combination and physical and psychological fitness of each teammate is important. They practice or involve in training together.

There is significance difference between individual and team athletes in extraversion, openness and conscientious. Individual sportsmen have a higher degree of extraversion, openness and conscientious than team sportsmen and no significance difference in agreeableness and neuroticism between individual and team sportsmen (GasemIlyasi and Mir Hamid Salehian)

Ajeesh and Pradeep (2013) studied the gender difference in personality traits of inter collegiate men and women volleyball players with regard to psychoticism, neuroticism, extraversion and lie score. Gender difference was found on psychoticism and neuroticism between male and female.

Mahin Etemadi Niaa, Mohammad Ali Besharata (2010) compared athletes’ personality characteristics in individual and team sports. In the study individual sport athletes scored
significantly higher on conscientiousness and autonomy than did the team sport athletes, and

... higher on agreeableness and sociotropy than did the individual sport athletes. There were no significant difference between the individual and team sports person on neuroticism, extraversion, and openness. In conclusion it was said that athletes personality characteristics are different for individual and team sports.

Rajesh Kumar Bhardwaj & Poonam Sharma (2014) compared the personality of boxing and athletics sportsmen with reference to their achievement. Result revealed that high achieving boxing and athletics sportsmen do not differ significantly in their personality with respect to need for achievement, autonomy, dominance, abasement, nurturance, endurance and aggression. And he also compared the personality of low achieving sportsmen playing boxing & athletics. The low achieving boxing and athletics sportsmen do not differ significantly in their personality.

**Sports as a social aspect**

Sports have a high degree of social recognition which inspires sports men to develop the necessary talents and capacities and related aspects of personality. Sports is a socializing agent which not only provides enjoyment but helps to develop the personality traits. It also improves the status of an individual in the society through recognition.

Economic stability of sports men and the sports participation is having inter connection. The performance of athletes always depends upon economic background and the income of the family. The standard of home life, the nutritious food, facilities, the leisure and other factors are main deciding factors of an individual to participate in sports regularly with interest. If all these are not in good condition there will be dropouts among sportsmen.

The family is the major role on the attitude of the individual towards any activity. The acceptance and rejection of any activity by the individual is depend upon the impact on family income. Because the entire expenditure is borne by the family in the early days of any activity. In sports, to get the performance the man should start the training in his early days. Early days
the child is totally dependent on the family. Depending on the families’ income and attitude, the child goes to select the activity.

**Socio-economic status:**

As per Wikipedia on-line encyclopaedia (2011), socio-economic status (SES) is an economic and sociological combined total measure of a person's work experience and of an individual's or family’s economic and social position relative to others, based on income, education, and occupation. When analyzing a family’s SES, the household income, earners' education, and occupation are examined, as well as combined income, versus an individual, when their own attributes are assessed.

Socioeconomic status is typically broken into three categories, High SES, Middle SES, and Low SES to describe the three areas a family or an individual may fall into. When placing a family or individual into one of these categories any or all of the three variables (income, education, and occupation) can be assessed. A fourth variable, wealth, may also be examined when determining socio-economic status.

Socio-economic status of an individual may influence on opportunity, desire to excel, choice of activity and success. The home environment influences the participation and motivation to succeed in sports. Many psychological factors like socio-economic status, attitudes, motives, spectators, self concept, motivation, adjustment etc., which influence the participation and performance of sportsmen in games and sports.
Relationship with sports and socio-economic status

Socio-economic status of an individual may influence his opportunity, his desire to excel, his choice of activity and his success. The home environment often influences his motivation to succeed in sports and the degree to which success in this endeavor leads to inner satisfaction.

Socio-economic status is an individual’s or group’s position within a hierarchical social structure. Socio-economic status depends on a combination of variables, including occupation, education, income, wealth and place of residence. Sociologists often use socio-economic status as a means of predicting behavior (Hirsch, Kett, and Trefil, 2002)

Index of socio-economic status includes the occupational status of athlete or parent, area of residence, monthly income, and type of housing, condition of house, house ownership or rental status, level of living and formal social participation.

Gadzic Aleksandar, Vuckovic Igor (2009) examined the relationships between sports participation and socio-metric status of adolescent youths. A group of 359 secondary school students (143 male and 216 female) aged 16 – 19 years participated in the study. The sport-active subjects scored higher in socio-metric acceptance and socio-metric status and lower socio-metric rejection than the sedentary subjects. However, results revealed no significant correlations between sport-engagement variables and the socio-metric ones.

Rajkumar Sharma (2015) studied the effect of socio-economic status on sport performance of junior national level weightlifters belonging to rural and urban area of India. The statistical technique means, standard deviations and t-ratios were computed to find out the significant effect of socio-economic status on sport performance. Results indicated the positive effect of socio-economic status on the sports performance of junior national level male weightlifters. Significant difference was observed in sport performance between rural and urban junior national level male weightlifters of high, mediocre and low socio-economic status.
Socio-economic status is an individual’s or group’s position within the social structure. Socio-economic status depends on occupation, education, income, wealth and place of his residence.

Socio-economic factors play a vital role in an individual’s performance in sports. The socio-economic status make-up of an individual plays an important role in the achievements in every field of life. Socio-economic status also influence on habitual physical activity.

The researcher think that the sports performance of sports person is closely related with his personality. So the researcher tried to know which personal qualities influence sports achievement at higher levels.

Researchers also wanted to know how the personal qualities differ in individual and group events. Researchers were also interested to know the sports specific personality among different socio economic status of individual and group event sports personnel. He was interested to study the relationship of socio economic status and sports specific personality with inter collegiate and inter university sports persons. Hence the study was undertaken.

Sharma (2010) reported that income reflects the living of a family. There is no doubt that type, amount and timing of food can drastically affect sport performance.

In all societies, it is people in high income, high education, and high status occupational groups that have the highest rates of active sports participation, attendance at sports events, and even watching of sports on television. As a consequence of choice of sports, acquisition and maintenance of physical fitness also vary. Therefore, it is worth investigating to learn as to which SES category will be more fit physically. Physical fitness and health are related to a certain degree. Disorders and physical fitness may be associated with SES.

Mangalore University is located in the south west coastal area of Karnataka state in India. The University was started in the year 1980 and now it is one of the best performing universities in the country in the academic, research and in co-curricular activities like sports and culture.
In recent years Mangalore University has been making remarkable performance in all India inter university sports and games competitions. Especially in athletics, hockey, Kabaddi, kho-kho, weightlifting and power lifting. Recently in netball, swimming and softball, Mangalore University marked high performance in inter university level. Scholar observed that the Kodagu district under the jurisdiction of Mangalore University is well known for hockey. Many national and international hockey players were produced in this district.

Most of the sports persons (athletes, weightlifters, powerlifters) were awarded by Arjuna awards which is India’s highest sports award, and Ekalavya Award (state award). And most of them were studied and represented Mangalore University.

Under the jurisdiction of Mangalore University the Dakshina Kannada and Udupi districts are coastal districts. Many inter-national Athletes, Kabaddi players, Kho-Kho players, weight lifters and power lifters were produced in this district. And most of them studied in and represented Mangalore University.

The researcher observed that the Mangalore University is promoting sports with very high interest. Many incentives and motivational activities were given to the sports participants of Mangalore University. Mangalore University is conducting inter collegiate tournament every year in a very grand manner. Organizing of inter collegiate tournaments is very prestigious to the colleges of Mangalore University.
Mangalore university is conducting an inter university level tournament every year. Some affiliated colleges are also having the capacity of organizing inter university tournaments.

Being a sports person and physical education professional the researcher was interested to know the personality difference of sports participants. Many research have been conducted in this area. But none of the study has been conducted on Mangalore university sports participants. So the scholar selected to do the research on this topic.

**Statement of the problem**

The purpose of the study is to **analyze the sports specific personality and social status of sports participants** of **Mangalore University**. This study was also to compare the sports specific personality among different socio economic status of individual and group event participants, high achievers and low achievers, rural and urban participants, male and female participants.

**Delimitations**

1. The study was delimited to the sports participants of Mangalore University who have participated in inter collegiate and inter-university level.
2. The study further is delimited to the age group of 18 to 28 years
3. The study is also delimited to the year of 2013-14, 2014-15 and 2015-16.
4. This study was delimited to sports specific personality and socio economic status.
5. The study is delimited to the respondents respond to the Sports Specific Personality Test (SSPT) constructed by Agya Jit Singh and H. S. Cheema. And Socio-economic Status Scale constructed by Rajbir Singh, Radhey Shyam and Sathish Kumar.
Limitations of the study

1. In this study response gained by the subject was considered as true and genuine. As such any bias that might have had crept into the subject’s response on this account may be considered as a limitation of the study.

2. Physiological status of the subjects were not considered during their interview.

3. The tests were administered at different points of time considering the availability of the subjects. Their mood status which might have had influenced their response pattern on a particular scale/instrument, this was another limitation of the investigation inadvertently.

Objectives of the study

1. To analyze how the personal qualities differ in individual sports participants and team event sports participants.

2. To know the sports specific personality among different socio-economic status of individual and team event sports persons.

3. To find out the relationship of socio economic status and sports specific personality with inter-collegiate and inter-university sports person of Mangalore University.

4. To study the relationship of participation level between High Socio-Economic Status (SES) and Middle Socio-Economic Status (SES) on individual events and team sports events.

5. To study the relationship of participation level between Middle Socio-Economic Status (SES) and Low Socio-Economic Status (SES) on individual and team sports events.

6. To study the relationship of participation level between High Socio-Economic Status
Hypothesis

H1. It was hypothesised that the male and female sports participants have significant difference in sports specific personality.

H2. It was hypothesised that there was significant difference in sports specific personality between high achievers and low achievers in sports.

H3. It was hypothesised that the rural and urban sportspersons have significant difference in sports specific personality.

H4. It was hypothesised that the individual and team event sports participants have significant difference in sports specific personality.

H5. It was hypothesised that the socio-economic status highly influence female participation in inter collegiate sports.

H6. It was hypothesised that the sports participants from different socio economic status have significant difference in sports specific personality.

Significance of the study

The study on sports participants or athletes’ personality characteristics of either individual or team event provides lot of opportunity for physical education directors, coaches to select the talented ones for guiding them to the highest level of skills and better performance.

The study may help the coaches and physical education directors in allotting the events for the athletes.

This study may help the coach to understand the personal qualities of the student and
plan to improve.

   It will provide an opportunity to give suggestions for the promotion and development of
sports in this region.

**Definition of related terms**

**Personality**

   Allport (1961) defines, Personality as the dynamic organization within the individual of
those psycho physical system that determine his unique adjustment to his environment.

**Sports specific personality**

   The sports specific personality is the personality of an individual in the field of sports.
This includes the dimensions of personality such as sociability, dominance, extraversion, self-
concept and conventionality, mental toughness and emotional stability.

**Social status**

   Social status means the social and economic value of the family members which
depicted by educational qualification, monthly income, present employment, socio-cultural
status, political status, religion, family, caste and community etc.

**Sports participants**

   Who have participated in Mangalore University inter-collegiate competitions and inter
university level competitions.
**Individual sports**

An individual sports is an activity in which participants compete as individuals. Here individual performance of athlete is considered to decide the winner. Examples, track and field events in athletics (running, jumping, throwing) weight lifting, wrestling, judo, boxing, swimming, shooting, best physique.

**Team sports**

A team sport is an activity in which individuals are organized into opposing teams which compete to win. Team sports are practiced between opposing teams, where the players interact directly and simultaneously between them to achieve an objective. The objective generally involves teammates facilitating the movement in accordance with a set of rules, in order to score points. Two or more number of players are competing jointly to win on another group of players. All the members of the team are equally responsible to win or lose of competition. Examples are basketball, volleyball, water polo, handball, lacrosse, cricket, baseball, and the various forms of football and hockey.

**Achievers**

In this study, the inter university participation is taken as sports achievement. So who represented the university in inter university level competitions are considered as achievers.

**Low achievers**

In this study, inter collegiate level participants are treated as low level achievers.
Urban sport participants

The resident of urban area (City Corporation, Municipal Corporation,) and participated in Mangalore University inter collegiate sports tournaments.

Rural sports participants

The residents of village area (panchayats, villages) participated in Mangalore University inter collegiate sports tournaments.
CHAPTER II

REVIEW OF LITERATURE