Abstract

Sports and games endow us with a wealth of health and fitness as well as freedom from boredom of monotonous routine of everyday work. Sports and games are excellent leisure activities. Man’s zeal to engage in some activities when not seeking food in earlier days has resulted in development of many sporting events. However, most of these sports had sustaining life related aspects as a central theme. For example, the sporting activities involved running, jumping, developing motor skills, developing good camaraderie amongst their peers, building confidence, motivation and eternal spirit of manhood. The engagement in the physical activity helps us remove the stress from our day-to-day life.

Every type of sporting event is significant as it keeps us active, healthy and fit. Also it offers us a means to change our daily routine. Historically sports and games were the foundations of warfare skills and self defence. Also, they teach us how to respond during a complex situation, especially the more difficult ones. Sports also help the members of society to create a sense of helpfulness and team spirit amongst themselves. In view of the importance of the sports, the role of educational institutes is very vital as they share the responsibility of providing games and sports infrastructure, equipments and sports teachers to the students throughout their education.

Nowadays many teams around the world are using mental skills in the development of sports performance. One of the aspects of the field is the reason of predictability about the future performance of sportspersons.

The added pressure of sustaining the sports performance also makes their role very challenging.

The personality of a player is often determined by the term socio-economic status to which he belongs, and also his/her behavior is partly affected by status i.e. the recognition given to an individual by the members of his community. Societies have thus have evolved into distinctly different types of statuses, like the ascribed status and the achieved status. Apart from the social status, many attribute in the life of a player are controlled by his economic status.
The word economic is used generally for the motives involving earning a livelihood, which in this case by the parents of the players and also the accumulation of wealth. Economic Status, thus defines the modern population’s access to the amount and sources of income that is derived from a set of occupational activities, the ownership of property or both.

Apart from personality attributes, the socio-economic status the physical fitness is also an important aspect for the optimum performance of the players. The physical fitness consists of qualities that can consent an individual to carry out life activities involving speed, strength, agility, power and endurance. It also includes the ability to take on a range of physical activities required for modern day living including sports and athletics.

Different sporting events demand that the player be fit with respect to physical as well as mental attributes. Amongst all the games, Wushu is a very demanding game, especially with respect to physical and mental attributes. Martial Art are followed with traditional approach of fight. Generally they are practiced for varied reasons that include warfare skills as well as inter personal and intra personal skills amongst them and Japan and China. Martial arts were practiced in ancient times in the eastern Asian countries like Japan and China etc. in modern age, martial art are being continually developed and modified through research and scientific studies.

It has to be accepted that the basis of modern Asian martial arts is a mixture of early Chinese and Indian martial arts. Basically, martial arts had a role to play in those days as the wars used to break up every now and then. Amongst the many martial arts practices, Wushu formed an interesting art form. Basically, the word Wushu comprises of two parts WU i.e. WAR and SHU means ART. So together, it adds up to the Chinese name ‘WUSHU’ and factually it is the ‘Art of War’, which often is known as ‘Martial Art’ in the western world.

Besides, Wushu Taichi, Jiali, Jiaodi, Shobo, Xiangpu, Jijian, Jiaobang, Ciqiang are all Wushu games are today practiced as sports. Though currently it is practiced only as sporting events, Wushu is in existence since stone ages. Moreover, many Wushu styles were motivated from animal’s skills and movements; the thought being to grab the strength of the animal to attack and
defend. However, the competitive Wushu comprises such competitive forms have time limits. However, Sanda is a recent fighting method and sport opinionated by traditional Chinese boxing and wrestling techniques.

Currently, Wushu has evolved to become a national sport in China and is developing speedily in other countries with India being not an exception. Moreover, the practice of Wushu not only helps players to excel in the various domains but also help in improving their general physical and mental fitness so that they can undertake various tasks. Hence, to improve the performance of these players at the International level, a sound understanding of the present level of physical fitness and the personality of these players is very important. All this information can then be used to formulate various training programs so that a big pool of highly competent Wushu players. In view of the above, it was necessary to conduct a systematic study to know the relationship between personality factors and physical fitness as well as performance of the Wushu players.

The present research was undertaken on 300 subjects of central India (age group 21 to 30 years) Moreover, the players participating in the State and National Level tournaments were only considered. The study was further delimited to personality factors, physical fitness variables and sports performance evaluation. During the course of this study, the primary data related to personality factors, physical fitness variables and sports performance was collected with the use of standard techniques and was analysed using appropriate statistical techniques.

On the basis of Statistical Findings and Testing of Hypothesis result has been concluded and according to the conclusion recommendations are made for further study. It was observed that the State and National level Wushu players have balanced personality with respect to Personality Factor – A i.e. Reserved – Easy-going as well as Personality Factor – B i.e. Less Intelligent - More Intelligent. Furthermore, it was evident that most of the State and National level Wushu players are emotionally stable. However, converse to above, the data showed that majority of State level players have balanced personality with respect to Personality Factor – E i.e. Submissive - Dominant
however, most of the National level Wushu players have aggressive personality.

In addition to above, the players both State as well as National level players appear to have serious personality with respect to Personality Factor – F i.e. Serious - Happy-Go-Lucky and balanced personality with respect to Personality Factor – G i.e. Expedient - Conscientious. Also, a substantial percentage of the State and National level Wushu players have socially bold personality with respect to Personality Factor – H i.e. Timid – Venturesome and are also tough minded. Furthermore, the results also point towards the pattern where majority of State and National level Wushu players have balanced personality with respect to Personality Factor – L i.e. Trusting – Suspicious, Personality Factor – M i.e. Practical – Imaginative and Personality Factor – O i.e. Placid - Worrying. However, they appear sentimental with respect to Personality Factor – N i.e. Forthright - Shrewd.

Most of the Wushu players have conservative, controlled and relaxed kind of personality. Moreover, there is distinct difference in the physical fitness as well as sports performance of the Wushu players participating in National level tournaments, with players participating in National level tournaments doing exceedingly well than those participating in State level tournaments.

The relationships between the personality factors and physical fitness as well as sports performance are also significant that can be very well explained from the demographic details of the Wushu players. The demographic details that are most important are occupation of the parents, the socio-economic status of players, and the resources available.

Hence, in view of new and better training methods should be developed to improve the physical fitness of Wushu players, especially for those participating in State level tournaments. Furthermore, it also expected that the players should be made aware of the newest methods to improve their psychological well being as it directly affects their sports performance. Besides, in order to remain focused towards the sports the Wushu players should undergo regular psychological counseling to improve their performance. Overall it is warranted that proper efforts should be made to utilize the expertise from other areas such as Yoga to minimize the anxiety
levels in Wushu players along with their regular health monitoring for improving their physical fitness.