CHAPTER – I
INTRODUCTION

Games is a prohibitive get-together of wearing events that incorporate forceful running, bobbing, throwing, and walking. The most well-known sorts of games contentions are Olympic style occasions, road running, cross country running, and race walking. The smoothness of the contentions, and the nonappearance of a necessity for unreasonable rigging, makes brandishes a champion among the most consistently fought recreations on the planet. Recreations is generally an individual amusement, with the exception of hand-off races and competitions which join players' presentations for a gathering score, for instance, cross-country.

Dealt with recreations are taken after once again to the Ancient Olympic Games from 776 BC, and most present day events are guided by the part clubs of the International Association of Athletics Federations. The amusements get-together structures the spine of the progressed Summer Olympics, and other heading worldwide social affairs join the IAAF World Championships and World Indoor Championships, and players with a physical impediment battle at the Summer Paralympics and the IPC Athletics World Championships is gotten from the Ancient Greek "warrior out in the open diversions") from (athlon, "prize") or (athlos, "competition"). From the get go, the term was used to depict physical difficulties when in doubt i.e. wielding competition assembled in a broad sense regarding human physical deeds. In the nineteenth century, the term games picked up a more limited definition in Europe and came to depict amusements including forceful running, walking, bouncing and throwing. This definition continues being the most unmistakable one in the United Kingdom and an expansive segment of the scopes of the past British Empire. Besides, remote words in various Germanic and Romance lingo's which are related to the term brandishes similarly have a similar criticalness.

Instead of this, in a lot of North America diversions is synonymous with amusements when all is said in done, keeping up a more huge utilization of the term. The announcement "games" is rarely used to imply the session of diversions here. Olympic style games is favored, and is used as a piece of the United States and Canada to insinuate all recreations events, including race walking and marathon running.
Recreations is most standard distraction in Maharashtra State. In diversions mind
examination study, personality Appearances and profiles of amusements investment study is a
champion among the most well known domains in recreations cerebrum research.

Psychology is at once the oldest and the youngest of the sciences. Even in the most
primitive tribes there are some formulations about the nature of the self and the nature of the mind. In fact, folk tales, mythology, and proverbs, in all languages of the world, reveal the interest of man himself and his knowledge about his desires and frustrations and his achievements and failures. Primitive animism is itself an evidence of the interest in his relations to other persons and objects. The essence of animism is that every material body whether it is the sun or the star, the river or the mountain, the plant or the animal, contains a second being within it, which is of a substance different from the material body. Thus animism postulates some the tribal man to understand the behavior of all the beings on earth and in the sky. Further the men of medicine of the ancient as well as the modern tribal groups are masters in the techniques of suggestion and hypnosis. The mantravadin of the village is a post-master in the technique of hypnosis though modern science has learnt about hypnosis only within the last hundred years. It is a familiar fact that when the daughter-in-law of the house behaves in a hysterical fashion and becomes violent, the mantravadin of the neighborhood is invited and with his chants and rituals he not only drive out the demon or the ghost, who is supposed to have been in possession of the woman, but also arranges skillfully some concrete evidence of the departure to the demon or ghost buy a loud sound of a stone dropping in the tape or a well in the neighborhood.

Psychology may be broadly defined as the science of mind. The word is derived from the Greek and means the science of the soul. In ancient and medieval times psychology was regarded as a branch of philosophy dealing with the principle of life, sensation, intelligence and conation, especially in human beings. It was essentially speculative and static, in contrast to the modern practical and dynamic study of psychology. The chief psychological these of the scholastics included the unity and unifying power of the soul, it’s essential connection with the body, its spirituality and immortality, and freedom of the will, and the dependence of the intellect upon sense data. Modern psychology, is, however, regarded as a branch of experimental
The kind of definition now generally behaviour and thought. Its predominantly experimental character has led to a decline of interest in such purely speculative questions as that of the relation of mind to body. It is known that mental process are related to changes in the nervous system, but the experimental psychologist is inclined to be little interested in whether this relation is one of parallelism or mutual interaction. The tendency of physiological psychology has regard both psychical and physiological events as different aspects of the same series of events. On the other hand, there all still exponents of the integrationist’s view that psychical events act on the nervous system and are acted on by events in the nervous system. Generally the experimental psychologist is impatient of such problems, which affect little if at all his actual observation, and he is inclined to suspect that the existence of such questions is merely due to the inadequacy of language to express relationships of an order so remote from the problems of practical life with which language was designed to deal.

In a broad way we may state that psychology deals with two aspects of the problems of behaviour. There is on the one hand the interest in the general laws of human behaviour and experience; the aim of psychology is to formulate general laws which hold good of all human beings irrespective of their sex, race etc. On the order hand it aims at the study of individual differences. While all human beings are capable of learning, it is a familiar fact that some learn faster and take less time and some take longer time to learn the same activity, poem or song. This is due to differences in memory, intelligence etc. There are also differences regarding personality, leadership, and so on. Some of these differences are tied with age. There are differences between the activities of children, adolescents, adults and old people. It is the aid of development psychology to study these differences between the various stages in the growth of human beings. Differential psychology studies the differences between individuals. When we study them we find that these differences themselves obey certain general laws. Thus, the aim of psychology is to study the individual differences as well as the general principles of behaviour.

Athletic is sometimes called the complete game because nearly every part of the body is exercised. It is a game that can be enjoyed by individuals regardless of their age or sex. Although the game is primarily dominated by men, Women in recent years are being introduced to it and more and more playing every day. Although this book deals primarily with the four-wall version
of the game, many of the fundamentals, strategy and techniques can be applied to the other variations of the game.

Athletic is a game of brains over brawn, a truly thinking game. Because of the speed of the game and the way the ball caroms off of the walls, floor and ceiling quick mental reactions are a must. To improve your game you must think in the court as well as play in it. Every shot should be carefully studied, every mistake carefully analysed. Athletic requires and teaches quick mental reactions. This is good training for immediate decisions needed in everyday life situations. It would be exceptionally hard to precisely appraise quantity of individuals presently playing Athletic in India.

However, one thing is certain and that is the fact that the number of people participating is steadily increasing. This increase in enthusiasts is due to more and more people realizing the values to be gained from playing Athletic and then actively pursuing these values. Those people who have felt the exhilaration of a fast game of Athletic have been challenged by this highly competitive sport and thereby have become regular participants. Athletic players like to mention the release of mental tension brought about by their fast-paced game. Now they have some scientific evidence to back up their claim. That is, if you agree that aggression is one of those mental tensions we need to release harmlessly from time to time. A study by 31-year-old Captain James D. Eaton of the Air Force, assigned to Penn State to earn a master’s degree in physical education, shows that Athletic can reduce anxiety. And the reduction of aggression doesn’t depend on winning. Now teaching at the Air Force Academy, Jim discovered that the outcome of matches played by 32 skilled Penn State course work, Jim plays Athletic for the recreational and physical fitness benefits.

According to his report, the research problem he undertook was a rest of the hypotheses that Athletic was as aggression reducer. In the winter of 2001, he administered a standard psychology test called the Adjective Check List to the 24 personality variable measured, was analysed. Before their match, the men had to check off from the list of 300 adjectives those which they felt best described themselves. They took the same test after their match. The
difference in the scores measures the rise or fall in aggression. Of the 32 men ranging in age from 22 to 55, nine recorded a higher score following their match. But their scores weren’t nearly enough to overbalance the net loss registered by the other 23. Such a simple comparison of raw data isn’t nearly sophisticated enough to be relied on in this day and age. Statisticians demand “significant” variations in data before any conclusions are drawn, and Jim’s research is replete with two tailed tests, Wilcoxon harmonized sets, z-scores and Mann-Whitney U study.

After these calculations were performed, the official conclusion was: “The analysis revealed a significant decrease in aggression levels of subjects from the pre-play to the post-play condition.” The won-loss records and the change in test scores were then examined. Tables in the report reveal that 17 players won and 15 losers had four among them who chafed under their defeat.

According to the scores, the aggressive nature of this quarter rose. Again, the statistical searchlights were shown on the winner versus loser data. The result: “No huge distinction in animosity levels of players from the pre-play to the post-play state when considering the factor of winning or losing a Athletic match.” The players in this recreational sports setting didn’t worry much about their won-loss record. That’s about the way in which many take the game. The player recognizes that he’s swept a few cobwebs out of his brain and worked some swept a few cobwebs out of his brain and worked some sweat and fat out of his body. These benefits- mental relaxation and physical fitness-recreational sports are supposed to offer. Of the 32 men serving as guinea pigs, five were professional physical educators from University’s College of Fitness, P. E. and restoration. The others were vacations. Their skill was attested to by tournament standings and the Intramural Office.

All were told in a general nature of the reason for the test they took. A maximum of four players at a time were tested, and each flicked through the adjective list swiftly in accordance with the instructions. The test location was the foyer of the “new” eight-court complex built in 20026. Another eight courts, considerably older, are seldom used by Penn State Athletic ers. Jim’s report states that he chose Athletic for his investigation because “through familiarity with
Athletic and by self observation during play, it seemed apparent that the nature of the game demanded highly aggressive play for a competitor to be successful.”

Through this natural setting for aggressive play, he felt that Athletic could serve as an attractive medium for release of that sometimes troublesome personality quality. There was another premise, a broader one, often articulated by physical educators. “If through continued research, it can be determined that physical events can provide an arena for the release and catharsis of aggression, then sport has the potential to make a significant contribution to the social well-being of man.” The intent of this work, therefore, was to show what athletics can offer the individual in terms of controlling or releasing his aggressive urges, not what aggression can do for athletics. The discoveries of research have a tendency to help the view that games help to drain off mental strain, including hostility. But Jim and his advisor, Dr. Dorothy V. Harris, associate professor of physical education, would hesitate to claim that this study was conclusive proof.

To more fully analyze aggression and the relation of the loss of it to physical exercise, they would like to see some research organized around a combination of tests. Also useful would be a comparison of non-physical and physical activities. For example, aggression changes in people playing bridge should be compared to those evolving from a sports event. The Penn State researchers believe this to be the first aggression measurement study of people playing a recreational sport. They contrast their work with previous studies aimed at characterizing aggressiveness in athletes fighting for the league title or for a spot in individual standings.

Captain Eaton’s report cites the natural sports experience—the joy of competition combined with minimum pressure—as a recreational situation where minimum outside forces come into play. And after all that’s what most of us want.

Billions of us who play sports for fun now have some objective evidence to buttress our belief that we receive a mental as well as physical payoff from our recreation. Athletic -The Lifetime Game… physical Fitness the Fun Way. One thing in common in taking a full study of our stalwart post-40 players…. those who continue to perform creditably, who enjoy the true competition, and reap the “Fountain of Youth” benefits throughout their lives are the ones who
keep their weight under control and play the game on a regular basis. Phil Elbert is no doubt an exception insofar as total physical output at age 41 is concerned. How many fellows around who play the game almost daily, then “taper off” in late afternoon with 5-7 miles of sprinting and jogging? Can a player be at a peak performance after 40?

**Problem on Hand, Importance**

In effect, this is an assertion that there is more first level talent around today than there was a dozen years ago when Phil was a top eight finisher in our open USHA nationals. Instead of just one Hersh kowitz, Jacobs, Sloan or Oscar Obert of that era, we now find perhaps eight or more of that caliber on the firing line. We first remember Phil as a novice-type performer in our very first national intercollegiate held at Chicago’s Town Club. Phil was an undergraduate at the University of Wisconsin, a defensive back on a Rose Bowl football team, and just beginning to get the feel of Athletic. After a stint in Uncle Sam’s forces, Phil was a football coach at Concordia College in suburban Chicago for a couple of years, continuing his Athletic and winning the USHA Central Contenders in 2008 at the age of 26. His open national championship came with Johnny Sloan at St. Louis in 2004, in the first big tournament held at the 102-acre JCCA. That was Johnny’s was ‘hungry’ he trained hard,” Phil told us. “He did running, practiced by himself, and was really a conditioned athlete, but the desire left him.” We realize there aren’t many players around who will dedicate themselves to Spartan conditioning the way Elbert does.

For one thing it takes a good chunk out of the day, secondly, there has to be an almost religious adherence to the deprivations of gourmet food tastes and any inclinations toward dissipation. Phil does most of his running at a high school football stadium with a perimeter track. In fact, when he was at the nationals in Austin last March he took advantage of the nearby Longhorn Stadium to “do his thing” and almost got shanghaied into a football scrimmage by Darrell Royal’s minions. He will vary his running routines and likes to lead up to the grand finale at the end of the summer with a 7-mile stint that includes alternate 100-yard sprints on the gridiron, 100-yard return jog. This follows average speeds of seven-minute miles. The 100-yard runs are done at ¾ speeds, and then a jog back, and then a finale-minute mile jog. We asked Phil if he supplemented his workouts with any energy pickups. “The only thing it occasionally take is
raw sugar.” We find ourselves categorizing Athletic ears into…. (i) Conditioned players …. (ii) pure players who play regularly but do nothing to supplement with other type exercising.

In recent years Phil has undergone knee surgery and he religiously carried out an exercise program to regain mobility and a return to top tournament play. He die have to compensate for an inability after surgery to twist on his left leg and now utilize a left first and must face the front wall from short court when using his left. But, the “road runner” ability is there as attested by his first entrance into the national Masters singles competition. The test at Chattanooga was a rough one, necessitating quarter-finals and semi-finals on Saturday, following a Friday night match. Then on Sunday Elbert met the tough southpaw, Jack Weintraub of New York. In the third game it was Phil’s condition that spelled the difference. Jack just couldn’t maintain the pace. Phil keeps himself in streamlined weight control… “It actually eat only one meal a day. For breakfast he’ll take orange juice and about five types of vitamin pills …. you can hear em rattle around inside of me .... they’ll play at the Oak Park Y usually around the noon hour ... and then do my running about 4:30 in the afternoon. My metabolism is no good for early morning running.”

Along with dinner they have a few beers, but that’s it.” As a bank executive and assorted other business interests, Phil has more than his share of pressures, and admits, “ Athletic doesn’t actually do the toss-off problems job for me …. it get tense in the competition. It’s when he running that he forget everything and enjoy the sheer pleasure of getting of by myself and letting off the steam.” And, that’s the Phil Elbert, over-40 Athletic er. His partner in successfully winning the national Masters doubles, Ken Schneider, doesn’t carry on nearly as exhaustive a physical program in the over 50 classification.

Ken gained national stature as a youngster coming out of New York City and Winning the AAU High schools at the age of 18 in New Orleans. He won the open national singles in 2000 at 29, a trio of open doubles with Sam Haber, and graduated into Masters doubles, winning with Gus Lewis, and now Elbert. Our USHA national commissioner is what could be termed a “clean liver”…. watches his food intake, takes only an occasional drink, no smoking …. doesn’t play as much as he once did but carried on a fairly regular schedule. In the past couple of years he has intermingled some racquetball and finds that game a real workout, “because it can’t put
the ball away to cut down the volleys.” Ken has retained amazingly quick reflexes through the years, has thorough command of both hands, and is an all-out competitor. He does not let up on the momentum and his game is one of fine retrieves, maneuvering has opponent around like a chess master, and the ability to shoot in the bottom boarders when the shot presents itself. His only weakness, if it could be termed that, would then be that of tiring and came on to win back the title. In the Summer Ken will add weekend golf to his schedule and cut down some of the Athletic /racquetball action.

During the Fall-Winter season in preparation for the big open nationals he sometimes adds some of the hard-shooting Chicago youngsters in doubles like Don Ardito and Wes Yee. Again, the secret is keeping the weight down …. proper rest, enough play to retain the ken edge, and the desire to win. Of those veterans who remain in serious tournament contention, we find elements in common-no slackening off in the momentum …. in other words, no changeover to a different type game such as a pitcher who in losing his fast ball relies on control and “junk”.

The “oldsters” Athletic may not hit the ball as hard as they once did and may lose a bit of the curt coverage, but they still can “muscle” the ball and compensate for the speed loss with better anticipation and knowledge of those four walls. Moving into the over-60 bracket we have a prime example in Joe Ardito, the “kid” who didn’t start playing Athletic until he was 42 at that famed incubator of tournament standouts, the Irving Park YMCA in Chicago. Joe, now 61, hasn’t ounce of fat on him, moves extremely well of the court …. has the natural athlete type of coordination and reflexes and gives that 120% effort at all times.

Sports execution has been discovered to be identified with some identity variables. Extraversion and neuroticism are among the variables which impact sports execution notwithstanding numerous other identity variables. Extraversion has been found to be highly related or supportive to dominance and sociability in athletes and sports participants by Sperling (2002), Tillman (2004), Ruffer (20025), Whiting & Stembridge (20025), Wernet and Gottheil (20026), Bruner (2009), Kane (2000) and Ikegami (2000). Extraversion, according to Alderman (2004), is a construct evolving out of Jung’s (2003) early designation of the two major attitudes of personality: extraverted state of mind, which arranges the individual to the outside, target world, and thoughtful mentality, which situates one towards the internal, subjective world.
Eysenck (2007) whose development of the two broad personality dimensions of neuroticism-stability and extraversion-introversion provides the major underlying theoretical structure of this trait. He depicts extraverted people as:

"Cordial, rash, uninhibited, included in gathering exercises, amiable, neighborly, wanting fervor, and having numerous social contacts. They stick their necks out and take chances, act on the spur of the moment, are optimistic, aggressive, lose their temper easily, laugh a great deal, and are unable to keep their feelings under control.”

According to Eysenck (2007), extraversion is at best a behavioural description of personality, but that it does possess biological causal source implication. He believes that extraversion can be explained at the neural level in that his extraversion-intraversion scale reflects asset of excitatory-inhibitory functions of CNS. He (2007) also proposed that the extraversion associated reticular-cortical loop systems of the brain stem. It means that the dimension involves the reticular activating system. His proposal was founded in the belief that cortical excitation in response to external stimulation (such as the effects of competition) is advanced in loners than in gregarious person.

It may through linkage of reticular formation and hypothalamus with personality dimension that Eysenck believes differing personalities will reflect their positions on a level of arousal continuum. For example, cortical excitation in response to external stimulation (e.g. a tension situation in sports) is postulated as being higher in introverts than in extraverts. This is because he saw introverts as having weaker nervous systems than extraverts. Conversely, he believed that inhibition will be higher in extraverts as they possess stronger inhibitory mechanisms because of their stronger nervous systems. The explanation behind this is that weaker sensory system is more touchy and starts to react at jolt intensities which are ineffectual for solid sensory systems. This results in the weaker system’s responses being closer to the maximum level of responding than those of a stronger system through the stimulus intensity continuum. Eysenck feels that this represents the cortical supremacy of introverts as producing a constraint of their behaviour in accordance with conditioned and learned patterns of response that lead to the emergence of those personality traits characterising introverts. Conversely, the
absence of such supremacy leads to an absence of such constraints and to the emergence of extraversion traits.

According to Alderman (2004), “Eysenck’s view can be interpreted as indicating that extraverts are low on excitation and high on inhibition, which introverts being the opposite. Athletes, then, would react quite differently to a rise in arousal level from competitive circumstances depending on whether or not they are mainly extraverts or introverts. For example, an athlete, high on extraversion would have more trouble “getting up” for a game than one high on introversion, but would be better able to handle and channel arousal later in the game because of strong inhibitory mechanism”.

The dominance trait appears to be one of the important personality traits of Athletic Players which has two interesting implications for sports performance. e.g. (1) Eysenck expects extraverts to have low tolerances for sensory deprivation and higher tolerances for physical pain because they have higher thresholds of arousal. It explains why athletes are, in fact, highly physically active and relatively tolerant of physical pain, which is required in many endurance events and in the hard physical training programmes required for skill perfection. (2) It is generally accepted that an optimal level of arousal, stimulation, or activation, exists in each person where his performance is maximal. It is usually represented by an inverted U-curve relationship which shows that a person’s level of arousal increases, performance increases up to an optimal point, after which further increases in level of arousal result in a deterioration of performance.

As reported by Alderman (2004), “Eysenck has taken this basic premise, related it to his personality variables, and stated that if extraverts have stronger nervous systems, which have higher thresholds to stimulus intensities (i.e. arousal), then they should be able to handle higher levels of arousal before their performance deteriorates. This is undoubtedly true in outstanding athletes. The ability to withstand the extremely high levels of arousal caused by intense competition and the usually higher vociferous spectator reactions, without a consequent drop in performance, is the hallmark of a successful athlete. A partial explanation for this ability to withstand pressure may lie in Eysenck’s neural explanation of extraversion – a trait that continually crops up in athletes.”
Eysenck (2000) developed two broad personality dimensions, the E scale, which is a continuum between extraversion and introversion, and the N-scale, which is a continuum between neuroticism and stability. Though this is essentially a behaviour description of personality, he did attempt to link overt personality characteristics with their causal biological sources. He believes that behavioural characteristics can be explained at the neural level, with the F scale reflecting the strength of both the excitatory and inhibitory functions of the central nervous system i.e. (the cortex) and the N-scale reflecting the excitation of the autonomic nervous system.

In neuroticism, the individual reacts to some distressing stress situation with more than the usual amount of sadness and dejection. There is high level of anxiety and apprehensiveness, together with diminished activity, lowered self-confidence and a general loss of initiative. Eysenck (2007) has proposed that the neuroticism, stability dimension is more associated with the hypothalamus. His explanation revolves centrally around the hypothesised instability of the autonomic nervous system. He maintains that autonomic nervous system reactions are rooted in the person’s constitutional structure, which mediates the reaction of the sympathetic nervous system to incoming stimuli. Though people react differently to sympathetic stimulation and to the way the para-sympathetic system is controlled. Eysenck, nevertheless, feels that it is the autonomic nervous system that does, in fact, control emotionality. In this context, introverts are seen to be more chronically aroused than extraverts, and neurotic or unstable people then to become aroused more easily than stable people.

One the basis of related evidence, high emotionality in athletes would appear to indicate three things: (i) because neuroticism has virtually a zero relationship to intelligence, achievement by highly emotional athletes in sports is due to something other than intelligence (ii) neuroticism is probably related to successful athletic performance through its manifestation in persistence, l and (iii) high anxious subjects show high speed of learning, and superior performance in relatively simple tasks, or in complex tasks where faulty associations have not been present.

In terms of the interaction between arousal level difficulty of task, and performance as a function of Eysenck’s two personality dimensions, the following observations can be made:

Person score more on introversion and neuroticism will have a tendency to perform better on easy or simple tasks than people high on extraversion and stability.
On difficult tasks, the reverse tends to be true i.e. stable extraverts perform better than neurotic introverts.

No predictions have been made on the intermediate personality types.

These predictions are based on the theory that higher arousal level (partially caused by external conditions as in competitive situations) will not cause as much disruption in the performance of people possessing strong nervous system (extraverts) simply because extraverts possess strong inhibitory potentials, i.e. they can shut out the negative or deleterious effects of high drive situations. Introverts, on the other hand, are more sensitive and respond more quickly to situations of low intensity as appears to be the case, in low arousal situations or with easy tasks.

Scope of the Project

The interest in present day games is affected by different physical, physiological, sociological and mental components. Amid preparing, other than great build and physical wellness of the competitor, fundamental accentuation is laid on the improvement of different sorts of engine aptitudes included in the amusement and in addition on showing the methods, strategies and strategies of the diversion. As of not long ago, the mentors have been giving careful consideration to the social and mental variables which despite the fact that have been demonstrated to help execution in occasions in the higher focused games. It is only recently that sports administrators and coaches have realized the importance of the psychological preparation and training of players to enable them to bear the strain and stresses inherent in sports participation. Thus, now games coach and mentors have begun giving more essentialness to the mental molding or the building the mental make-up of the players before their challenges in the national and global rivalries.

In cutting edge aggressive games, mental readiness of a group is as vital as showing them the diverse abilities of a diversion with investigative routines. In nowadays, the groups are arranged to play, as well as to win the recreations. Furthermore for winning the recreations, it is not just the capability in the abilities which matters additionally the soul and demeanor of the players with which they play. The mental demeanor of every individual player and of the group can help or thwart their execution. The vast majority of the mentors concur that the physical
qualities, abilities and preparing of the players are amazingly imperative, however they likewise feel that great mental or mental planning for rivalry is an important segment for achievement.

To win in international meets or to attain peak performance in competition which is aim of Higher sports in this age of competition. And it is on this factor that the coaches try to concentrate. With a specific end goal to achieve the target and finish the social desire, the players likewise buckle down, overlooking their solaces in their day by day lives and hone for a long time a day. Stress, both mental and social represses the crest execution of players. Unless the players are arranged rationally and mentally for the challenge, they are not ready to attain the craved results. The mental preparing must be given to the players by the coaches to face distressing circumstance happening amid the opposition.

Sport has become a psycho-social activity, full of tension, anxiety, fear and stresses. In competitive sports, teams and individual players play to win and this spirit of winning the matches and individual events causes many psychological stresses. So the job of the coach is to prepare or train the individual athlete as well as teams in such a way that the players individually as well as, in their capacity, as members of the team are to bear all types of stresses and overcome the effect of over-stresses and strains which may deteriorate the sports performance. The players need to undergo such an arduous, training that they should be able to have physical load during practice schedules and can have psychic stress during the period of competition, because it is during competition that athletes as well as teams inevitably come under psychological stress.

In modern competitive sports, the role of anxiety in sports performance has attracted the attention of sports scientists. As the physical load during training of Athletic Players for international competition is increasing day-by-day, the psychic stress during competition has been intensified. It has been realized that during their participation in competitive sports, the players and athletes are also anxiety-prone. Hence in these days, psychological training of the players and athletes has attracted a greater attention than in the past.
It is agreed by most of the sports scientists that besides developing the physical and physiological aspects of the players i.e. power, strength, endurance, agility and speed as well as providing the best type of the training, unit and unless the players and athletes the mentally prepared for contest, they cannot win in any competition or attain their peak performance which is considered the optimum objective of the modern sports.

Thus, it has become necessary to conduct research to know which psychological factors enhance sports performance. There is a need to conduct research on the national and international Athletic Players with respect to some psychological characteristic. It is also essential to know what type of emotional problems like anxiety, fear, aggressiveness or stresses occur when they have to face some strong opponent and how to overcome these problems to achieve the optimum level of achievement / performance. It may be possible if proper research on scientific lines is conducted on the top level Athletic Players. In view of this, five psychological variables namely visual reaction time, auditory reaction time, extraversion, neuroticism and competitive anxiety were selected and the relationship of disjunctive reaction time, both visual and auditory with extraversion, neuroticism and competitive anxiety was examined in the present study.

The great majority of empirical research in sport personality has utilized assessment devices which embody the factor theory as their main premise. As expressed by Cattell (2003), the factor theory searches for consistencies in behavior. It is assumed that internal dispositions or traits are relatively stable and so enduring that they override environmental or situational influences. This infers that questions cold be asked in any situation and the responses to generalized to a sport situation. Thank for example he broad category of anxiety. Is knowing that a person low on an omnibus inventory of anxiety enough to conclude that he will never exhibit anxiety; are there no situations in which his heart rate may increase a little. The situation position as exemplified in Mischel’s [2009] social learning theory, appears to go too far to the other extreme, entering into open debate with personalize. This paradigm can be regarded as the antithesis of the factor theory and maintains that behavioral variation is primarily a function of the situation in which a person is placed.
Sports execution has been discovered to be identified with some identity variables. Extraversion and neuroticism are among the variables which impact sports execution notwithstanding numerous other identity variables. Extraversion has been found to be highly related or supportive to dominance and sociability in athletes and sports participants by Sperling (2002), Tillman (2004), Ruffer (20025), Whiting & Stembridge (20025), Wernet and Gottheil (20026), Bruner (2009), Kane (2000) and Ikegami (2000). Extraversion, as per Alderman (2004), is a develop developing out of Jung's (2003) early assignment of the two noteworthy state of mind of identity: the extraverted mentality, which situates the individual to the outer, target world, and the contemplative demeanor, which arranges one towards the internal, subjective world. Eysenck (2007) whose development of the two broad personality dimensions of neuroticism-stability and extraversion-introversion provides the major underlying theoretical structure of this trait. He portrays extraverted people as:

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because he saw introverts as having weaker nervous systems than extraverts. Conversely, he believed that inhibition will be higher in extraverts as they possess stronger inhibitory mechanisms because of their stronger nervous systems. The explanation behind this is that weaker sensory system is more delicate and starts to react at jolt intensities which are incapable for solid sensory systems. This results in the weaker framework's reactions being closer to the most extreme level of reacting than those of a stronger framework through the jolt force continuum. Eysenck feels that this represents the cortical supremacy of introverts as producing a constraint of their behavior in accordance with conditioned and learned patterns of response that lead to the emergences of those personality traits characterizing introverts. Conversely, the absence of such supremacy leads to an absence of such constraints and to the emergence of extraversion traits.

According to Alderman (2004), “Eysenck’s view can be interpreted as indicating that extraverts are low on excitation and high on inhibition, which introverts being the opposite. Athletes, then, would react quite differently to a rise in arousal level from competitive circumstances depending on weather or not they are mainly extraverts or introverts. For example, an athlete, high on extraversion would have more trouble “getting up” for a game than one high on introversion, but would be better able to handle and channel arousal later in the game because of strong inhibitory mechanism”.

The dominance trait appears to be one of the important personality traits of Athletic Players which has two interesting implications for sports performance. e.g. (1) Eysenck expects extraverts to have low tolerances for sensory deprivation and higher tolerances for physical pain because they have higher thresholds of arousal. It explains why athletes are, in fact, highly physically active and relatively tolerant of physical pain, which is required in many endurance events and in the hard physical training programmes required for skill perfection. (2) It is generally accepted that an optimal level of arousal, stimulation, or activation, exists in each person where his performance is maximal. It is usually represented by an inverted U-curve relationship which shows that a person’s level of arousal increases, performance increases up to an optimal point, after which further increases in level of arousal result in a deterioration of performance.
As reported by Alderman (2004), “Eysenck has taken this basic premise, related it to his personality variables, and stated that if extraverts have stronger nervous systems, which have higher thresholds to stimulus intensities (i.e. arousal), then they should be able to handle higher levels of arousal before their performance deteriorates. This is undoubtedly true in outstanding athletes. The ability to withstand the extremely high levels of arousal caused by intense competition and the usually higher vociferous spectator reactions, without a consequent drop in performance, is the hallmark of a successful athlete. A partial explanation for this ability to withstand pressure may lie in Eysenck’s neural explanation of extraversion – a trait that continually crops up in athletes.”.

Eysenck (2000) developed two broad personality dimensions, the E scale, which is a continuum between extraversion and introversion, and the N-scale, which is a continuum between neuroticism and stability. Though this is essentially a behavior description of personality, he did attempt to link overt personality characteristics with their causal biological sources. He believes that behavioral characteristics can be explained at the neural level, with the F scale reflecting the strength of both the excitatory and inhibitory functions of the central nervous system i.e. (the cortex) and the N-scale reflecting the excitation of the autonomic nervous system.

In neuroticism, the individual reacts to some distressing stress situation with more than the usual amount of sadness and dejection. There is high level of anxiety and apprehensiveness, together with diminished activity, lowered self-confidence and a general loss of initiative. Eysenck (2007) has proposed that the neuroticism, stability dimension is more associated with the hypothalamus. His explanation revolves centrally around the hypothesized instability of the autonomic nervous system. He maintains that autonomic nervous system reactions are rooted in the person’s constitutional structure, which mediates the reaction of the sympathetic nervous system to incoming stimuli. Though people react differently to sympathetic stimulation and to the way the para-sympathetic system is controlled. Eysenck, nevertheless, feels that it is the autonomic nervous system that does, in fact, control emotionality. In this context, introverts are seen to be more chronically aroused than extraverts, and neurotic or unstable people then to become aroused more easily than stable people.
marbles under the elms in the village square. Hundreds of thousands of them annually put on their first roller skates or master the technique of the bicycle. And some are fortunate enough to learn to ski or ice-skate. More than half of them develop a love for swimming in pools and lakes and rivers. Over the years, there has developed a very real conviction that childhood is a time for play and that our children must have a full measure of it if life is to be judged good. Time enough later on, we say, for the serious business of making a living or establishing a home. Play now while you are young and can enjoy it to the fullest!

In American there are roughly fourteen million men and women who fish for sport each year, and thousands more who do it for a living. These fishermen spend a billion dollars a year on their equipment. There are millions of licensed hunters and millions more who shoot for fun at targets. Golf attracts six million people every year, and howling is the favorite sport of perhaps even more. The six billion dollars or more invested in motorboats in the inland and slat waters of the country, when added to the amount spent by those who canoe or sail, brings boating into focus as a standout amongst the most prominent games on the American scene. More than seventy million individuals pay to go to baseball challenges every year. They come to see hundreds of thousands of players. Roughly sixty million people watch football each season; the players in action range from little fellows barely able to see from under their oversized helmets to great professionals stars who play the game for money. Dancing in one or more of its various forms attracts vast numbers. Whether in the round dance of the ballroom or the square dance of the ballroom or the square dance of the husking bee or carnival young and old find in dance the answer to their need for self-expression and for fun. The dancing classes of the country are filled with children learning not merely the steps but also the social skills that go with the particular forms of dance most frequently used in our society. Summer find hundreds of thousands bound for the beach, the mountain lakes, and the neighborhood swimming pools. Swimming, diving, surfboarding, scuba diving, water-skiing, and boating have their devotees; the water seems to challenge the skills of people of all ages. These activities offer emancipation from the restrictions on movement which our society imposes through the highly conventional life we are supposed to lead. People fret under such restrictions and, when the opportunity is at hand or can be created, revert to the natural state of willing participation in play.

About Anthropometric
The investigation of human physical estimations by another science anthropometry. Which was wide application as one of the key parameters constituting the selecting diagnostics of any diversion or games.

The investigation of body sort has critical place in the field of games.

The physical structure particularly the tallness and a safe distance have unmistakable definitive focal point in numerous amusements and games, comparably segmental length of individual body parts, particularly the leg length and a safe distance are of extensive preference in specific diversions. The anthropometric variables selected for the study are height, weight and arm length.

**Importance of Anthropometric Variables**

Anthropometric measurements of body structure are the oldest type of body measurement, known, dating back to the beginning of recorded history. It was also an early type of testing in physical education. On the theory that exercise should be prescribed to affect muscle size, emphasis was placed upon muscle symmetry and proportion. In the year 1862 (Hit Chock) and later Sergeant produced profile charts to reveal how to individual compared with their standards.

Another use of anthropometry is to determine relationship between structure and motor performance. Observations of such relationship are common place observe the well proportional bodies of wrestlers and gymnasts, the super structure of great sportsman. The handball competitor’s solidarity of top-flight athletes they massive build’s of great shot-putters and discus throwers.

For wellbeing related health, the activity parts included are not only for quality, and imposing change and determination get ready. The lungs, heart, and circulatory schema are in like manner the focal concentrates in wellbeing and health. The reason behind this is to upgrade stamina, safe schema, and keep up incredible body structure. Wellbeing related health reduces the risk of cardiovascular ailments and distinctive afflictions like infection and joint agony, and may cure respiratory issues like asthma. There are groups of activities that can be your favored workout plan. You may pick sports, oxygen expending some other or movement work outs. The
exercises are much better when you consolidate a substitute practice that will focus on improving your quality, muscle progression and constancy. It will make you less slanted to wounds. Right when quality get ready and cardiovascular health courses of action are joined, one will similarly look and feel more young. This will incite improved admiration to oneself. Furthermore, the level of tension and distress will reduce. In case you are contemplating about the sorts of activities that will work best for you, visit a master and advice with him or her. If you have striking wellbeing conditions, it is best in case you guide with your authority first. Adjacent to cardio and body piece, quality and muscular industriousness, versatility is an interchange basic thing that you need to consider. Your wellbeing planning framework should have the ability to provide for you an opportunity to enhance your flexibility. Keeping in view the way that understudies physical wellbeing has basic wellbeing conclusions in the midst of adulthood (Sallis et.al. 1992) a far reaching number of studies on physical wellbeing have been represented structure difrent countries of the world. Data on the physical health kids from Denmark (Knutgen, 1961), Engalnd (Campbell & Pohndof, 1961), South Africa (Sloan, 1966), Belgium (Hebbelinck & Borms 1969), Israel (Ruskin, 1978), & Japan (Ishiko, 1978) are open in the composition. All these reports made the wellbeing coordinators comprehend the vitality of the dedication of the wellbeing guideline and physical health in the change of total wellbeing. The demonstration of physical testing in children started starting there in distinctive countries.

Wellbeing is generally considered to have five sections: incredible utmost, muscle quality, cumbersome perseverance, versatility, and body creation. Hence, when physical health is attempted, the valuable status of all these schemas is truly being checked. This is the inspiration driving why physical wellbeing is nowadays viewed as a champion among the most basic wellbeing markers, and a marker of frightfulness and mortality for cardiovascular contamination (CVD) and for all reasons. In the late decade, a decline in physical development among school understudies has been viewed. Physical Fitness as demonstrated by the President's Council on Fitness is a wide quality including helpful and dental supervision and thought inoculation and other security against sickness, fitting support, sufficient rest, loosening up, incredible wellbeing practices, sanitation and distinctive parts of fortifying living. It further communicates that practice is a basic segment to accomplishing and keeping up physical health. Physical wellbeing is the reason of each and every one of activities of our overall population. On the off chance that
we disregard to engage physical change and capacity, we will undermine our capacity for thought and for work. Subsequently physical health of our nationals is a major crucial to a country's affirmation of its actual capacities a nation and to the possibility of each individual local to make full and beneficial usage of his/her abilities. Late studies exhibit that practically half of the U.S. school understudy people does not share in moderate or exuberant physical development [. Subside et al.(2010)examined Trends in Body Fat, Body Mass Index and Physical Fitness Among Male and urban College Students. The investigators found that there was a little and declining minority of male and urban school understudies who are physically perfectly healthy. A high physical wellbeing level in youth and adolescence is joined with more perfect wellbeing related conclusions, concerning present and future peril for heftiness, cardiovascular disease, skeletal wellbeing and mental wellbeing, 1 2 which highlights the need to fuse physical health testing in wellbeing and/or educational watching schemas. Overpowering physical activity (oxygen devouring wellbeing) is almost joined with developments in most prominent oxygen usage (Vo2ma, ml kg-" min-") Earlier.

Examination reviewing high-affect wellbeing levels in African Americans has incited conflicting results. For example, while one study found no qualifications in the sex specific high-affect wellbeing levels of African-American men and women an exchange study found that African-American women had by and large lower levels of overwhelming health differentiated and white and Mexican-American women. No such qualification existed for African-American men. On the other hand, a substitute study found that energetic wellbeing levels were lower in both African-American men and women differentiated and white men. The present study underscores on the physical wellbeing of the physical and urban school understudies. There is prerequisite for the understudies to gage and break down their physical wellbeing for their own particular benefit and change. For better productivity the understudies should be sound and have incredible physical wellbeing. The present study is brought with the objective to break down the physical health of the IAU, shabestar appendage understudies. With these two components we can delineate and we can similarly survey wellbeing related physical health yet in this study second part is heaviness level in college understudies among physical and urban college understudies, thus. What is heaviness? Beefiness is portrayed as strange or great fat hoarding that may hinder wellbeing. Body mass record (BMI) is a clear rundown of weight-for-tallness that is regularly used to gathering overweight and huskiness in adults. It is described as a singular's
weight in kilograms divided by the square of his tallness in meters (kg/m²). With this stress The WHO definition is: A BMI more important than or proportional to 25 is overweight or A BMI more significant than or equal to 30 is beefiness. BMI gives the most profitable masses level measure of overweight and strength as it is the same for both sexes and for all times of adults. Then again, it should be seen as a brutal associate in light of the way that it may not identify with the same level of bloatedness in various individuals.

Sometime during late decades, there has been an augmentation in provenances of overweight and physical health debilitating in adult over all genders, ages and racial/ clusters (ichinohe et. al. 2004). The pessimistic effects of spoiled physical health in both the individuals and society are serous and multidimensional. It can bring about various risk variables to wellbeing including coronary heart diseases, certain sorts of ailment, diabetes, hypertension stroke, gallbladder disorders, respiratory issues, and gout and is joined with stretched for all circumstance moral quality (catalado 1999). In adults, relationship among physical development, wellbeing related health, and wellbeing are truly settled (boucherd, shepherd 1994). Low level of physical development and cardio respiratory wellbeing are both associated with higher peril of all reason and ailments specific mortality (Thune et. al. 1998). Physical health is the ability to perform consistently practices excitedly and adequately. Physical health joins parts of diversions and in addition those of wellbeing additionally predictable physical activity expects or cutoff focuses weight build, and weight in BMI, (Kyle et. al. 2001). The national school wellbeing risk behavior study reported that 35% of American school understudies are overweight (Lowry et. al. 2000). This is obviously considering that more than two third of American adult masses are appointed overweight (Flegal et. al. 2002), making weight increments America's heading wellbeing issue (Mokdad et.al. 2001). The expert leading body of trustees of the world wellbeing affiliation (1981) delineated the physical health as "the ability to grasp sturdy work acceptably". Physical wellbeing is the capacity to right on time out, sensibly well, diverse sorts of physical activities, without being unduly tired and fuses qualities central to the individuals wellbeing and wellbeing every individual has an exchange level of physical health which may change with time, spot of work, condition, and there is moreover a participation between the step by step works out, and the health of an individual, the point if where to put the level of perfect health. Structure the physiological viewpoint physical wellbeing may say to be limit at the body to alter and recover structure strenuous movement. Physical health saw as a vital piece of wellbeing
Emotion is open to observation. It can be studied in the same way in which other phenomena in the universe can be studied. But among human beings there is also experience alongside with emotion. The child who has learnt to speak will not only with draw his hand when he is pricked with a pin; he also shouts that it is hurting him. The pinprick not only leads to withdrawal, which is an observable emotion, it also leads to an experience, which is expressed in the statement that the is suffering pain. This experience is not open to observation by others; it is private, it is personal. Only the person experiencing can make an assertion about it. The ancient thinkers were generally concerned with the study and analysis of these experiences. These are the mental activities that we are conscious of. We not only experience them we are also aware of them. But every mental neuromuscular system is involved in all mental activity. A few decades ago the psychologist Watson tried to limit the scope of psychology to the near observation of human emotion so that other persons concern it only with phenomena open to observation. In other words, it was his intention that psychology should be completely objective. Since experience is private, subjective, he said, that it should not be included in the scope of psychology. Thus there was a swing from almost exclusive preoccupation with the analysis of experience to an almost exclusive preoccupation with the analysis of experience to a campaign for the abandonment of experience.

As we have seen, all mental activities involve the neuro-muscular system. The sense organs, the brain, the spiral cord, and the muscles are all very active whether the mental activity knows, feeling or doing. This is no way we can neither accept the old notice that psychology deals with the mind or the mental activities; nor can we accept the position of psychologists like Watson who assert that the scope of psychology should be limited only to emotion. Often emotion cannot be understood without knowledge of the experience, which influenced the action. Our desires and our thoughts influence our activities. While psychology in its quest for general
principles must observe and measures external emotion, it must also get information from the
grown up human beings by asking them to describe verbally their own experience.

In a broad way we may state that psychology deals with two aspects of the problems of
emotion. There is on the one hand the interest in the general laws of human emotion and
experience; the aim of psychology is to formulate general laws which hold good of all human
beings irrespective of their sex, race etc. On the other hand it aims at the study of individual
differences. While all human beings are capable of learning, it is a familiar fact that some learn
faster and take less time and some take longer time to learn the same activity, poem or song.
This is due to differences in memory, intelligence etc. There are also differences regarding
personality, leadership, and so on. Some of these differences are tied with age. There are
differences between the activities of children, adolescents, adults and old people. It is the aid of
development psychology to study these differences between the various stages in the growth of
human beings. Differential psychology studies the differences between individuals. When we
study them we find that these differences themselves obey certain general laws. Thus, the aim of
psychology is to study the individual differences as well as the general principles of emotion.

We have studied different aspects of man: man the perceiver, man the needful, and man
the adaptive. But it has always been clear that this tripartite division is merely one of
convenience – for analytic purposes – and that man, functioning in his social and physical world
is an indivisible unity who perceives and desires and learns simultaneously. We now turn to the
task of synthesis – to – the task of describing the whole man.

One of the first things to become apparent as we turn our attention to the whole man is
that he manifests himself in infinite variety. There has never been a person exactly like you, and
there never will be. And one of the major factors which distinguish you from your neighbour is
the way your perceptual, motivational, and learning processes are organized into unique patterns
of capacities: intelligence, abilities, talents, and aptitudes. It is this patterning and synthesis which
helps makes you, you; which make you Jim McGraw, or Shirley Cohen, or Tony Morales instead
of Mr. any man.

The study of the abilities of man has been intimately tied up with intelligence testing.
Literally millions of people, representing different ages, economic groups, cultures, nationalities
and races have been subjected to intelligence testing of one kind or another. There are individual
tests (where one person at a time is tested) and group tests (where hundreds of people at a time
are tested); speed tests (where the scores are determined by the rapidity with which correct answers can be given) and power tests (where the difficulty of the task successfully completed determines the score); verbal tests (requiring verbal responses to questions) and performance tests (involving such nonverbal responses as stringing variously coloured beads in a specified order.

Form these tests we have accumulated much useful information. We can fairly quickly and reliably determine where a person stands in relation to any reference group of his fellows, and on the basis of this we can predict a number of things about his performance in various situations. But the question of what it is we are testing, the question of what is “intelligence”, remains unanswered.

Intelligence is a concept variously used and variously defined. Some people define it as the ability to adapt to new circumstances, others as the ability to learn, and still others as the capacity to deal with complex and abstract material.

Different psychologists have championed these (and other) definitions of intelligence, and much research has been addressed to these questions. However, none of this research has resulted in a clear definition of intelligence. For this reason many psychologists today have reached the point where they no longer ask “What is intelligence?” They have decided that they can do a useful job in measuring intelligence without defining it. In this respect they are doing what the early physicists did when they studied heat. Long before the physicists could agree on a sound definition of heat they have invented reliable thermometers to measure changes in temperature and with these instruments they were able to discover many important physical laws.

Standardization of intelligent tests. But all of the above statements are relative to the group on which the test was standardized. To say that the “average” ten-year old can pass certain items of an intelligences test implies, of course, that we have previously tested a representative sample of the entire population of then year old children. This procedure is called standardizing the test items. The problem of obtaining a sample truly representative of the entire population is beset with difficulties. If the unrepresentative of the entire population of children the intelligence test was standardized on a sample which did not adequately include children of the lower economic groups, merely use this test to measure the I.Q. for these children. This is but a reflection of the fact that the I.Q. is a relative score, not an absolute score.
Adult I.Q.’s  We have seen that intelligence, as measured by our available tests, does not grow at the same rate after puberty as it does prior to that age this means, of course, that the concept of I.Q. cannot have the same meaning for an adult as it does for a person younger than about 16. In order to use the I.Q. unit for adults, several simplifying assumptions have been made. In computing a Stanford – Binet I.Q. for anyone over the age of 15 the person is given a chronological age of 15 no matter how old he really is. This is done because it is assumed that the average adult has stopped growing in intelligence at that age.

Since the Stanford-Binet test has been standardized on children and very young adults (up to the age of 18) many psychologists do not consider it an adequate test for older adults. In response to these difficulties a number of tests have been developed especially for adults. Among the most commonly used of these is the Wechsler Adult Intelligence Scale which consists of two parts – a verbal part and a performance part, each consisting of five kinds of items. The verbal part includes information, comprehension, vocabulary, memory span for digits forwards and backwards, arithmetical rezoning, etc. The performance scale includes tasks involving object assembly (putting together cut out parts to complete a figure such as a human profile – very much like a jig – saw puzzle), picture completion, picture arrangement, etc. It is of interest to note that the correlation between the Stanford – Binet and the Wechsler Adult Intelligence Scale is about 85.

By way of summary, in selecting items to differentiate the more intelligent from the less intelligent children, intelligence test constructors usually follow several guiding principles in the first place, the content of the items must, on the fact of it, be “intellectual” in nature; secondly, items must discriminate between children of different ages, such that percentage of children passing the item must increase with increase in age. Other considerations also have been taken into account the items should be reasonably easy to administer and score, should sample a wide variety of tasks, and should reflect the experiences common to all children.

The use of such items when standardized on representative samples enables us then to convert the raw scores earned on intelligence tests into age scores and I.Q. scores. When this is done we find that intelligence shows a fairly constant developmental growth up to the age of approximately 14 years. This can be taken as a “known group” validation of the intelligence test. But this very fact makes for difficulties in using the I.Q. concept when measuring adult intelligence.
Sports execution has been discovered to be identified with some identity variables. Extraversion and neuroticism are among the variables which impact sports execution notwithstanding numerous other identity variables. Extraversion has been found to be highly related or supportive to dominance and sociability in athletes and sports participants by Sperling whose development of the two broad personality dimensions of neuroticism-stability and extraversion-introversion provides the major underlying theoretical structure of this trait. He depicts extraverted people as:

"Cordial, incautious, uninhibited, included in gathering exercises, friendly, agreeable, needing energy, and having numerous social contacts. They stick their necks out and take chances, act on the spur of the moment, are optimistic, aggressive, lose their temper easily, laugh a great deal, and are unable to keep their feelings under control.”

According to Eysenck (2007), extraversion is at best a behavioural description of personality, but that it does possess biological causal source implication. He believes that extraversion can be explained at the neural level in that his extraversion-introversion scale reflects métier of excitatory-inhibitory functions of cortical nervous system. He also proposed that the extraversion associated reticular-cortical loop systems of the brain stem. It means that the dimension involves the reticular activating system. His proposal was founded in the belief that cortical excitation in response to external stimulation (such as the effects of competition) is greater in hermits than in gregarious person.

It is through the linkage of the reticular formation and hypothalamus with personality dimension that Eysenck believes differing personalities will reflect their positions on a level of arousal continuum. For example, cortical excitation in response to external stimulation (e.g. a tension situation in sports) is postulated as being higher in introverts than in extraverts. This is because he saw introverts as having weaker nervous systems than extraverts. Conversely, he believed that inhibition will be higher in extraverts as they possess stronger inhibitory mechanisms because of their stronger nervous systems. The explanation behind this is weaker sensory system is more delicate and starts to react at jolt intensities which are incapable for solid sensory systems. This results in the weaker system’s responses being closer to the maximum level of responding than those of a stronger system through the stimulus intensity continuum. Eysenck feels that this represents the cortical supremacy of introverts as producing a constraint of their behaviour in accordance with conditioned and learned patterns of response that lead to
the emergence of those personality traits characterizing introverts. Conversely, the absence of such supremacy leads to an absence of such constraints and to the emergence of extraversion traits.

According to Alderman (1974), “Eysenck’s view can be interpreted as indicating that extraverts are low on excitation and high on inhibition, which introverts being the opposite. Athletes, then, would react quite differently to a rise in arousal level from competitive circumstances depending on whether or not they are mainly extraverts or introverts. For example, an athlete, high on extraversion would have more trouble “getting up” for a game than one high on introversion, but would be better able to handle and channel arousal later in the game because of strong inhibitory mechanism”.

The dominance trait appears to be one of the important personality traits of sportsmen which have two interesting implications for sports performance. e.g. (1) Eysenck expects extraverts to have low tolerances for sensory deprivation and higher tolerances for physical pain because they have higher thresholds of arousal. It explains why athletes are, in fact, highly physically active and relatively tolerant of physical pain, which is required in many endurance events and in the hard physical training programmers required for skill perfection. (2) It is generally accepted that an optimal level of arousal, stimulation, or activation, exists in each person where his performance is maximal. It is usually represented by an inverted U-curve relationship which shows that a person’s level of arousal increases, performance increases up to an optimal point, after which further increases in level of arousal result in a deterioration of performance.

As reported by Alderman (1974), “Eysenck has taken this basic premise, related it to his personality variables, and stated that if extraverts have stronger nervous systems, which have higher thresholds to stimulus intensities (i.e. arousal), then they should be able to handle higher levels of arousal before their performance deteriorates. This is undoubtedly true in outstanding athletes. The ability to withstand the extremely high levels of arousal caused by intense competition and the usually higher vociferous spectator reactions, without a consequent drop in performance, is the hallmark of a successful athlete. A partial explanation for this ability to withstand pressure may lie in Eysenck’s neural explanation of extraversion – a trait that continually crops up in athletes.”
Nonetheless, Eysenck expresses that neuroticism (passionate flimsiness) alludes to "general enthusiastic over-responsiveness and the risk to psychotic breakdown under anxiety". He explains the bipolar dimension of neuroticism-stability in terms of the instability of the autonomic nervous system. He maintains that the autonomic reaction is basically dependent on an individual’s constitutional structure, which mediates the strength of the sympathetic or voluntary reaction to incoming stimuli. Although there seem to be characteristic ways in which various individuals react to this sympathetic stimulation, and the way in which control is indicated by the para-sympathetic system. Eysenck nevertheless considers the autonomic nervous system to be the most likely basis for individual differences in emotionality.

One the basis of related evidence, high emotionality in athletes would appear to indicate three things: (i) because neuroticism has virtually a zero relationship to intelligence, achievement by highly emotional athletes in sports is due to something other than intelligence (ii) neuroticism is probably related to successful athletic performance through its manifestation in persistence, and (iii) high anxious subjects show high speed of learning, and superior performance in relatively simple tasks, or in complex tasks where faulty associations have not been present.

In terms of the interaction between arousal level difficulty of task, and performance as a function of Eysenck’s two personality dimensions, the following observations can be made:

People score more on introversion and neuroticism will have tendency to perform better on easy or simple tasks than people high on extraversion and stability.

On difficult tasks, the reverse tends to be true i.e. stable extraverts perform better than neurotic introverts.

No predictions have been made on the intermediate personality types.

These predictions are based on the theory that higher arousal level (partially caused by external conditions as in competitive situations) will not cause as much disruption in the performance of people possessing strong nervous system (extraverts) simply because extraverts possess strong inhibitory potentials, i.e. they can shut out the negative or deleterious effects of high drive situations. Introverts, on the other hand, are more sensitive and respond more quickly to situations of low intensity as appears to be the case, in low arousal situations or with easy tasks.
Statement of the Problem

A Comparative of Personality Characteristics of Elite Level Semi Urban and Urban Athletic Players of Maharashtra State.

Delimitation of Study

The study will delimit to the following subject’s characteristics.

1. The Study will be delimit to the Athletic Players
2. The Study will be further delimited 21 to 25 years age persons.
3. Study will be delimited to Maharashtra State.

Limitations of Study

This research study was restricted to just five mental variables, as it was impractical to study all the mental elements which help the Athletic Players to wind up better competitors or players and than train them for higher games. The four variables which were selected for the present study are: (1) Psychoticism (2) extraversion (Ext.) (3) neuroticism (Neur.), and (4) Lie Scale. Furthermore, research is narrow to Semi-Urban and Urban Athletic Players only.

Objectives of Study

1. To find out the sex differences in the extraversion, neuroticism and psychoticism and lie Score of the Athletic Players.
2. To find out differences between Semi-Urban and Urban Athletic Players with respect to psychoticism and lie scale extraversion, and neuroticism.
3. To find out inter-subject differences on extraversion, psychoticism, lie scale and neuroticism of Athletic Players.

HYPOTHESIS

1. It is hypothesis that there would be no significant difference of personality characteristics with respect to neuroticism between Semi-Urban and Urban Athletic Players.
2. It is hypothesis that there would be no significant difference of personality characteristics with respect to psychoticism of Semi-Urban and Urban Athletic Players.
3. It is hypothesis that there would be no significant difference of personality difference with respect to extraversion between Semi-Urban and Urban Athletic Players.

4. It is hypothesis that there would be no significant difference of personality traits with respect to lie-scale because, t-ratio reveals no statistically significant difference of personality traits with respect to lie-scale.

5. It is hypothesis that there would be no significant difference of personality traits with respect to extraversion of semi-Urban Women and Urban Athletic players.

6. It is hypothesis that there would be no significant difference to personality traits with respect to psychoticism of semi-Urban Women and Urban women Athletic players.

7. It is hypothesis that there would be no significant difference of personality traits with respect to neuroticism of semi-Urban Women and Urban women Athletic players.

8. It is hypothesis that there would be no significant difference of personality traits with respect to lie-scale of semi-Urban Women and Urban women Athletic players.

9. It is hypothesis that there would be no significant difference of personality traits with respect to neuroticism of semi-Urban boys and Urban men Athletic players.

**Definition of the Terms**

**Personality:**

It is characterized as "unique examples of conduct (counting contemplations and feelings) that portray each individual's adjustment to the circumstances 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.

**Neuroticism:**

It is a minor mental issue, described by inward battles and harsh social relationship. It is accelerated by passionate hassles, clashes and dissatisfaction. A portion of the more regular mental protests in neuroticism are uneasiness, discouraged spirits failure to focus or decide, memory aggravations, increased touchiness, sullen sessions, fixations, unreasonable reasons for alarm, a sleeping disorder, impulses and powerlessness to appreciate social relations. As
Indicated by Essence, "Neuroticism alludes to emotionality. Started by the in herite contrasts in risk and edginess of autonomic sensory system". In the present study, N-score on EPI has been taken as a measure of neuroticism.

**Athletic:**

Games is a restrictive gathering of donning occasions that include focused running, hopping, tossing, and strolling. The most widely recognized sorts of sports rivalries are Olympic style events, street running, cross-country running, and race strolling. The straightforwardness of the rivalries, and the absence of a requirement for lavish supplies, makes sports a standout amongst the most normally contended games on the planet. Sports is basically an individual game, except for hand-off races and rivalries which consolidate competitors’ exhibitions for a group score, for example, cross-country.

Sorted out sports are followed back to the Ancient Olympic Games from 776 BC, and most advanced occasions are led by the part clubs of the International Association of Athletics Federations. The games gathering structures the spine of the present day Summer Olympics, and other heading global gatherings incorporate the IAAF World Championships and World Indoor Championships, and players with a physical inability contend at the Summer Paralympics and the IPC Athletics World Championships.

**Significance of Study:**

It would facilitate the coaches in providing appropriate training to know whether traits like extraversion and neuroticism are related with the sports performance. Whether personality traits undergo a change with the participation in sports or with the knowledge of the personality traits of the Athletic Players, their achievement can be predicted. It would also help the coaches to find out the level of personality of the top level Athletic Players and then apply the different relaxation techniques to bring their anxiety/arousal to the optimum level. With an improved understanding of the personality level sports psychologists would be facilitated in identifying the various sources of anxiety state and would evolve the mechanisms how to reduce the competitive anxiety. Results would add further knowledge to the existing literature of sports psychology especially the role of reaction time, extraversion, neuroticism and psychotic’s sports
performance. The findings of the study would provide a guideline to the future research investigators in sports psychology and sports sciences to conduct further research in this field.

Engine abilities amid game movement are impacted by practice-related obligations and prompts the advancement of suitable postural sensorimotor methods. Fencing is exceedingly obliging visual checking and fast engine abilities while holding effective offset control. On the other hand, gun shooting is a static action obliging a high control of body influence. Thus, this study led by Herpin et al., (2010) intended to assess parity control and the related neurosensory association through reproducible postural undertakings with and without tangible clash. Twelve master fencers, 10 master shooters and 10 inactive controls have performed a static posturographic test and a tactile association test (in 6 diverse tangible circumstances based upon influence referenced vision and help surface, C1 to C6). Shooters yielded a superior equalization control amid C1 (eyes open) and C2 (eyes shut) than fencers and controls. Fencers demonstrated a superior equalization control in C5 (eyes shut with influence referenced help surface) than shooters and controls. While this study affirms the helpful impacts of physical exercises on parity control, a differential impact on offset attributes because of the procured particular engine abilities was likewise noted. Notwithstanding high proprioceptive affectability in sportsmen, dynamic stipulations in fencing power fencers to forever select the most important data to oversee better tactile clashing circumstances.

Nystrom et al., (1990) examined physiological and morphological qualities of world class épée fencers. The results demonstrated that épée fencers have a high maximal high-impact force and high maximal isometric and element quality. The development example of épée fencing results in an asymmetry of the body. Subsequently, weapon hand isometric elbow flexion and forward leg isometric and element muscle quality were higher than the contralateral furthest point. At last, forward leg bulk -assessed from processed tomography- -was higher while the muscle fiber arrangement was not quite the same as the contralateral leg.

Handtruck and Rosemary (2003) : Led AAHPER Youth physical test to gauge status and accomplishment in the physical wellness objective. A jury of specialists as a board chose the seven things, which make up this wellness battery. The overview exploration middle of the college of Michigan chose the schools from which the specimen of 8,500 from which the example of 8,500 young men and young ladies were drawn. The standards were focused around the information from these numbers.
Brongden (2000) : Did a study on a correlation of physical wellness and anthropometric measures of preadolescent Mexican American and Anglo American makes. Three hundred Anglo American and three hundred Mexican American guys between the age of eight and eleven were taken. AAHPER YOUTH wellness test was utilized to test physical wellness. Thirteen anthropometric measurements were taken. They were standing stature, sitting tallness, weight, shoulder width, a safe distance, midsection circumference, waist bigness, hip width, thigh size, leg length, calf bigness, foot length and arm bigness. The Mexican American and Anglo American guys in certain physical wellness things and anthropometric measures. The relationship between chose anthropometric measures and different physical fitness things were fundamentally higher for the Mexican American guys. The results showed that the Anglo American guys are bigger in terrible body size and they are unrivaled in performing chose physical wellness.

In his study, looking at American Negro and Caucasian females Terrel arrived at the conclusion that Negro females have fundamentally more legs, longer arm and hands ; longer feet, more extensive shoulder support and slender pelvic support than Caucasians and subsequently they demonstrated better is 50 yards dash and softball toss for separation.

Garrity (2005) : In his study including school ladies discovered a general inclination for the subject delegated masomorphic ectomorphic to perform in a more effective way on physical wellness test. The reverberation endomorphic gathering was reliably low in all test things.

Prem (2001) : Led a similar investigation of physical characteristics of hostile and preventive foot athletes of school level. He chose 32 foot athletes of Laxmibai National school of physical Education, Gwalior, who partook in a locale level Foot ball competition. He looked at readiness, speed, quality, persistence and stature and weight in hostile and guarding players. He factually investigated the information and computed "t" degree and reasoned that:

1. defensive players are heavier, taller and have more brawny force than hostile players.

2. Hostile players are quick and have more continuance than opposing players.
2. There is no noteworthy distinction in the middle of hostile and guarding players in deftness.

Nemour (2002): Did a relative investigation of anthropometrical estimations of Caucasian and Negro young men and young ladies. This study was led on Caucasian and Negro young men and young ladies to figure out the distinctions in anthropometric measurements and in the meantime contrasts in standing wide hop, medicinal ball-put, and crisscross run execution of young men and young ladies of soup races. A sum of 900 subjects were taken. Subjects were of distinctive age gatherings of six to ten years old. Anthropometric estimations were standing tallness, sitting stature, weight, length of arm, length of lower arm, length of the hand, length of the furthest point, length of the thigh, length of the leg, and length of the lower extremity. They figured out at the age level of six to eight and ten years young men varied from young ladies in most anthropometric estimations. Then again, there were no differences in standing stature, leg and lower limit length.- Negro young men and young ladies had longer members and were taller than Caucasians. Still Negro young men and young ladies were not prevalent in the occasions of force and spryness.

Layback and Mcconville (2007): Reported low co-connection in the middle of adaptability and anthropometric estimations and between somoto sort and adaptability. A high negative relationship was gotten between muscle to fat quotients and adaptability somoto sort segments were found to co-relate profoundly with anthropometric measurements utilized in the study. In a later study the same creators reported numerous huge co-relations in the middle of quality and anthropometric estimations. The main somoto sort segment discovered to be co-related altogether with muscle quality was measurable.

As indicated by Carter (2004): Among the most awkward of Olympic competitors are the hurlers and weight lifters. Due to conceivable ethnic contrasts and scarcity of information on dark arranged and mesliso competitors in Mexico City information, while just examples comprising of 10 hurlers and 34 weight lifters were com-pared. Adjustment was made for unequal numbers in each one weight lifting classes. He discovered five critical contrasts. The weight lifters had Proportionately shorter arm and tibia lengths. One may outline this would be advanta-geous in tossing where length of arm is critical in creating force. The weight lifters were relatively littler in two of the four skin fold thicknesses and this may reflect a marginally leaner
constitution since the weight lifters in everything except the boundless weight limit plan to prepare to negligible adiposity to amplify their quality every unit body mass. The hurlers were more straight, being significantly lower in relative mass than hurlers and weight lifters with standard slip bass differentiated from these examples by a separation of around 1.02.

Metheny (2009) : Examined the contrasts in the middle of Negro and white competitors in admiration to their body estimations. The results demonstrated that predominance in specific games occasions may be credited to these distinctions. The relationship of 17 anthropometric estimations to lightness for 69 white and 32 Negro subjects were assessed by path and midterm. The four degrees: midsection circumferences standing tallness, weight/ standing stature sitting tallness/ standing tallness and body surface. The three variables keeping in mind the end goal to greatness standing tallness, breathing limit and sitting stature helped most to the prescient of buoyancy for the white gathering white midsection profundity made the best commitment to the expectation for the Negro gathering. The way that the measures of the Negro gathering were less lightness than those in the white gathering area to creator to recommend that bouncy ought not be an inborn venture in instructing Negros to swim.

Seiwert (2003) : Inspected the effect of diverse primary school experiences upon accomplishments in specific parts of physical wellness and games aptitudes. He tried 85 evaluation nine young men (27 with country back ground, 38 with urban foundation and 20 with parochial school foundation) for pace, power, muscular perseverance and aptitudes in diverse recreations investigation of aggregate scores demonstrated that young men rustic, parochial and urban experience did not contrast in physical wellness however young men from urban and parochial school were predominant in games abilities.

Ikeda (2002) : Took the IOWA test engine wellness keeping in mind the end goal to look at the physical wellness of kids in IOWA and Tokyo, Japan. The results demonstrated that Tokyo youngsters scored better in all engine execution tests with the exception of one, setups. He additionally figured out that Tokyo kids had more risks for action through physical training classes than IOWA bunches.

In the study on delivering capacity in fundamental current move aptitudes through anthropometric and physical wellness estimations Voll concentrated on stature, weight, sitting tallness, tibia tallness and upper leg length of 24 female dance specialists and concluded that
the capacity in essential present day move abilities could be anticipated from chose anthropometric estimations.

Yoest (2003) : Researched the relationship between cardio vascular wellness and chose anthropometric estimations in eighth grade kid and school male subjects. He inferred that age, stature can body mass and body surface did not have critical breaking point execution in Ohio state University step test. However, body piece speaking to muscle to fat ratio ratios, restricted the execution of college men just. In puberty scores in the step test enhance bigger rate of lean body tissue.

Martin (2006) : Directed a study by looking at the chose anthropometric estimations and physical execution between Mexican - American and Anglo American youthful young men furthermore examinations of body size, body structure and physical execution were made between the subjects at adolescent age levels inside every individual racial gatherings. The body size was assessed by standing stature and body weight estimations. The body structure was translated as upper arm bigness and midsection size stomach circumference, and thigh circumference and calf size estimations. The physical execution was dictated by chosen engine capacity tests.

It was reasoned that the Anglo American subjects were fundamentally taller than the Mexican-American subjects. It was additionally inferred that excluding standing stature, the Mexican and Anglo American Subjects did not contrast in body size and body structure furthermore these two races did not vary in physical execution.

Mookarjee (2008) : Was made a relative investigation of the physical wellness on youngsters in the age gathering of 13 – 17 years fitting in with provincial and to rustic and urban furthermore less dynamic and perforce young men of the same age amass the aftereffect of this study was that there is doubtlessly general physical action helps essentially to the improvement of physical status.

The physical wellness of rustic and dynamic subject was doubtlessly of predominant level than the young men living in the city prefood, crisp unpolluted air and sensible general physical hardships are boss contributory elements in advancing physically.

Kansal and Sidhu (2002) : Led a study on physical development examples and expectations of grown-up games probables. The anthropometric estimations were tackled 799
subjects having a place with Jat, Sikh and 421 to Bania group of Punjab (India). All the subjects extended from 10 to 21 years. Development designs as separation and speed bends from age 10 to 21 years in different anthropometric variables have been accounted for both Jat, Sikh and Bania guys. Forecast tables have been readied for discovering grown-ups physical status from that of the age of 10 and 11 years. The physical status of the guys of the two groups has likewise been analyzed at right on time age levels from 10 to 21 years, Jat, Sikh were found to have higher lean tissue measures as contrasted with their Bania age peers at all ages contemplated, while the store perception has been recognized in the event of subcutaneous fat measures.

Sloan (2003) : Directed the Harvard step test to analyze the physical fit¬ness of school understudies in South Africa, United States of America and England. As surveyed by this test, the fittest male physical trainings understudies were the English and South African were fitter than the Americans. English female stu¬dents of physical training were not altogether fitter than the south Africans however were fitter than American.

Craig (2006) : In this study the analyzed that physical wellness levels of the Canadian school and South African School young men. He utilized AAHPER physical wellness test battery with fitting style. The result demonstrated that the physical wellness is higher than those of Canadians secondary school young men.

Gerald (2004) : Reasoned that the Caucasian subjects from both the coordinated school and non incorporated schools. The Caucasian subjects likewise surpassed the incorporated Navajo assemble in offset and both gatherings in nimbleness and in the test of quality. No critical contrast were found between inte¬grated Navajo subjects and Caucasian subjects in the test of perseverance, power and speed or in the right elbow expansion and left grasp quality test.

Howard (2000) : On the premise of geological, social and financial criteria chose 45 delegates from city, town and town schools. A three percent arbitrary inspecting was taken for enlistment records. The A strand sub maximal test of work limit was managed to 809 urban and 108 rustic understudies and maximal 0 2 admissions anticipated from a Nomo gram. Urban and rustic guys and females contrasted fundamentally when work limit was-communicated in Liter/ minute however not as far as Me/ kg of body weight. The co-relations between work performed and most extreme oxygen up take was 0.68 for both guys and females.