REVIEW OF RELATED LITERATURE

Any literature makes the man conscious to the concern field, awareness cannot be possible without the knowledge. And books, magazines, periodicals, newspapers are the main sources to increase the knowledge. However these sources are step in stone for the research scholar to work and decide the direction of the research work. For conducting any piece of research study, review and survey of literature related to the study being conducted, is of paramount, significance. Surveying of researches conducted in the field helps the investigator in understanding the problem from different perspectives. Such a review of the studies conducted by the other investigators in the field related to the problem in hand also helps the researcher in framing the objectives and the correspondence hypothesis of the study. However, the most significant contribution of such surveys helps the investigator in interpretation of the results of the study that the researcher investigates.

In view of the objectives the investigator proposes to survey the literature related to present study.

Before and during competition, the sportsmen are large fearful to some degree with eventful their performance. This is a nature phenomenon. No human being is free from anxiety. In the stressful setting provided by competitive sports; it is usual to observe to a ratioal appraisal of a real threatening situation and the team anxiety denotes an abnormal apprehension of such a situation.
Agyajit Singh (1986) compared the competitive anxiety traits of the top level Indian athletes and hockey players. He found that track and field players had more anxiety traits as compared to the Hockey players whether males or females.

Arno F. Wittig, K. Terry Schurr (1995) Relatively few studies have used standardized psychological instruments to describe personality characteristics of intercollegiate athletes. Using members of intercollegiate teams from two Midwestern conferences as subjects, this study investigated relationship of the four psychological factors underlying the Million Behavioral Health Inventory with success of team, conference affiliation, occurrence of athletic injury, and, for players who had injuries, adherence to rehabilitation plans. the factor describing an assertive, self-assured, independent attitude distinguished one conference from the other, had higher values for successful than for unsuccessful teams, and was associated with higher injury rates. For players suffering moderate or severe injuries, this factor was also associated with adherence to rehabilitation plans. The relationship of this factor with the several variables is explained as resulting from risk taking and positive deviance.

Booth (1947) using MMPI investigated the differences in the personality of football players, athletics and non-athletics. His result revealed that the athletics from various sports groups and non-athletics differed significantly on several of the MMPI scale.

Behrman (1967) conducted study on personality differences between swimmers and non-swimmers. The investigation was made to determine whether there are personality differences between male college freshman swimmers and non-swimmers and to determine the relationship between personality traspits and swimmers experiencing a common course of instruction in swimming. Subjects were compared on
the basis of swimming performances, personality tests, biographic data forms and interviews with subjects who failed to learn how to swim. Comparison revealed significant difference between swimmers and non-swimmers and between learners and non-learners. The data indicated a need to investigate methods of teaching fearful non-swimmers based on indication of pertinent personality traits, fears and experiences in the water.

Byron Nelson Mcclanney (1969) divided college men into high fitness groups on the basis of ‘APPHER’ youth fitness test battery. While comparing their personality characteristics, as measured by cattel’s 16 pf questionnaire, self concept and academic aptitudes, be concluded that high fitness group appeared to be more group dependent while low fitness groups were more self sufficient. Also the subject in high fitness group appeared to be more trusting and free of jealousy where as the low fitness group appeared to be more auspicious and self opinionated.

Bhushan and Agarwal (1978) conducted study to evaluate personality characteristics of high and low achievement Indian sports persons. They administered the cattel, S 16p F. Questionnaire to ten high achievement players who had represented India at international level and ten persons who had never achieved any distinction in their respective games.

The results of this study indicated that the high achiever scored significantly higher than low achievers on dominance and serjency.

Chris J. Gee, John C. Marshall & Jared, May 7, 2007 Personality and youth athletic participation are inter-related in that personality development often occurs, for better or for worse, on an athletic field at an early age. Little empirical research has been successful in proving that participation positively or Negatively affects personality development. However, personality is hard to measure, especially in
youth, because inventories almost always use self-report measures, which may or may not be accurate. Second, the studies discussed lack an effective manner to effectively define “athletic success,” as this varies across sport and position. We can conclude, however, that personality seems to have an impact on athletic participation among youth, performance seems to affect personality, and participation affects personality, although it is difficult to analyze how these relationships interact. Evidence for the Validity & Reliability of the Mental Skills Assessment (MSA)

Davis & Mogk, 2011. The results demonstrate the differences in personality traits among adolescent athletes and non-athletes. There is evidence of different effects of individual and team sports for male and female high-school students and also the evidence that athletes from individual sports posses more positive traits than non-athletes. One of the most important findings of this research is the confirmation of the assumption that athletes represent a heterogeneous group and that it is necessary to consider this differences in order to understand various effects that sports can have for adolescent boys and girls.

Dorothy V. Harris (1964) compared high and low fitness college in psychological traits and found that there is a tendency for the, fit individual to appear more stable in certain psychological traits and to appear less anxious in other.

Doug H. Han, Joo H. Kim Young S.- 01 September 2006 Our research aimed to conduct basic descriptions of temperamental traits and the level of state and traits anxiety of young male athletes, and to compare them by type of sports. Study participants were 277 athletes and 152 non-athletes who were all high school boys. The Korean version of the Temperament and Character Inventory (TCI) was used for checking temperamental traits while the Korean version of the State and
Trait Anxiety Inventory form Y (STAI-KY) was used to estimate anxiety levels. Harm avoidance score of athletes was higher than that of non-athletes. Harm Avoidance score of golfers was lowest and that of swimmers was highest. The state anxiety score of baseball players was lowest and that of Taekwondo players was highest. The trait anxiety score of baseball players was also lowest and that of golfers was highest. Both trait and state anxieties of the 'winner' group were lower than those of the 'no Winner' group. While prior research mainly focused on athletes’ environment and phenotypic Characteristics, we studied the pattern of temperaments in athletes along with its potential influence on athletic performance. KEY WORDS: Temperament, TCI, state, trait, anxiety, performance.

Dr. Richard C. Bell- 2002 In this paper, the authors analyze the effects of Taekwondo training on personality. The authors found that Taekwondo participants realize, that in addition to the physical training, Taekwondo emphasizes concentration, self-control and self-discipline. Other researchers suggest that Taekwondo training has many psychological benefits, such as enhanced self-esteem, self-concept, reduced aggressiveness, decreased anxiety, increase in personal independence, and ability to take a leadership role. Taekwondo training might be used as a therapeutic program.

Durcha O.K. (1987) Concluded that the sports men and non sports men differed in their personality characteristic in some factors like emotional stability and realism about life, cheerfulness and frankness, tender-mindedness and parcticability and great control over emotions and greater regards for self respect and social reputation.
Eysenek et. Al. (1982) Reported that athletes tend to be high on psychoticism than the non-athletes. According to them, a high psychoticism scores may be discribed as being aggressive, troublesome, cruel and inhuman, lacking in feeling and sympathy.

Fatemeh Jalili, Saeedeh Alsadat Hosseini Firozeh Jalili and Mir Hamid Salehian, - 2011 Comparison of Personality Dimensions, Mental Toughness, and Social Skills of Female Students Athletes (Team-Individual) and Non-Athletes; The present study was to investigate and identify personality dimensions of individual and team athletes and to compare the level of social skills and mental toughness of individual and team athletes with non-athletes. 210 high school students of Tehran City (70 individual athletes, 70 team athletes, and 70 non-athletes) participated in the research. The participants were asked to fill out the “Social Skills” and “Mental Toughness” questionnaires as well as Eysenck Personality Scale. Various statistical indices and method were applied for data analysis including mean, standard deviation, and t-test. The results indicated that there is a significant difference between individual athletes, team athletes, and non-athletes in mental toughness, social skills, and personality dimensions. It can be concluded from the results that personality characteristics of individual and team athletes are different from non-athletes.

Gasem Ilyasi and Mir Hamid Salehian- 2011 Comparison of Personality Traits between Individual and Team Athletes; Department of Physical Education, Sarab Branch, Islamic Azad University, Sarab, Iran Department of Physical Education, Tabriz Branch, Islamic Azad University, Tabriz, Iran. The purpose of this research was to compare the personality of individual and team athletes. So data were collected by NEO questionnaire. One hundred and fifty sportsmen participating in
different sports (Judo, Weight lifting, Mountain climbing, volleyball and Basketball) were chosen randomly. Data were analyzed by U Mann-Whitney. Following results were obtained from this research: C Individual sportsmen have higher degree of extraversion, openness and conscientious than team sportsmen. C There is no significance difference in agreeableness and neuroticism between individual and team sportsmen. Key words: Personality traits % Individual athlete’s % Team athletes

**Goodenough and Karp, (1974)** First introduced the concept of psychological differentiation in the course of studies of individual differences in cognitive style. “Differentiation” refers to the complexity of structure of a psychological system (Witkin, 1978). In another study of a similar kind Berry (1966) compared the Temne and the Eskimo groups and found that the Temne children who were severely disciplined and physically punished were more field dependent than Eskimo children who were given much freedom, were rarely punished and were encouraged to assume responsibility early in life. A number of studies have given similar results. Studies have shown that family experiences and socialization (Dyk. 1969; Dyk & Witkin, 1965; Witkin, 1965; and Witkin et al., 1974) are important determinants of psychological differentiation. Therefore, there are reasons to believe that children in these two types of families will differ in the extent of psychological differentiation. Families with greater parental involvement were likely to have field independent, children (Busse, 1969; Dawson, 1967; and Dreyer, 1975) and extended family structure was associated with field dependence while a nuclear family structure was associated with field independence (Witkin et. al., 1974; Holtzman, Diaz Guerrero & Swartz, 1975). The modes of adaptation (Berry & Kim, 1988) and support
systems available to individuals (Caplan & Killilea, 1976; Cohen & Wills, 1985) have been implicated as important factors in the experience of stress associated with changes in lifestyle. It is evident that individuals, who adopt integration, coexistence and assimilation strategies, experience less stress while those who adopt separation or marginalization strategies experience greater stress (Berry, 1990; Berry & Kim, 1988; Mishra, Sinha & Berry, 1996). With regard to social support mechanisms, it was found that social isolation of individuals heightens the levels of stress (Cohen & Wills, 1985; Fondacora & Moos, 1987). Individuals own psychological make up is also an important variable in the experience of stress. For example, field-independent individuals, who happen to be cognitively controlled, experience stress to a lesser extent than field-dependent individuals, who seem to be less cognitively controlled (Berry & Annis, 1974; Mishra et al., 1996).

**Gooch, foster, Euie (1973)** Found variations in personality between successful and non successful athletes. Evidence also indicated that their was relationship between personality and physical performance.

**Gurber and Perkins (1978)** Found who competed in intercollegiate competition to be significantly higher on the factor F (Sober) and I (tough Minded) when compared to the non-participant. Williams 1978 reported that selected personality traits are frequently associated with the elite male athletics and specifically that the successful male competitor generally tends to be more assuasive dominant self sufficient independent aggressive reserve achievement oriented and have average to low emotionality then the unsuccessful male competitor.
**Hein (1954)** Found team sports participants to be more extraverted than those participating in individual sports. He also found that participants on individual and dual sports possessed less amount of self assurance.

**Husman (1955)** Showed, in his study on boxers, wrestlers and cross country, distinguished characteristics as far as aggressive tendencies were concerned. His findings were that the cross-country runner tended to be more extra punitive than the boxers and the boxers possessed less overall intensity of aggression and had more supergo.

**John C. Marshall & Jared F. King, 1 January 2010** Making an accurate and valid prediction about an athlete’s long term success in professional sport is likely a difficult aspect of a professional coach’s role. Therefore, to aid them in this evaluative process coaches routinely employ a battery of tests, all of which are intended to inform their eventual selection decision. To date however, personality inventories have yet to become common place within this evaluative process; and thus, their predictive utility within the talent identification process has not yet been adequately tested (Aidman, 2007). That research efforts that have been concerned with personality’s role in predicting athletic success have been Overwhelmingly cross-sectional and descriptive in nature, and therefore do not mirror the applied use (e.g., longitudinal prediction) of these instruments by coaches. Consequently, the purpose of the current investigation was to address these previous limitations by employing a normative measure of personality (SportsPro™; Marshall, 1979) and assessing its relationship to athletic performance over a 15 year time period. Potential draft choices of a Canadian National Hockey League team (N=124) were profiled prior to the 1991-92 entry draft and
were followed until the end of the 2005-06 NHL season. The proposed selection model was found to be a significant.

**Kroll & Carlson (1976)** Reported no difference between participant of various levels of ability in wrestling and karate. Singer in a previously mention study comparing baseball and tennis players also found no difference between highly successful and less successful tennis players.

**Kumar and Thakur (1986)** Found that athletes were not anxious, tender minded and worrying persons, but had out going personality in comoparison to non athletes. These results supports tea finding of Eysenck who reported that athletes tend to be low and neuroticism or anxiety and tend too be extraverted than the non athletes.

**Malumphy (1968)** The sport participants were found to be more conscientious and tough minded, but less imaginative and less venturesome than the non-sports participants. Newman (1968) suggested that participation in high level athletic competition provides and adds a dimension to one’s personality. He found that athletes were found to be more consientious and tough minded, but less imaginative and less venturesome than the non-sports participants.

He found that athletes were more sociable, more aggressive in their approach to problems, more self confident, more critical of themselves and more extraverted than non-athletes. Ogilvy (1968) also found that traits like emotrional stability, tough madness, consciousness; self control, low engergetic tension level, self assuredness and outgoing ness consistently were associated with athletic achievement.
Martens has described CTA as “a tendency to perceive competitive situation with feeling of apprehension of tension” (Marton, 1977 p.23) while state anxiety refers to stress “characterized by subjective consciously perceived feeling of apprehension and tension, accompanied by or associated with activation or arousal of the automatic nervous system (Spielberger, 1966, p.17). Therefore, trait anxiety is a relatively stable characteristic while state anxiety is predicated by more immediate factors that pose a threat to the individual.

**Mehryar, A. H., Khajavi, F., Razavieh, A. and Hosseini, A. (1973),** He Persian form of the EPI and Eysenck’s Psychoticism Scale were administered to a large group (about 23,000) of Iranian secondary school graduates, aged between 18 and 19, taking the Pahlavi University entrance examination. The latter consisted of a Persian adaptation of the Otis (Advanced Level) and five multiple choice tests of academic attainment. Analysis of results for two randomly selected groups of boys and one group of girls revealed a consistently negative correlation between measures of cognitive performance and psychoticism. A somewhat less consistent but positive correlation was observed for the extraversion scale. There was little correlation between neuroticism and measures of intelligence or achievement. Considering the joint effects of extraversion and psychoticism, stable extravert subjects seemed to have performed best on tests of ability and attainment. Psychotic introverted girls, however, seem to be superior to their extraverted counterparts. This sex difference persists with regard to a number of other dependent variables. On the whole, the personality patterns of more intelligent and academically successful Iranian students would appear to be more like those of younger British pupils (below 15 years) than their own age-mates. The superior correlation between the psychoticism scale and
measures of cognitive efficiency indicates the need for further exploration of this dimension as a potentially important aspect of normal personality.

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**THE RELATIONSHIP OF PERSONALITY DIMENSIONS AND SELF REGULATION COMPONENTS TO THE SUCCESS OF IRANIAN BOXERS**

Evaluation and identification of the factors which influence athletes’ success is one of the most important issues in their selection, orienting, raising, and supporting. The present study was done with the purpose of assessing the relationship of personality dimensions and self-regulation components to success in boxing. 237 senior amateur boxers (20.6±3.7 years old with 4.8±3.4 years boxing background) participated in this study. NEO-Five Factor Inventory, Boxers’ Success Questionnaire, and Self-Regulation Questionnaire were used in data collection. All questionnaires have acceptable validity and reliability and Cronbach's Alpha coefficients were 0.83, 0.88, and 0.89, respectively, which indicates high internal consistency of these tests. The data were analyzed using a multiple linear regression allowing the simultaneous testing and modeling of multiple independent variables (the stepwise method). The findings showed that personality dimensions except extroversion and agreeableness, and components of self-regulation except self-assessment, have satisfactory correlation with success in boxing. Stepwise regression analysis indicated that two dimensions of Big Five personality factors – neurosis, openness, receiving related information, and searching for different options among self-regulation components can explain the success of boxers. Big Five personality factors and self regulation components are reliable tools to predict an athlete’s success in boxing. In addition, Miller and Brown’s model of self-regulation was...
admitted in the sport area. Key words: Athletic success, personality dimensions, self-regulation, Iranian boxer.

**Niblok (1960)** Found that female athletics to be more energetic, enthusiastic, efficient, as possessing more leadership potential and were optimistic and more extraverted.

**Newman, Earl N. (1968)** Suggested that participation in high level athletic competition provides and adds a dimension to once personality. He found that athletes were more sociable, more aggressive in their approach to problems, more self confident, more critical of themselves and more extroverted than non-athletes.

**Ogilvie (1968)** Also conducted a related investigation, where four groups of female athletes i.e. athletes in team sports, in individual sports, team individual sports, subjectively judged sports and the non-athletes, differed on various factors. The athletes from individual sports were more extraverted than those from team individual groups. The seemed to be in disagreement with the findings of Peterson, Weber and Trousdale (1967). Malumply also found that the team sports group as less extraverted than the non-athletes. However, he found individual female athletes to be more anxious, venturesome, toug-minded and extraverted while team athletes were lower in leadership, less venturesome extraverted learners.

**Ogilvey (1971)** Found male competitors to be facially emotional healthy person who tend towards extraversions. They were tough minded, self-assertive and self confident with high capacity to endure the stress involved in high-level competitions.
Peterson et al (1967) Reported that athletes who participated in individual sports, when compared to competing in team sports were more dominant, adventures, sensitive, self-sufficient and more forthright.

Prapavessis and Grove (1994) The study revealed that personality was not related to pre-competition mode state pattern, but the magnitude of various mood was influenced by trait sport confidence, neuroticism, the control and commitment component of hardness and self-handicapping.

Peter et al. (1995) Studied the personality of 312 Dr. Babasaheb Ambedkar Marathwada University Football players and Swami Ramanand Teerth Marathwad University Football players of 11th and 12th standard. They reported that sports participants had significantly different personal profiles from non-participants. The result showed the sports participants to be more extraverted and vigorous and less anxious, neurotic, depressed and confused. Elite athlete was found to have significantly greater positive mental health than non-athletes. Positive mental health is characterized by less tension, depression, anger and confusion.

Peterson, Jersomen Weber And William Trondale (September 1967), Peterson and his associates determined if there were distinguished personality traits between the competing in team sports and the competing in individual sports. Form A of 16 PF questionnaire was administered to the subject. Test was employed to compute the difference between the groups. It was concluded that the participating in individual sports, rated higher on the personality factors of dominance, adventuresses, sensitivity, extroversion, ridiculism and self-
sufficiency and lower on the factors sociability, intelligence, stability, 
sergeancy, consociation, supecting, high-self commitment or high ergic 
tension.

Robert J. Maiden, Steven A. Peterson, and Myrah Caya, - August 
24, 1999 (2) Many studies have examined the issue of personality 
stability/instability in early and middle adulthood; yet, very few studies 
have explored the limits of personality stability in the very old who are 
often confronted with major changes in their health and life 
circumstances which can severely test their normative behavior. Thus, 
as an extension of this research, we conducted a longitudinal study on 74 
elderly women with a mean age of 80 residing in rural western New 
York. These individuals were selected from a sample of 358 individuals 
assessed in 1987 (60 years or older) and they were assessed again in 
1993/94 on selected items of Costa and McCrae’s (1978) NEO 
Personality Inventory on the personality traits of Neuroticism (N), 
Extroversion (E), and Openness to Experience (O). Multiple regression 
analyses, uncorrected for measurement error, revealed moderate to 
strong stability on all three traits, (r = .34, r = .32, r = .42, respectively, p < . 
01). Moderate change was also found. Personality traits were found to 
be influenced by negative changes in life circumstances. For example, 
decreased social support and increased unmet need were associated 
with more N in 1993. Also in 1993, less E went with poorer health and 
greater need, while E in 1987 went with being Extroverted in 1993. The 
trait of O was very stable and appeared to be least affected by the course 
of life events. O predicted itself and was also predicted by one’s level of 
education. This conflictual finding of moderate stability and moderate 
change is reconciled by considering personality development within an 
interactionist framework.
It has been recognized for centuries that sport can contribute to education values that make for the development of character and right social relations. Within this contribution, there are many intertwined and interwoven threads of influences, subtle and not always easy to analyze. But sportsmen who year by year have contact with the playing of amateur games do not need to be convinced by argument of the validity of sport’s contribution.

Kennedy, 1931 Sport studies scholars . . . [present sports as a] major source of . . . [social] problems . . . . [But most] athletes, coaches, parents, youth sports organizers, and spectators know from experience that sports participation has offered them numerous moments of pleasure, healthy exercise, friendships . . . and lessons about achievement, cooperation and competition that spill over into non-sports contexts. The critical sports studies perspective rarely rings ‘true’ as a complete story in the case of sports participants.

Rushall (1967) While comparing personality characteristics of male swimmers with female swimmers found that females were socially bold, noisy and unrestrained in their behaviour, whereas male appeared to be self centered and individualistic. It was also found that novice female swimmers were in general, more introverted than a control group of female athletes, not primarily engaged in swimming.
Rushall (1970), in an evaluation of physical performance & personality, concluded that “Personality is not a significant factor in sports performance” this conclusion was supported Ellison and Treschlog, who found that the pain tolerance, arousal and personality of made college athletes and non-athletes are substantially similar.

Sanja Smojver-Ažić, Sandra Andelić-Breš, Veno Donlić Faculty of Philosophy, Rijeka, Croatia 2011. Analysis of personality traits of athletes and non-athletes, with the aim of verifying the theory about the connection of personality and sports activities, is one of the common topics in sports psychology. Assuming that some differences do exist, the question raised is whether these assumptions are in favor of sports activity, or rather to what extent is the realization of sports activities productive or counterproductive in the development of the personality of adolescents (Horga, 1993). So far, researches in this field have not brought about consistent results, which might have been caused by the insufficient differentiation within the groups of athletes and non-athletes. Usually, it is not stated which type of sports activities they are practicing, also as the potential recreational sports activities in the non-athlete groups, and the differences in relation to the gender of participants are not monitored. Insufficient differentiation of the sample is mentioned as a methodological shortcoming and as a potential cause of the inconsistent results in the prevailing researches (Davis & Mogk, 1994).

The results demonstrate the differences in personality traits among adolescent athletes and non-athletes. There is evidence of different effects of individual and team sports for male and female high-school students and also the evidence that athletes from individual sports posses more positive traits than non-athletes. One of the most
important findings of this research is the confirmation of the assumption that athletes represent a heterogeneous group and that it is necessary to consider this differences in order to understand various effects that sports can have for adolescent boys and girls.

Santhosh. A. M., Rajitha Menon. A. (April 2008) Research, design, implementation, and efficacy testing of newer psychological interventions have been not only a great passion of psychologists but also an inevitable part and parcel of the developmental process of psychology as a scientific discipline. The present experimentation exemplifies such an effort with the objective of testing the efficacy of a newly developed intervention strategy, which is founded on theatre techniques, to control negative attitude towards sports injury being one of the major debilitating factors of sport performance. The experiment was conducted on group of 16 sport persons; 8 subjects in experimental group and 8 subjects in control group. The intervention consisted of 7 sessions, which is based on a module designed by the experimenter. T test was used to estimate the significance of mean difference between the experimental and control groups before and after treatment. The results of the experiment showed that the newly developed intervention is effective in controlling negative attitude towards sport injury. This paper discusses the rationale and theoretical basis of employing a theatre-based intervention in sport setting. Keywords: Sport Psychology, Psychological Intervention, Attitude, Sport Injuries.

Singer (1969) Administered the Edward present performance schedule (EPPS) to baseball and tennis players and a group of non athletes. He found that’ non athletes scored higher’ than baseball group in other autonomy. The tennis group was higher than the baseball
The results also showed that tennis players were higher in dominance than baseball players. Baseball players scored higher than tennis players in abasement.

Other studies have also shown that athletes are higher in those straits associates higher in those traits associated with leadership, power, prestige esteem and sociability. The hypothesis that athletes in a given sport posses traits specific to that sport in supported by the evidence as Kroll’s study indicated certain sports attract certain types of athletes. For example, at is the performance of the individual tennis players that determined whether the match is won or lost because tennis is not a sport requiring group to operate or effort, tennis players might not score on sociability or extroversion. On the other hand they might be expected to square high in dominance. Individual sport might attract participants who fit Alderman’s definition of dominance.

Researchers have attempted to differentiate between superior and inferior performance in various sports.

**Shankar, G (1986)** Found that the position winner gymnasts and non position winner gymnasts of various university of India were almost equally stable and extroverts in their psychological make-up of the personality scales, however the gymnasts differed from non athletes on both the dimensions of personality. Hence gymnast wore better equipped mentally for successful performance and achievement in sports than non athletes.

**Sharma S.S. and shukla B.r.K. (1986)** Concluded that athletes in various sports specialists tend to be outgoing, specially confident, emotionally stable, happy go-lucky, conscientious, venturesome, selfreliant, rigorous, confident, self-sufficient, controlled and relaxed. On
the other hand, the non athletes and are reserved, less, intelligent, affected by feeling, weak super ego, shy tender-minuteness, auspicious, doubting in disciplined and tense.

**Slusher (1964)** Using MMPI found that personality differences existed even among athletes who athletes who participated in different sports. Subjective well-being (SWB) is an abstract super ordinate construct causing the affective reactions of individuals to their life experiences along a positive-negative continuum (Okun, 1987). Subjective well-being has been operationalized (Okun, Melichar & Hill, 1990) by indicators of happiness, moral and life satisfaction. Diener, Suh, Lucas & Smith (1999) stated that subjective well-being is a general area of scientific interest rather than a single specific construct and is abroad category of phenomena that include people's emotional responses, domain satisfaction and global judgments of life satisfaction.

It appears that social relation integral to the exercise environment are significant determinants of the subjective well being in older adults. Findings are discussed in terms of how physical activity environment might be structured to maximize improvement in more global well being constructs as satisfaction with life.

**TENIBIAJE DELE JOSEPH-2011** This study investigated the interactive effect on personality traits, sex and age of prison inmates in some Nigerian prisons. Specifically, the study measured the variables such as personality traits, sex and age of inmates in some Nigerian prisons. Five hundred and four prison inmates were stratified and randomly selected from some prisons in southwestern Nigeria. The
The research design was the descriptive survey method. The Eysenck Personality Questionnaire (EPQ) was used to elicit information from the respondents. The instrument was validated by Eysenck & Eysenck (1975) with using the criterion related validity and concurrent validity. The instrument was found to be reliable through test-retest method and split-half methods. The Eysenck Personality Questionnaire is with reliability coefficients lying between 0.78 and 0.90. One research question and one null hypothesis were formulated and tested using two-way Analysis of Variance (ANOVA) at alpha level of 0.05. Data collected were analysed using two way Analysis of Variance. It was found that there was a significant interaction between personality traits, sex and age on criminal behaviour of inmates in some prisons in south western Nigeria. Based on this study the following recommendations were made; Personality traits of the inmates are important factors to be considered in planning treatment, rehabilitation and intervention for the prison inmates. Personality acts differently across age groups and sex differences, therefore age and sex should be considered in the treatment of inmates. Key words: Personality traits, age, sex, inmates, criminality, Nigerian prisons, counselors.

Thakur G.P., Thakur M. (1980) Studied personality characteristics of the athlete and non-athlete Indian college males using protective method of personality assessment and found that the characteristics associated with the athletes were happiness, cordial and affectionate anxiety, achievement, dominance and superior organization capacity, whereas the characteristics associated with non-athletes were quiet, acquisition passivity, rejection superior imagination.
This study was conducted in two parts. In the first part, which investigated if university football players are perceived to be narcissistic, 30 undergraduates completed the Narcissism Personality Inventory (NPI) as themselves and as they thought a university football player would. Their scores were much higher when they responded as a football player. In the second part, which investigated self-reported narcissism, a total of 112 university football players, other athletes, and nonathletes completed the NPI, but only as themselves. Scores were higher for football players than for nonathletes, and scores for other athletes did not differ from either group. It is concluded that part of the perceived difference in narcissism between football players and nonathletes is stereotypic, but part is also real. The origin and function of narcissism in football players is also discussed.