5.1 SUMMARY:

Procedure:- The present study followed the procedure of experimental research. The investigation gathered relevant information by conduct of a test of Eysenek personality test and scat test of anxiety.

The sample of the study comprises as under:

Effective sample consisted of 200 of Male and Female Inter University Volleyball players from Maharashtra State..

Tools used for Data Collection:

Following psychological tests were used for data collection.

Sinha’s Comprehensive Anxiety Test (Scat) :-

This test is developed and standardized by A.K.P. Sinha and L.N.K. Sinha. The test consisted of 90 Items. The subjects were required to respond to each item in terms of ‘YES’ OR ‘NO’. The reliability
coefficient of the test was found 0.92 with Spearman Brown formula.
The validity coefficient was found 0.62.

**Eysenck Personality Scale; (Bhusan,1969)**

Dr. Bhusan Personality Scale was used to measure the Introvert, Extrovert and Neuroticism of the Male and Female Inter University Volleyball players.

**Procedure of Data Collection:**

The tests were administered on small groups of Ss about 25 to 30 Ss in each group. Comfortable seating arrangements were made for Ss. Distance between the two Ss was kept long so that one subject could not see the responses of the other subject.

The data were collected in two sessions. In the first session test forms were distributed. After giving proper instructions they were asked to start marking and after completion, the forms were collected.

**Variables under study:**

**Independent Variable: GENDER**

1. Male
2. Female

**Dependent Variable:**

1. Personality Traits
2. Anxiety
Statistical Treatment:-

I Stage : Mean
II Stage : Standard Deviation
III Stage : ‘t’ Test

5.2 CONCLUSION :

01. Male Inter University Volleyball players are significantly more Anxiety than the Female Inter University Volleyball players.

02. 18-21 year Inter University Volleyball players are significantly more Anxiety than the 22-25 year Inter University Volleyball players.

03. Female Inter University Volleyball players are significantly more Introvert than the Male Inter University Volleyball players.

04. Male Inter University Volleyball players are significantly more Extrovert than the Female Inter University Volleyball players.

05. 18-21 year Inter University Volleyball players are significantly more Extrovert than the 22-25 year Inter University Volleyball players.
06. 22-25 year Inter University Volleyball players are significantly more Introvert than the 18-21 year Inter University Volleyball players.

07. Male and Female Inter University Volleyball players will not differ significantly in term of their scores on Neuroticism Dimension of Personality.

08. 18-21 year Inter University Volleyball players are significantly more Neuroticism than the 22-25 year Inter University Volleyball players.

5.3 Discussion:-

Eysenck’s theory is based primarily on physiology and genetics. Although he is a behaviorist who considers learned habits of great importance, he considers personality differences as growing out of our genetic inheritance. He is, therefore, primarily interested in what is usually called temperament.

Eysenck is also primarily a research psychologist. His methods involve a statistical technique called factor analysis. This technique extracts a number of “dimensions” from large masses of data. For example, if you
give long lists of adjectives to a large number of people for them to rate themselves on, you have prime raw material for factor analysis.

Imagine, for example, a test that included words like “shy,” “introverted,” “outgoing,” “wild,” and so on. Obviously, shy people are likely to rate themselves high on the first two words, and low on the second two. Outgoing people are likely to do the reverse. Factor analysis extracts dimensions -- factors -- such as shy-outgoing from the mass of information. The researcher then examines the data and gives the factor a name such as “introversion-extraversion.” There are other techniques that will find the “best fit” of the data to various possible dimension, and others still that will find “higher level” dimensions -- factors that organize the factors, like big headings organize little headings.

Eysenck's original research found two main dimensions of temperament: neuroticism and extraversion-introversion. Let’s look at each one...

**Neuroticism:**

Neuroticism is the name Eysenck gave to a dimension that ranges from normal, fairly calm and collected people to one’s that tend to be quite “nervous.” His research showed that these nervous people tended to suffer more frequently from a variety of “nervous disorders” we call
neuroses, hence the name of the dimension. But understand that he was
not saying that people who score high on the neuroticism scale are
necessarily neurotics -- only that they are more susceptible to neurotic
problems.

Eysenck was convinced that, since everyone in his data-pool fit
somewhere on this dimension of normality-to-neuroticism, this was a true
temperament, i.e. that this was a genetically-based, physiologically-
supported dimension of personality. He therefore went to the
physiological research to find possible explanations.

The most obvious place to look was at the sympathetic nervous system.
This is a part of the autonomic nervous system that functions separately
from the central nervous system and controls much of our emotional
responsiveness to emergency situations. For example, when signals from
the brain tell it to do so, the sympathetic nervous systems instructs the
liver to release sugar for energy, causes the digestive system to slow
down, opens up the pupils, raises the hairs on your body (goosebumps),
and tells the adrenal glands to release more adrenalin (epinephrine). The
adrenalin in turn alters many of the body’s functions and prepares the
muscles for action. The traditional way of describing the function of the
sympathetic nervous system is to say that it prepares us for “fight or flight.”

Eysenck hypothesized that some people have a more responsive sympathetic nervous system than others. Some people remain very calm during emergencies; some people feel considerable fear or other emotions; and some are terrified by even very minor incidents. He suggested that this latter group had a problem of sympathetic hyperactivity, which made them prime candidates for the various neurotic disorders.

Perhaps the most “archetypal” neurotic symptom is the panic attack. Eysenck explained panic attacks as something like the positive feedback you get when you place a microphone too close to a speaker: The small sounds entering the mike get amplified and come out of the speaker, and go into the mike, get amplified again, and come out of the speaker again, and so on, round and round, until you get the famous squeal that we all loved to produce when we were kids. (Lead guitarists like to do this too to make some of their long, wailing sounds.)

Well, the panic attack follows the same pattern: You are mildly frightened by something -- crossing a bridge, for example. This gets your sympathetic nervous system going. That makes you more nervous, and so
more susceptible to stimulation, which gets your system even more in an uproar, which makes you more nervous and more susceptible.... You could say that the neuroticistic person is responding more to his or her own panic than to the original object of fear! As someone who has had panic attacks, I can vouch for Eysenck’s description -- although his explanation remains only a hypothesis.

**Extraversion-introversion:**

His second dimension is extraversion-introversion. By this he means something very similar to what Jung meant by the same terms, and something very similar to our common-sense understanding of them: Shy, quiet people “versus” out-going, even loud people. This dimension, too, is found in everyone, but the physiological explanation is a bit more complex.

Eysenck hypothesized that extraversion-introversion is a matter of the balance of “inhibition” and “excitation” in the brain itself. These are ideas that Pavlov came up with to explain some of the differences he found in the reactions of his various dogs to stress. **Excitation** is the brain waking itself up, getting into an alert, learning state. **Inhibition** is the brain calming itself down, either in the usual sense of relaxing and going
to sleep, or in the sense of protecting itself in the case of overwhelming stimulation.

Someone who is extraverted, he hypothesized, has good, strong inhibition: When confronted by traumatic stimulation -- such as a car crash -- the extravert’s brain inhibits itself, which means that it becomes “numb,” you might say, to the trauma, and therefore will remember very little of what happened. After the car crash, the extravert might feel as if he had “blanked out” during the event, and may ask others to fill them in on what happened. Because they don’t feel the full mental impact of the crash, they may be ready to go back to driving the very next day.

The introvert, on the other hand, has poor or weak inhibition: When trauma, such as the car crash, hits them, their brains don’t protect them fast enough, don’t in any way shut down. Instead, they are highly alert and learn well, and so remember everything that happened. They might even report that they saw the whole crash “in slow motion!” They are very unlikely to want to drive anytime soon after the crash, and may even stop driving altogether.

Now, how does this lead to shyness or a love of parties? Well, imagine the extravert and the introvert both getting drunk, taking off their clothes, and dancing buck naked on a restaurant table. The next morning, the
extravert will ask you what happened (and where are his clothes). When you tell him, he’ll laugh and start making arrangements to have another party. The introvert, on the other hand, will remember every mortifying moment of his humiliation, and may never come out of his room again. (I’m very introverted, and again I can vouch to a lot of this experientially! Perhaps some of you extraverts can tell me if he describes your experiences well, too -- assuming, of course, that you can remember your experiences!)

One of the things that Eysenck discovered was that violent criminals tend to be non-neuroticistic extraverts. This makes common sense, if you think about it: It is hard to imagine somebody who is painfully shy and who remembers their experiences and learns from them holding up a Seven-Eleven! It is even harder to imagine someone given to panic attacks doing so. But please understand that there are many kinds of crime besides the violent kind that introverts and neurotics might engage in.

**Neuroticism and extraversion-introversion:**

Another thing Eysenck looked into was the interaction of the two dimensions and what that might mean in regard to various psychological problems. He found, for example, that people with phobias and
obsessive-compulsive disorder tended to be quite introverted, whereas people with conversion disorders (e.g. hysterical paralysis) or dissociative disorders (e.g. amnesia) tended to be more extraverted.

Here’s his explanation: Highly neuroticistic people over-respond to fearful stimuli; If they are introverts, they will learn to avoid the situations that cause panic very quickly and very thoroughly, even to the point of becoming panicky at small symbols of those situations -- they will develop phobias. Other introverts will learn (quickly and thoroughly) particular behaviors that hold off their panic -- such as checking things many times over or washing their hands again and again.

Highly neuroticistic extraverts, on the other hand, are good at ignoring and forgetting the things that overwhelm them. They engage in the classic defense mechanisms, such as denial and repression. They can conveniently forget a painful weekend, for example, or even “forget” their ability to feel and use their legs.

**Psychoticism:**

Eysenck came to recognize that, although he was using large populations for his research, there were some populations he was not tapping. He began to take his studies into the mental institutions of England. When
these masses of data were factor analyzed, a third significant factor began to emerge, which he labeled psychoticism.

Like neuroticism, high psychoticism does not mean you are psychotic or doomed to become so -- only that you exhibit some qualities commonly found among psychotics, and that you may be more susceptible, given certain environments, to becoming psychotic.

As you might imagine, the kinds of qualities found in high psychoticistic people include a certain recklessness, a disregard for common sense or conventions, and a degree of inappropriate emotional expression. It is the dimension that separates those people who end up institutions from the rest of humanity!

**Sports Psychology - Makes Sportsmen Perform Better:**

Modern day sports are very demanding. It requires for the sportmen and athletes alike to perform to the very best of their abilities and beyond. So it becomes all the more important that the athletes do get the maximum help that they can in order to compete and win in a highly competitive environment. While it is important that the athlete should have the necessary skills required to excel in a particular sporting event, the sports team that he or she is a part of also forms an equally important
contributing factor for the athlete’s success. The team includes supporters, trainers and sports doctors among others, who are all doing their bit in ensuring that the athlete performs in competitions at the height of the mental, physical and emotional abilities that he or she is capable of. In all of this, one area of psychology has an important part to play, and that is sports psychology.

Sports psychology is concerned with preparing the athlete or teams to be able to handle the high emotional stress levels that come with participating in sports competitions. Psychologists and sports trainers can work in tandem to enhance the performance levels of the athlete. The coach can give appropriate information about the particular athlete to the psychologist, who will then be able to derive the psychological and behavioral patterns of the athlete before an event. With the help of this mental picture as well as the characteristic mental attitude of the athlete, the coach will be able to set up the most effective training schedule that will bring out the best in all of the athlete’s capabilities. Thus, sports trainers can use psychology and help their charges better and get the best performance out of them.

In order to better equip the athlete or teams for sports competitions, the coaches will have to have an idea about sports psychology. Event though
it is not necessary for them to be experts in psychology, it does help their wards a lot if coaches are able to gauge the mental condition of the athletes before and during a competition.

One of the best examples of the benefits of sports psychology can be witnessed in and during several sports competitions that are held over long periods and test the endurance levels of the different sportsmen. In such events, you will be able to see that certain of the athletes will be handling themselves through the competition with much lesser effort than others. These athletes and sportsmen will be turning up their peak performances with high levels of endurance and focus notwithstanding the length of the sporting competition. Now it becomes clear that these athletes would have had a coach with an idea about sports psychology and the advantages that it brings along to the performing athletes. On the other hand, you will also see other athletes who appear to be struggling to maintain focus and complete goals; these will be the ones who might not have had the benefit of sports psychology.

**Personality theories:**

Critics of personality theory claim personality is "plastic" across time, places, moods, and situations. Changes in personality may indeed result from diet (or lack thereof), medical effects, significant events, or
learning. However, most personality theories emphasize stability over fluctuation.

**Trait theories:**

According to the Diagnostic and Statistical Manual of the American Psychiatric Association, personality traits are "enduring patterns of perceiving, relating to, and thinking about the environment and oneself that are exhibited in a wide range of social and personal contexts."

Theorists generally assume a) traits are relatively stable over time, b) traits differ among individuals (e.g. some people are outgoing while others are reserved), and c) traits influence behavior.

The most common models of traits incorporate three to five broad dimensions or factors. The least controversial dimension, observed as far back as the ancient Greeks, is simply extraversion vs. introversion (outgoing and physical-stimulation-oriented vs. quiet and physical-stimulation-averse).

- Gordon Allport delineated different kinds of traits, which he also called dispositions. Central traits are basic to an individual's personality, while secondary traits are more peripheral. Common traits are those recognized within a culture and thus may vary from
culture to culture. Cardinal traits are those by which an individual may be strongly recognized.

- Raymond Cattell's research propagated a two-tiered personality structure with sixteen "primary factors" (16 Personality Factors) and five "secondary factors."

- Hans Eysenck, who believed just three traits - extraversion, neuroticism and psychoticism - were sufficient to describe human personality. Differences between Cattell and Eysenck emerged due to preferences for different forms of factor analysis, with Cattell using oblique, Eysenck orthogonal, rotation to analyse the factors that emerged when personality questionnaires were subjected to statistical analysis. Today, the Big Five factors have the weight of a considerable amount of empirical research behind them. Building on the work of Cattell and others.

- Lewis Goldberg proposed a five-dimension personality model, nicknamed the "Big Five":

  1. Extraversion - outgoing and stimulation-oriented vs. quiet and stimulation-avoiding
2. Neuroticism - emotionally reactive, prone to negative emotions vs. calm, imperturbable, optimistic

3. Agreeableness - affable, friendly, conciliatory vs. aggressive, dominant, disagreeable

4. Conscientiousness - dutiful, planful, and orderly vs. laidback, spontaneous, and unreliable

5. Openness to experience - open to new ideas and change vs. traditional and oriented toward routine for ease of remembrance, this can be written as either OCEAN or CANOE.

Anxiety:

Anxiety is a physiological and psychological state characterized by cognitive, somatic, emotional, and behavioral components. These components combine to create an unpleasant feeling that is typically associated with uneasiness, fear, or worry.

Anxiety is a generalized mood state that occurs without an identifiable triggering stimulus. As such, it is distinguished from fear, which occurs in the presence of an external threat. Additionally, fear is related to the specific behaviors of escape and avoidance, whereas anxiety is the result of threats that are perceived to be uncontrollable or unavoidable.
Anxiety is a normal reaction to stress. It may help a person to deal with a difficult situation, for example at work or at school, by prompting one to cope with it. When anxiety becomes excessive, it may fall under the classification of an anxiety disorder.

**Symptoms:**

Anxiety can be accompanied by physical effects such as heart palpitations, nausea, chest pain, shortness of breath, stomach aches or headaches. Physically, the body prepares the organism to deal with a threat. Blood pressure and heart rate are increased, sweating is increased, bloodstream to the major muscle groups is increased, and immune and digestive system functions are inhibited (the fight or flight response). External signs of anxiety may include pale skin, sweating, trembling, and pupillary dilation. Someone suffering from anxiety might also experience it as a sense of dread or panic.
5.4 SUGGESTIONS:

01. It will be quite beneficial for the development of Volley-ball players and games so, I strongly recommend that each and every coaches, team makers and selectors must apply for the psychological, personality and anxiety test on the players.

02. National level and state level, everyone must measure the mental, health as well as physical fitness.

03. If we measures personality and anxiety factors that will be useful for the coaches in the coaching.

04. It will be beneficial for the selection process and for the classification of players.