Chapter -1

INTRODUCTION

People in India believe that the human body is an instrument of dharma “shareeramevadya hi dharmasadhanam”. Hence, the body shall be nourished and maintained as the mental health is maintained by literary education. We religiously practice “a sound mind in a healthy body”.

“Physical education is a vital element in a comprehensive, well balanced curriculum and can be a major contributing factor in the development of an individual in all aspects of life, physical, emotional, mental and social. Through a high quality physical education experience, an individual gets a chance to understand the importance of obtaining and maintaining a high level of physical fitness, participate in wide variety of physical activities to foster the desire to maintain active lifestyle, enhance physiological and motor skill development, and develop fair play, teamwork and socially acceptable behavior which enhance self esteem.”

“Regular physical activity has shown to have many psychological and mental benefits in addition to the physical ones. For example, regular
exercise can reduce feelings of depression and anxiety and promote an overall sense of well being.”

Physical education has overall advantages, along with cure of obesity, enhance self confidence. In the present day, schools and colleges have a vital range of physical education programs. It includes “general health and safety information.” It also provides the “opportunities for students to learn how to cooperate with others.” Keeping the present trend, in view of people becoming fat and obese, by eating junk food, these programs if organized in society can benefit the masses at large.

Physical education program also enhance our “critical life skills,” like “solving problems analytically,” “logical reasoning,” and “organizing strategies.” Every team game needs team mates who play together to achieve the success. They also learn the basics of sportsman-spirit which imbibes personality traits beyond winning and losing. Sports require mental and physical training of the individual and help to build self-confidence.

Man is the byproduct of complex system of variables, which constantly interact with personality and shape it. Some important determinants among them are genetic and cultural determinants. If we observe people in our vicinity like close, relations and colleagues, we will
find the difference in the perseverance of every single person as they learn, think, and perform. Such difference can be found in all walks of life. Individual differences are common within and across all species. These differences add colour and beauty to nature. People too possess different combinations of traits.

Variability is a fact of nature, and people are no exception to it. They differ in physical characteristics, such as height weight, strength, hair colour etc. They may be intelligent or dull, dominant or submissive, withdrawn or overprotective, depressive & anxious etc. The list of variations can be endless. Different traits can exist in varying degrees in an individual. In this sense, every single person is unique as they possess a typical combination of various traits. This, in fact, is the subject matter of the study of individual differences.

While many psychologists believe that our behaviors are influenced by our personal traits.¹

“To understand the neuroticism trait in detail and its psychological composition we need to be aware about the personality of the person concerned. One of the ways is to construct a coherent picture of the person concerned.

¹ V.K. Sharma, “Health and Physical Education class xi.” Saraswati publication, 1953
and his or her major psychological processes. Another way is to view personality as the study of individual differences, in other words, how people differ from each other. There can be a third way also which requires examination of human nature, its similarity/ dissimilarity among all people. These three viewpoints merge together in the study of personality.

Man is always interested in himself and his “personality”. His understanding of this subject is limited to its admiration. The study of personality helps us understand not only who we are, but also our uniqueness as well as our similarities with others. By understanding ‘self’ and ‘personality’ we can know our own as well as other’s behavior in diverse settings.

Personality of an individual, though so much ambivalent, is difficult to define. The term ‘personality’ often appearing in day to day discussion, has become a viable and useful concept for describing and categorizing behavior in physical activity and sports. The reason for this personality in its broadest context can be interpreted as representing the total psychological structure of the individual. “The personality of a person is integration or merging of all the parts of one’s psychological life, the way one thinks, feels, acts and behaves. It is a combination that characterizes or distinguishes
a person from other people and represents that more permanent or enduring aspects of one’s behavioral patterns.” (Alderman R.B., 1974).

In general, an individual’s personality is judged on the basis of the ways he interacts with other people in various situations and how they, in turn, view him. A person, for example, may project to other people a very friendly or retiring or self-confident. Such attributes become even more consolidated into a person’s psychological structure when other people react to him in such a way as to reinforce those traits which are typical of him. When a person acts very aggressively in most situations, people view him as being aggressive, and this analysis is necessary if we are to gain insight into why people behave the way they do. The important question is not whether a person is aggressive or friendly or competitive, but why he is aggressive, friendly or competitive. (Alderman, R. B. , 1974).²

Personality is what makes an individual unique. It is the uniqueness that impels us to enquire into the pertinent difference among the individuals. A pleasing personality has a marketable value in the society. Personality is a factor to be comprehended meticulously as it is considered being the sum total of behavior of an individual in relation to the society.

The term ‘personality’ emanates from the Latin word ‘Persona’ that was associated with Greek theater. The mask worn by actor was called ‘Persona’. The mask or persona of the actor implied a cover for the real person behind it. The term personality in English, ‘Personalite’ in French, ‘personlichkeit’ in German has a close similitude with the personalities of medieval Latin.

The concept of personality differs from culture to culture. Each culture has its own value system and approved way to living, which affects the thoughts, the feelings, the emotions, the actions and endeavors of its people. These fundamental values of a culture to which a child belongs, tends a pattern to his basic personality. For instance the western culture emphasizes egocentric and more realistic tendencies where as Indian culture emphasizes such values sympathetic attitude, self-sacrifice cooperation and self discipline. To make the concept of personality more clear, some of main approaches to study personality have been mentioned below:

These days sports competitions are very tough. Players are using best techniques and best training methods for better results during competitions. Even then they are not satisfied by their results. Thus the importance of psychology was realized in physical education to give best possible results of player. Sports psychology is the branch of psychology which deals with
positive behavior of sportsperson during training and competition period to increase performance. It guides coaches and players to give individual attention regarding various methods and various motivational techniques. It guides sports ethics and sportsmanship to develop sports attitude. The knowledge of sports psychology helps coaches and players to help to control their stress, anxiety, depression through various methods and techniques. It also helps to tackle various problems of life.

The psychologists have divided the personality into four types i.e., A, B, C and D:-

i. **Type ‘A’ personality:** The individual with this type of personality are very competitive. They are self-critical. They are characterized by high working involvement. They are easily excited and owing to that they usually fall prey to hypertension. They experience a persistent sense of urgency. So, they seem to be always struggling against the clock. They quickly become impatient with delays. Such types of individual can easily be aroused to anger, hostility and aggression. They are more prone to heart ailments.

ii. **Type ‘C’ personality:** The individuals with such type of personality have pleasing and appeasing nature. They are unable to express their

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emotions specially anger. They are able to suppress their emotions efficiently. They are lethargic, passive hopeless and pessimistic. Sometimes, they even deny their own needs. They feel alone and their loneliness begins at an early age. They have such behavior pattern which may enhance the risk of cancer.

iii. **Type ‘D’ personality:** The individual with such type of personality usually suffer from high degree of distress. They persistently suppress their feelings. Such persons don’t share their emotions with other persons because they always have a fear of rejection or disapproval. Such individuals are usually prone to heart ailments. They are susceptible to high blood pressure, inflammation and depression. They have great risk of premature death. They usually lead a poor quality of life.⁴

Role of sports is very important in the development of the personality of an individual. They are not less significant than balanced diet. At the level of the individual in this world, sports and games act as an indispensable vehicle which leads towards physical, mental, social, emotional and moral development of the individual. Most precisely in other words, it can be said that sports and games play a vital role in the harmonious development or all

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round development of personality of an individual. They improve the personality of an individual. Earlier, games and sports used to be considered as a means of recreation only but now the importance of games and sports has been realized. When these dimensions are united it makes the personality. Sports play a vital role in the development of these aspects of personality. Today sports and games contribute towards the development of an individual in the following ways:

- Improves physical personality: The physical activities (games and sports) bring proper physical development and improve growth patterns like well-shaped & good looking body, flexibility & strength in muscles, speed, endurance, coordinative abilities etc, thereby, resulting in improvement of physical personality.
- Improves Health: Good health is part of personality. Physical activities help to maintain good health thus personality improves.
- Social Personality Development: through games and sports lot of social qualities get developed and improved like friendship, togetherness, cooperation, team work, sportsmanship, tolerance, sympathy, obedience of rules and regulations, discipline, respect, self respect, patience and harmony etc.
Emotional Personality Improves: Physical activities help to improve emotions for proper growth and development. They help to control emotions and balances emotions for personality development.\(^5\)

In a nutshell, it can be concluded that sports play a very significant as well as effective role in the all round development or harmonious development of the personality of an individual. Sports develop and enhance the personality of individual because all the essential traits or qualities are developed through games and sports.

Although personality traits have been categorized by many think tanks in the past, however, there has not been any consensus on the universally acceptable category. Broadly, for the convenience of our study, the major personality traits can be divided into following categories:

1. Openness to Experience: They appreciate art, express high emotions, perform adventurous activities; unusual ideas; curiosity; variety of experience. Openness reflects the degree of intellectual curiosity and creativity.

\(^5\) Ibid.
2. Conscientiousness: They have the tendency to show self-discipline, act dutifully and aim for achievement; their behavior is planned rather than spontaneous.

3. Extraversion: They have high energy, positive emotions, surgency, assertiveness, sociability, tendency to seek stimulations in the company of others and talkativeness.

4. Agreeableness: They possess the quality to be compassionate, cooperative towards others, helpful nature, trust others.

5. Neuroticism: These people have the tendency to experience unpleasant emotions easily such as anger, anxiety, depression or vulnerability. Neuroticism also refers to the degree of emotional stability and impulse control.\(^6\)

Generally, people show the tendency of using the term ‘depression’ for every feeling of ‘sadness’ and ‘feeling down’.

“Some of these usages may be well-intentioned but they show a lack of understanding of the nature of depression. The problem is rooted in the use of the word “depression” as a diagnosis. The reason why this is a problem can be understood in the usage of the word “depression” which is also being used by the public to describe a mood such as “I'm feeling

\(^6\) Ibid., P.102.
depressed today.” However, ‘a temporary mood’ and ‘a diagnosable illness’ are two very different things. So the use of the same term to describe apples and oranges creates a great deal of confusion and misunderstanding.”

“Mind can, therefore, be categorized as – ‘emotionally stable’ and ‘emotionally unstable’. The tendency of being emotionally unstable can be described as experiencing negative emotions, such as anger, anxiety, or depression, which may be termed as ‘neuroticism’. Neuroticism is, therefore, a ‘fundamental personality trait.’ Those who score high in neuroticism are emotionally reactive and vulnerable to stress. They are more likely to take usual situations as threatening, and minor frustrations as hopelessly difficult. Their negative emotional reactions persist for unusually long duration, which means they are most of the time in bad mood. Neuroticism is also associated with low emotional intelligence which involves emotional regulation, motivation, and interpersonal skills. It is also a risk factor for mental disorders like phobia, depression, panic, and other anxiety disorders called neuroses.”

“Individuals who score low in neuroticism are more emotionally stable and less reactive to stress, they are calm, even-tempered, and less likely to feel tense or rattled. Although they are low in negative emotion,
they are not necessarily high on positive emotion. Being high on positive emotion is an element of the independent trait of extraversion. Neurotic extraverts, for example, would experience high levels of both positive and negative emotional states, a kind of "emotional roller coaster". Individuals who score low on neuroticism generally report more happiness and satisfaction with their lives."

“Physiologically, according to Eysenck’s theory, neuroticism, “is based on activation thresholds in the sympathetic nervous system or visceral brain. This is the part of the brain that is responsible for the ‘fight-or-flight’ response in the face of danger. Activation can be measured by heart rate, blood pressure, cold hands, sweating and muscular tension (especially in the forehead). Neurotic people, who have low activation thresholds, and unable to inhibit or control their emotional reactions, experience negative affect (fight-or-flight) in the face of very minor stressors and easily become nervous or upset. Emotionally stable people, who have high activation thresholds and good emotional control, experience negative affect only in the face of very major stressors and remain calm and composed under pressure.”
“Perhaps athletes are lower in neuroticism than non-athletes because becoming emotionally aroused too easily may interfere with athletic performance. However, because all sport involves motor skill, neuroticism may not vary as a function of contact. This means that neurotics avoid sport (the gravitational hypothesis), differences between athletes and non-athletes will show up early in participation and will not change over time.”

“Research suggests that sports training may have many psychological benefits, such as enhanced self-esteem, self-concept and reducing aggressiveness.” Through the study of personality traits, coaches and physical educators easily understand that sports training could decrease anxiety and increase personal independence. This comes very handy in solving the problems of trainees/players. Non athlete person can be easily discriminated from athlete ones on the basis of various factors. One can easily predict just by looking at the person whether she is an athlete or not. An athlete is expected to be very active compared to her counterpart. She will always be on her toes and ready to accept challenges. She will face every day with positive energy and charm. It has been found that learning stress reduction (breathing techniques, yoga or simple meditation) and relaxation techniques can increase longevity of the aging person and reduce neuroticism factors in him.
Statement of the Problem

This study is being done with an endeavor to assess and analyze neurotic personality factors present of female athletes and non-athletes. This can be formally stated as,

“A Comparative Study of Neurotic Personality Factors of Female Athletes and Non-athletes”

Delimitations

1. The study is delimited to women athletes & non-athletes.

2. The study is confined to senior secondary to college level.

3. The study will be confined to a sample size of five hundred (500) female athletes and five hundred (500) female non-athletes.

Limitation

1. The individual’s personal motivation to fill the questionnaire truly is possibly a limitation to this study.
2. Although full assurance is promised with regard to the confidentiality of the response, some of the subjects may hesitate in presenting their true opinion.

Hypothesis

On the basis of literature available it has been hypothesized that there will be no significant difference between female athletes and non-athletes with respect to neurotic personality factors.

Definition and Explanation of the terms

Neuroticism

“It is an enduring tendency to experience negative emotional states, such as anxiety, anger, guilt and depression. Those who score high on neuroticism scales are more likely than average to respond poorly to stress. They may also, at times, interpret situations as threatening or hopelessly difficult.”

Over protection

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7 en.wikipedia.org/wiki/neuroticism
“Undue or excessive protection or shielding; specifically: excessive restriction of a child's behavior allegedly in the interest of his or her health and welfare by an anxious, insecure, or domineering parent.”

Depressiveness

“Tending to depress; causing depression.”

Submissiveness

“Inclined or ready to submit; unresistingly or humbly obedient.”

Anxiety

“A feeling of worry, nervousness, or unease about something with an uncertain outcome.”

Athlete

“A person trained in exercises of physical strength, speed and skill especially one, who participates or competes in games requiring agility and stamina. Ball players, runners, boxers and swimmers are athlete.”

Personality

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8 http://www.merriam-webster.com/medical/overprotection
9 http://dictionary.reverso.net/english-definition/depressiveness
11 Meaning of Anxiety: https://www.google.co.in
According to Allport (1961), “personality is the dynamic organization with in the individual of those psycho-physical systems that determine his unique adjustment to his environment.” 13

“An individual’s characteristic pattern of thorough behavior and emotion.” 14

“The unique set of behaviors (including thoughts and emotions) and enduring qualities that influence the way a person adjusts to environment.” 15

**Significance of the study**

1. The present study determines the similarities between the neurotic personality factor of female athletes and female non-athletes. It shows the dissimilarities between the personality neurotic factors.

2. The motive of this study is to find, athlete & non athlete behaviors.

3. It is observed that there are specific and unique psychological characteristics of athletes when compared with non-athletes. The investigation may support the above statement.

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4. This kind of personality study is beneficial for discovering the kinds of psychological factors associated with successful athletes. Once these psychological factors are understood, athletes can work with sport psychologists and coaches to develop psychological skills for improving performance.

5. The focus of the study of the present investigation is on athletes & non athletes & may help to understand their aggressive and anxiousness among the group. This may further help the coaches and trainers for selection of games/sports.