Chapter-I

INTRODUCTION

Since the inspection of civilization, game have been playing important role in the life man. With the rise in education, all spheres of man have been affected. Sports are no exception. Now a days government and non-government organizations are taking keen interest in promoting the sports. It is very correct to say that sports have become part and parcel of life. Without sports, our life is like a tree without flowers and fruits.

A sport is essentially that aspect of human activity which strengthens the integration of the body and mind. It is also pointed out in the literature that such performance provides stimulation to the center nervous system to such an extent that the underdeveloped, dead or dying cell will ether be rehabilitated of their function will be assumed by other or newly generated cells. Van Dalen (1971) contents that Greeks were the first civilized people to lay an equal emphasis on the cultivation of the “Man of Action” (Physical Persons) and the “Man of Wisdom” (Mentally sound persons) through games, sports and vigorous activities. They were of the considered opinion that intellectual achievement could not be possible without physical efficiency.

‘Sports’, in view of Vanderzwag and Sheehan (1978) is higher order of playful games. The play spirits never completely disappear from sports. Sports retain play like quality as one of the characteristics. Sports in its purest and most complete from occurs in game situations.

As games becomes more organized or format form jump rope to the World Series, rules becomes more codified and consequently more binding. Sports, as known today, fall more on the structured side of game-rule continuum. By its very
nature, a sport is generic, referring to a type activity rather a specific activity. In the general sense, a sport is compared to music, art, literature, science and religion. One outstanding feature of sport is its play like nature as it as it origins to playful attitudes. Similar views on the nature of sports have been expressed by Schmitz (1972) Alderman (1974)

Wrestling is the most important game since the ancient times. It is one of the oldest sports not only in India but also in the world. When Olympic started, there were only two events were conducted i.e. wrestling and athletics. Wrestling is the father of all other sports and games. In Indian sports and culture, wrestling traces its origin for beyond then pre-classic days of RAMAYANA and then MAHABHARTA. The most adorable epic characters of the great wrestlers like the mighty HUNUMAN AND MAHABALI BHIMA in Ramayana and Mahabharata respectively are the glaring evidence of the social recognition of their combat modus and the closest marital art in its different forms. India is also participating in the modern Olympic Games from the starting 19th Century.

Wrestling makes a man healthy, active and smart. Pluto’s statement “Sound mind in a sound body” can comes into play only by doing wrestling. It is also a big fact wrestling is the cheapest among all the games. Hercules was a famous wrestler of Greece and even today his name is treated as the pride of the common man, a necessity for the soldier and life-breath of the nation. Even now its popularity is immense in the International Sport as it forms part of the world and Olympic Games. Indeed this game is very popular in the countries like U.S.A.S., Germany, Hungary, U.S.S.R., Belgium, Turky, Cuba, Iran, Tatkistan and Italy.
Wrestling in India is considered as one of the most ancient and oldest sports, and has glorious past. The game of Wrestling started its journey in India several centuries back, during the middles ages. Wrestling is counted amongst the most prestigious and oldest events in the Olympic Games, as it was included in the Olympics in 708 BC. In the ancient times, Wrestling in India was mainly used as a wonderful way to stay physically fit. It was also used as a great way of military exercise without any weapons. Wrestling in India is also known as `dangal` and it is the basic form of a wrestling tournament.

**Mythological Reference to Wrestling**

Wrestling in India is most famously known as Malla-Yuddha. Some forms of Mallayuddha were practiced in India even before the invasion of the Aryan. The famous Indian epic, Mahabharata has a huge mention about the game of Wrestling in India. One of the premier characters in Mahabharata, Bhima was considered to be a great Wrestler of that time and some of the other great wrestlers included Jarasandha, Duryodhan, Karna etc. In the other Indian epic, Ramayana also mentions about Wrestling in India and Hanuman is described as one of the
greatest wrestlers of that time. The thirteenth century Malla Purana has the reference of a group of Gujarati Brahmin wrestlers known as Jyeshmallas.

![Image of a man holding a basket]

**Ancient History of Wrestling**

Wrestling in India, during the ancient times, used to get regular patronage from the Emperors and Kings. The kings of pre-independence nurtured Wrestling in India to a large extent. The Indian Kings used to keep the wrestlers in good diet and provide them with pulses, meat, milk, sugar and high quality sweets. The wrestlers used to keep themselves engaged inside the wrestling court and concentrate on bodybuilding, all the time. The Indian Kings had many stables and `court` wrestlers, who represented them against the wrestlers of their rival Kings. During the British rule, Wrestling in India got another big push, as the British rulers included the game into the military practise. The British military including Indian soldiers got attracted to wrestling, very much.
Types of Wrestling in India

Wrestling in India can be divided into two main categories like Malla Krida and Malla-Yuddha. While Malla Krida is the sports form of the game, Malla-Yuddha is the battle version of Wrestling. There are also some other forms of Wrestling in India, out of which, the free-style varieties are more common than all the other forms, since Vedic times. The free-style varieties of Wrestling in India are known as Pushti or Kushti. Wrestling in India can also be divided into 4 types like Bhimaseni, Hanumanthi, Jambuvanthi and Jarasandhi, based on the technique and methodology. The technical superiority of the Wrestler matters the most in the Hanumanthi type of Wrestling. The wrestler can get victory over the opponent of even greater strength, by his technical superiority. In the Jambuvanti Wrestling, the wrestlers apply locks and holds to get control over the opponent. The Jarasandhi form of Wrestling is mainly focused on the breaking of the limbs and joints of the opponent and hence, it is considered as the most dangerous form of Wrestling in India. The other type, Bhimaseni is for those wrestlers, who have huge build and strength. This form of Wrestling gives pressure on acquiring the strength and then using it.

Based on the holds and methods of selecting the winner, wrestling in India can also be divided into another two categories like the Orthia type and the Kato Pale. In Orthia type, the wrestler has to throw the opponent on the ground for three times consecutively to win the match. The process continues until one wrestler comes out with flying colours. The Kato Pale type of Wrestling demands the wrestler to accept defeat by raising his right hand with the index finger pointed. However, the rules of Wrestling in India vary region wise Wrestling in India continued to increase its popularity till the modern days and India was considered among the top 10 countries in Wrestling till the 1960s. India also hosted the World Wrestling Championship in New Delhi in 1967. Being called as ‘Pehelwan’, the
Indian wrestlers take part in wrestling sport and also get trainings in few aspects of Judo and Jutusu. The Indian wrestlers used to compete in the wrestling competitions and practise in a 20x20 deep stone courtyard full of clay and water or milk. However, in the modern times, wrestling mats and rings have replaced them.

**Wrestlers in India**

Wrestling in India has witnessed the rising of several eminent wrestlers, so far. The legendary Indian wrestler, Karim Bux became the first wrestler to defeat Tom Canon of England in 1892. Another eminent Indian wrestler, Gobar Goho became the World Champion in Wrestling in San Francisco in 1922, by defeating the hook wrestler Ad Santel. The renowned Indian freestyle wrestler, Khashaba Dadasaheb Jadav won bronze medal in the 1952 Olympic Games. Another eminent Indian wrestler was Salwinder Singh Shinda, who won the Chandigarh Kesari Award, for four times. Some of the other legendary wrestlers in India include Kikkar Singh, Gulam, Rajeev Tomar, Arjuna Awardees in wrestling like Anuj Chaudhury and Malkit Singh Kanjli.
Apart from them, in the recent years, Wrestling in India is watching the rising of some wrestlers, who have a high potential to revive the dominance of India in the international Wrestling arena. The famous Indian wrestler, Sushil Kumar has won Bronze medal in the 2008 Beijing Olympic Games. Apart from the conventional way of Wrestling, there is also another type of Wrestling in India that has earned significant popularity, now-a-days. This is called as sports entertainment and the World Wrestling Entertainment (WWE) and TNA are two of the most popular events in this form of Wrestling. Some Indian wrestlers have
become popular in this form of wrestling also. The wrestlers include, Sonjay Dutt (TNA), Dalip Singh (the Great Khali of WWE), Dara Singh, Tiger Jeet Singh etc.

Wrestling in India is being run and managed by a number of associations at the state and national level. The national body for Wrestling in India, the wrestling Federation of India (WFI) came into existence in 1967 and it has been promoting the game in India, since then. Apart from that, there is also several state level wrestling associations that are working in collaboration with the WFI for the management of Wrestling in India. The associations present many awards and Wrestling titles to the Indian wrestlers. Some of the most prestigious Wrestling titles include the Rustam-i-Hind that means Wrestling Champion of India, the Rustam-e-Punjab, the Rustam-i-Zamana, and the Bharat-Kesri that is given to the Best Heavyweight Wrestler of India.

**Equipments in Wrestling**

**Mat**

A mat having a diameter of 9 metres and surrounded by a border of the same thickness between 1.20 and 1.50 m wide is required in all contests.

(A) A red band, 1 m wide and forming an integral part of the wrestling surface, is drawn on the inside of the circle-9 m in diameter-and running along its entire circumference.

(B) A mat 10 m in diameter, including the 1 m wide passivity zone, may be used, as long as the protection surface is 1.20 m wide throughout.

(C) A circle must be traced in the middle of the mat with a diameter of 1m and a surrounding band of 10 cm width.
Dress

The contestants must present themselves at the edge of the mat in a one piece costume with a colour assigned to them (red or blue). Under this dress they must wear a protective genital supporter, and shorts or similar undergarments. Contestants are not permitted to wear protective head gear. This must be of a type which will not cause any injury to the opponent. Light knee pads and suitable sports shoes may be worn. These shoes must be worn on the mat only.

With the rise of education many new terms in sports have been found which directly or indirectly influence the performance of wrestlers. They also influence the participation and performance of wrestlers in competitive tournaments.

The types of factors which affect sports performance are as following:

1. Physical Factors
2. Psychological Factors
3. Social Factors

This is true that the wrestling is a game of physically strong persons. The player which wants to participate in wrestling should be physically strong, having a solid physique, developed muscles, high stamina, having strong body structure etc. So this is to be considered that only the strong person should participate in this game. But as being the important factors in any activity being done by a person, psychological factors also play important role in wrestling like other games. So the psychological factors including personality, intelligence, creativity, decision making, learning, memory, motivation etc. should be included while discussing about the performance of a player in the sports. Beside these earlier mentioned factors, social factors also play an important role in wrestling.
In this way, the core factors out of physical, psychological, and social factors, the following factors are having their own importance in wrestling performance:

(i) **Attitude:**

Attitude is the dynamic of human action. If the wrestlers have favorable attitude towards wrestling, they can perform better. Parents’ attitude towards wrestling is not encouraging in India. They do not allow their children to participate in such a risky game like wrestling. Parents are also alert about the academic part of their children. The college or university management does not take much interest in sports development. The wrestlers are our traditional game and the performance of our wrestlers is remarkable.

According to Brit (1985) an attitude is a mental and natural state of readiness exerting direct or dynamic influence upon the individual’s response to all objects and situations related.

Attitude may be defined as learnt pattern of behavior which predisposes the individual to act in a specific way towards certain situations which is related to Allport (1985).

It is a hypothetical construct that represents an individual's like or dislike for an item. Attitudes are positive, negative or neutral views of an "attitude object": i.e. a person, behaviour or event. People can also be "ambivalent" towards a target, meaning that they simultaneously possess a positive and a negative bias towards the attitude in question.

Attitudes are composed from various forms of judgments. Attitudes develop on the ABC model (affect, behavioral change and cognition). The affective response is a physiological response that expresses an individual's
preference for an entity. The behavioral intention is a verbal indication of the intention of an individual. The cognitive response is a cognitive evaluation of the entity to form an attitude. Most attitudes in individuals are a result of observational learning from their environment.

Taking into consideration research by Breckler and Wiggins (1992) define attitudes as “mental and neural representations, organized through experience, exerting a directive or dynamic influence on behavior”. Attitudes and attitude objects are functions of cognitive, affective and conative components. Attitudes are part of the brain’s associative networks, the spider-like structures residing in long term memory (Higgins, 1986) that consist of affective and cognitive nodes linked through associative pathways (Anderson, 1983; Fazio, 1986). These nodes contain affective, cognitive, and behavioral components (Eagly & Chaiken, 1995).

Anderson (1983) suggests that the inter-structural composition of an associative network can be altered by the activation of a single node. Thus, by activating an affective or emotion node, attitude change may be possible, though affective and cognitive components tend to be intertwined. In primarily affective networks, it is more difficult to produce cognitive counterarguments in the resistance to persuasion and attitude change (Eagly & Chaiken, 1995).

Affective forecasting, otherwise known as intuition or the prediction of emotion, also impacts attitude change. Research suggests that predicting emotions is an important component of decision making, in addition to the cognitive processes (Loewenstein, 2007). How we feel about an outcome may override purely cognitive rationales.

In terms of research methodology, the challenge for researchers is measuring emotion and subsequent impacts on attitude. Since we cannot see into the brain, various models and measurement tools have been constructed to obtain
emotion and attitude information. Measures may include the use of physiological cues like facial expressions, vocal changes, and other body rate measures (Breckler & Wiggins, 1992). For instance, fear is associated with raised eyebrows, increased heart rate and increase body tension (Dillard, 1994). Other methods include concept or network mapping, and using primes or word cues (Shavelson & Stanton, 1975).

Substantial evidence suggests that attitudes have an important influence on the adoption of sports-related behaviors such as: avoiding health hazardous behaviors, non-consuming liquor, smoking cessation; and maintenance of a healthy diet, maintaining sports performance, doing regular practice etc. However, the relationship between attitudes and behavior is complex, and understanding how attitudes influence behavior may be enhanced by the use of a theoretical framework.

The theory of planned behavior is based on the premise that attitudes influence behavior in unison with two other factors: perceptions of social norms (e.g., "Is this something my friends think I should do?") and beliefs about one's personal ability to perform a specific behavior. Studies of various health behaviors have found that attitudes, perceived social norms, and perceived ability each contribute, in varying combinations of importance, to predicting behavior and behavioral intent. Thus, it is appropriate to consider attitudes toward a behavior as one of these three broad classes of psychological determinants of health-related behavior.

One common problem encountered in studying attitudes is that attitudes may either influence behaviors or be influenced by behaviors. For example, a favorable evaluation of oral contraception may prompt a woman to rely on the pill for contraception. Alternatively, a woman who begins using the pill because it is popular (social norms) or because it is easy to use (perceived ability) may
subsequently infer that she believes the pill is a good thing (an attitude). In the latter case, the behavior preceded the attitude. Eagly and Chaiken (1993) provide a comprehensive view of how people infer their attitudes based on their behavior.

Measurement of attitudes can also be problematic. An attitude typically involves multiple evaluations. For example, an individual's attitude toward drinking may involve evaluations of social benefits, benefits of getting drunk (e.g., escape), risks (e.g., injuries and addiction), and other problems (e.g., alienation of family members, missed days of work). One strategy for measuring an attitude this complex is to sum the evaluations (favorable or not) for each of the beliefs contributing to the overall attitude. Thus, an attitude can be measured with questionnaire items that can be read as a scale.

The professional literature in the field of public health contains numerous examples of theory based investigations that help determine the influence of attitudes on health-related behavior. For example, Jennings-Dozier (1999) used the theory of planned behavior to predict intentions among minority women to obtain a Pap smear (a test for cancer of the cervix). Assessed attitudes toward obtaining a Pap smear were the best predictor of this intent among African-American and Latina women. The implication of these findings is that, assuming the services are accessible and affordable, prevention programs can promote first-time Pap testing by providing women with information that favorably influences their evaluation of the test and procedure. In fact, the content of prevention programs is often designed to highlight the benefits of an entity or a behavior.

Prislin and colleagues (1998) provided another example of how the study of attitudes can be applied to the field of public health. They found that six beliefs commonly held by parents about childhood immunization predicted the immunization status of their children. The findings suggest that childhood immunization rates could be increased by facilitating parental beliefs in the
efficacy and safety of vaccines and dispelling the belief that it is better to acquire immunity by getting sick than by receiving a vaccine. These beliefs contribute to parents' overall evaluation (their attitude) toward having their children immunized. Given that parents have access to affordable vaccination services, a more favorable attitude is likely to influence greater compliance with recommended immunizations.

(ii) Personality:

Personality also plays an important role in the performance of wrestling. It directly influences the performance. The wrestlers with high level personality also perform well in the wrestling. Hence, it is also a factor in their performance.

Personality is the supreme realization of the innate idiosyncrasy of a living being. It is an act of high courage flung in the face of life, the absolute affirmation of all that constitutes the individual, the most successful adaptation to the universal condition of existence coupled with the greatest possible freedom for self-determination (Carl Gustav Jung, 1934).

Personality is not easily to define. Basically, personality refers to our attempts to capture or summarize an individual’s essence. Personality is personality, the science of describing and understanding persons. Clearly, personality is a core area of study for psychology, if not the core.

No two people are exactly the same - not even identical twins. Some people are anxious, some are risk-taking; some are phlegmatic, some highly-strung; some are confident, some shy; and some are quiet and some are loquacious. This issue of differences is fundamental to the study of personality. Note also that in studying these differences we will also examine where the differences come from: as with intelligence we will find that there is a mixture of nature and nurture involved.
The word personality is derived from the Latin word “persona” which means mask. The study of personality can be understood as the study of masks that people wear. These are the “personas” that people project and display, but also includes the inner parts of psychological experience which we collectively call our self.

Almost everyday we describe and assess the personalities of the people around us. Whether we realize it or not, these daily musings on how and why people behave as they do are similar to what personality psychologists do.

As earlier mentioned, personality is all about the most essential psychological aspects of a person’s life – our thoughts, feelings, motives, skills, and behaviors. The term is coined from the Latin word ‘persona’ meaning ‘mask’. This means that people put on a ‘mask’ that distinguishes them from the rest. We can choose to portray different personas which constitute to our personality but our inner selves have a greater representation of our true characters.

Every human being possesses a personality that defines our essence as individuals in every stage of development in our lives. It is what makes up a person and it is what makes us unique from each other. In other words, no two individuals have the same personalities and so you are being characterized by other people as to who you are and what you are to them based on your personality.

**Attributes of Personality**

While there are many different theories of personality, the first step is to understand exactly what is meant by the term *personality*. A brief definition would be that personality is made up of the characteristic patterns of thoughts, feelings,
and behaviors that make a person unique. In addition to this, personality arises from within the individual and remains fairly consistent throughout life.

Some of the fundamental characteristics or attributes of personality include:

- **Consistency** - There is generally a recognizable order and regularity to behaviors. Essentially, people act in the same ways or similar ways in a variety of situations. Every individual’s personality manifests consistency. This means that we demonstrate a pattern of regularity or uniformity to our behaviors as recognized and identified by other people. In essence, we tend to act in similar ways and respond similarly to various situations.

- **Psychological and physiological** - Another characteristic of our personality is that it is psychological and physiological. Personality is a psychological construct, but research suggests that it is also influenced by biological processes and needs. A person’s character and identity is built up by the patterns of thoughts, feelings, and behavior. However, some researches would mention that biological aspect also affects or influences personality.

- **Impact behaviors and actions** - Personality does not just influence how we move and respond in our environment; it also causes us to act in certain ways. Our personalities are also said to be characterized by impact behaviors and actions. It causes us to take action or respond to various situations and experiences in certain ways aside from affecting how we act and react in certain situations.

- **Multiple expressions** - The fourth characteristic of our personality is that it is demonstrated through multiple or various expressions. Personality is displayed in more than just behavior. It can also be seen in our thoughts, feelings, close relationships, and other social interactions. It is more than
just a person’s attitude or behavior but also identified through patterns of thoughts, emotions, relationships, and interaction with other people.

**Viewpoints about Personality**

There are a number of different theories about how personality develops. Different schools of thought in psychology influence many of these theories. Some of these major perspectives on personality include:

- **Type theories** are the early perspectives on personality. These theories suggested that there are a limited number of "personality types" which are related to biological influences.

- **Trait theories** viewed personality as the result of internal characteristics that are genetically based.

- **Psychodynamic theories** of personality are heavily influenced by the work of Sigmund Freud, and emphasize the influence of the unconscious on personality. Psychodynamic theories include Sigmund Freud’s psychosexual stage theory and Erik Erikson’s stages of psychosocial development.

- **Behavioral theories** suggest that personality is a result of interaction between the individual and the environment. Behavioral theorists study observable and measurable behaviors, rejecting theories that take internal thoughts and feelings into account. Behavioral theorists include B. F. Skinner and John Watson.

- **Humanist theories** emphasize the importance of free will and individual experience in the development of personality. Humanist theorists include Carl Rogers and Abraham Maslow.
**Hippocrates’ Type viewpoint about Personality**

A noted figure in the study of our personality is Hippocrates who theorized the four human temperaments to determine the differences in our personality. These are: the Sanguines, the Cholerics, the Melancholic, and the Phlegmatic. His theory is still very evident and relevant even after thousands of years of conducting this study.

The Sanguines are charming people and fun to be with because they have a good sense of humor. They are the life of the party and they make friends easily. They love to socialize and enjoy the company of people around them.

Choleric individuals are extroverts who take control of their lives and are task-oriented. They are strong-willed who love to take challenges, and opinionated people. They are born to be leaders and they have the motivation to reach for their goals.

A person with a Melancholy personality is quite a perfectionist and very organized. Melancholies are introverts who tend to be highly sensitive to others and are faithful to the point of self-sacrificing. They are very creative and talented people. However, they have tendencies to generate low self-esteem because of being judgmental of their own abilities.

Phlegmatic individuals are introverts who are more concerned with relationships with people. They are laid back, possessing low profile personality, but lovers of peace and calmness. They are easygoing and relaxed who can readily make friends because they are warm and friendly.
The Three Component theory of Personality

Sigmund Freud is known for his study on the three basic components that greatly affect our personality. He created the three levels of awareness that are congruent to the three different parts of the mind: conscious mind, preconscious mind, and subconscious mind. According to him, our conscious mind includes our current or present mental processes contributing a major part in our current awareness.

The next level of mental awareness is our preconscious mind which, according to Freud, comprises those that we are aware of, but we do not really give focus or pay attention. We can either decide to take notice of these things and purposefully let our conscious mind be aware of them. The third part of the human mind is the subconscious where some of our thoughts surpass the conscious level.

From these levels of awareness by Freud, he then developed the three components of our personality: the id, ego, and super ego. These are the results of our thinking, feeling, and behaviors.

The id functions primarily based on pleasure principle wherein our mind seeks to achieve pleasure and avoid any form of pain. Freud mentioned that the id consists of two major instincts and these are Eros and thanatos. The former is otherwise known as the life instinct that urges us to seek for pleasurable activities while the latter is our death instinct that stimulates us to cause to destroy.

The ego is the next component of our personality which is the heart of our consciousness. It is characterized by either of the dominant functions which are introversion or extraversion along with the other functions. It is based on the reality principle which states that our mind acknowledges what is real and
currently existing. It also understands that there are corresponding consequences to our behaviors.

The super ego is the last component of our personality in which our values and morals are contained. Our super ego can also offset or compensate the id.

**Jung’s Eight Personality Types**

Carl Jung believed that individuals each have different psychological types. According to him, we have two basic “functions” in our lives: knowing how to perceive things and how to make decisions. From these two types, we function differently through our senses or through our intuition. He firmly believes that all of these functions we apply them in our lives. However, we have varying ways in using these functions with different outcomes and amount of success.

But he created an order of preference for these varying functions wherein the frequently used function is the “dominant” one which can either be extraverted or introverted. He stressed that the dominant function is very important since it overshadows the rest of the functions in all of the eight personality types. The following are the eight personality types he created:

1. Extraverted Sensing
2. Introverted Sensing
3. Extraverted Intuition
4. Introverted Intuition
5. Extraverted Thinking
6. Introverted Thinking
7. Extraverted Feeling
8. Introverted Feeling
These types of personalities were further researched and studied by a mother and daughter tandem wherein they created a combination of the abovementioned personality types based on the four major preferences of individual personality.

The Four Preferences of Individual Personality

Katharine Briggs, along with her daughter Isabel Briggs Myers, developed the four personality types of today based from Jung’s eight personality types. These are extroversion and introversion, sensing and intuition, thinking and feeling, and judging and perceiving.

Extroverts possess high energy and they talk more than listen. They prefer to be around people and they are more of the outgoing and enthusiastic type. Introverts, on the other hand, have a quiet energy and they prefer being on their own.

Sensors are pragmatic and practical people who have good common sense. Intuitives are more of the inventive type and trust their instincts more than experiences.

Thinkers are objective in making decisions and they prefer analytical, logical reasoning. They are reserved, but honest and fair. Feelers base their decisions on their feelings and values. They are warm and friendly people who deal with diplomacy and tact.

Judgers are quick to make decisions and they stick to plans and schedules. They are serious and conventional type of people. Perceivers, on the contrary, tend to have difficulty in making decisions. They are playful and flexible who prefer spontaneity in what they do.
Cattell's viewpoint about Personality

Raymond B Cattell (1905-1998) developed his 16PF in the 1940s. Most sources indicate an original publication date of 1949, so it's been around for a while, and has gone through at least five edition revisions, which probably explains the strange letter coding sequence. The PF stands for 'Personality Factors', and there are sixteen of them, hence 16PF.

The 16PF is one of the longest-standing and most widely used personality testing systems of all. Belbin used the Cattell 16PF model in constructing his 'Belbin Team Roles' theory, model and testing instruments.

Cattell's theory asserts that every person possesses a degree of each of the following sixteen traits. Note that these traits include scale descriptions (not shown here) and terminology can vary; hence the code letters are helpful references. Cattell's 16PF personality testing instruments are available from various providers.

The Cattell systems also include an interpretation of the 'Big Five' factors, which the Cattell organization refers to as 'Five Global' factors (and which mostly use different descriptive factors names).

The 16 Personality Factors: Each Personality Factor can be measured on a scale, determined by completing a questionnaire, and the word pairs below indicate the extremes of each scale.
The letter codes were ascribed to each scale as a shorthand notation. The 16 Personality Factors with given descriptions are as following:

Table 1. Showing 16 Personality Factors as given by Cattell.

<table>
<thead>
<tr>
<th>Factors</th>
<th>Descriptors</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Warmth</td>
<td>Reserved</td>
</tr>
<tr>
<td>B Reasoning</td>
<td>Less Intelligent</td>
</tr>
<tr>
<td>C Emotional Stability</td>
<td>Affected by feelings</td>
</tr>
<tr>
<td>E Dominance</td>
<td>Humble</td>
</tr>
<tr>
<td>F Liveliness</td>
<td>Sober</td>
</tr>
<tr>
<td>G Rule Consciousness</td>
<td>Expedient</td>
</tr>
<tr>
<td>H Social Boldness</td>
<td>Shy</td>
</tr>
<tr>
<td>I Sensitivity</td>
<td>Tough-minded</td>
</tr>
<tr>
<td>L Vigilance</td>
<td>Trusting</td>
</tr>
<tr>
<td>M Abstractedness</td>
<td>Practical</td>
</tr>
<tr>
<td>N Privateness</td>
<td>Straightforward</td>
</tr>
<tr>
<td>O Apprehension</td>
<td>Self-Assured</td>
</tr>
<tr>
<td>Q1 Openness to Change</td>
<td>Conservative</td>
</tr>
<tr>
<td>Q2 Self-Reliance</td>
<td>Group-dependent</td>
</tr>
<tr>
<td>Q3 Perfectionism</td>
<td>Self-conflict</td>
</tr>
<tr>
<td>Q4 Tension</td>
<td>Relaxed</td>
</tr>
</tbody>
</table>
Using all 16 Factors, and a more comprehensive set of descriptions than we've given here, you can create a pretty accurate picture of someone's personality. Combinations of factors also give a more detailed picture, and with the help of a competent adviser, you can begin to recognise the "real you" that lies beneath the outward self created by your upbringing and environment.

However, absorbing the data from all 16 factors can get complicated, and in recent years a variation of 16PF called 16PF5 has become more commonplace.

16PF5 takes the 16 Factors of 16PF and groups them together into 5 overall themes (hence the name). Clearly there is some overlap between the 16 Factors, but narrowing them down to 5 Factors give a much sharper picture of the underlying personality. If you want to know what's behind any one of the 5 Factors you can "zoom in" on the relevant 16 Factors to see what the drivers are. Some of the 16 appear in more than one of the 5 themes, by the way.

The Five Factors are:

**Table 2. Showing Big Five Factors as given by Cattell.**

<table>
<thead>
<tr>
<th>Factors</th>
<th>Descriptors</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>EXTRAVERSION</strong></td>
<td>Introverted, socially inhibited</td>
</tr>
<tr>
<td></td>
<td>Extroverted, socially participative</td>
</tr>
<tr>
<td><strong>ANXIETY</strong></td>
<td>Low anxiety, unperturbed</td>
</tr>
<tr>
<td></td>
<td>Easily worried and generally tense</td>
</tr>
<tr>
<td><strong>WILL</strong></td>
<td>Open minded, receptive to ideas</td>
</tr>
<tr>
<td></td>
<td>Resolute and determined</td>
</tr>
<tr>
<td><strong>INDEPENDENCE</strong></td>
<td>Accommodating and selfless</td>
</tr>
<tr>
<td></td>
<td>Independent and persuasive</td>
</tr>
<tr>
<td><strong>SELF CONTROL</strong></td>
<td>Free-thinking and impulsive</td>
</tr>
<tr>
<td></td>
<td>Structured and inhibited</td>
</tr>
</tbody>
</table>

Using a personality profile is a tricky process. You can buy basic self-assessment questionnaires, but they only give a flavour of the information you can
get from a properly-conducted assessment with a competent professional adviser. But used in this way, the 16PF and its variants give a powerful interpretation of your personality which you can use to great personal benefit. It doesn't matter at all what your profile is: the real benefit comes from understanding what it means for your personal and professional life, and play to your strengths.

(iii) Socio Economic Status:

Socio-Economic Status in terms of primary education and characteristics is determined through vacations, income and wealth, time and its location, education activities, caste, possession of consumer articles etc.

Socioeconomic status, sometimes shortened to SES, is a sociological classification indicating the close relationship between someone’s relative wealth and that person’s social status. Socioeconomic status is one of the key indicators when looking at a number of different community issues, including school performance, crime and housing. It is most often determined by analyzing family income and assets.

Social status, in this case, means more than just who the person or members of the family may associate with, though that is also included. It also means the aggregate value of their education, job status and living environment. Together, all these things can play a crucial role in one’s life.

Closely related to income, and helping to determine socioeconomic status of a family is the parental education level. As higher education, generally, tends to lead to better economic opportunities, those who find themselves at a lower socioeconomic status usually have a lower level of education and thus a lower-paying occupation. However, there are exceptions to this rule at both ends of the spectrum.
Most of those in various divisions of socioeconomic status tend to cluster together. In fact, socioeconomic status may be even a bigger divider, or at least as big of a divider, as race used to be. Many cities are divided into sections by design or by natural inclination, where most of the inhabitants share the same socioeconomic status. This can be both a benefit and a liability to a community. For example, those in a higher status may enjoy less crime, allowing law enforcement resources to be focused elsewhere. However, in those areas where the socioeconomic status is lower, schools tend to fail or, at the very least underperform. In many cases, this may not be the fault of the school’s staff, leading some schools to be unfairly penalized.

Considering socioeconomic status as a way to analyze a community and its risk factors is criticized by some. It is argued that doing so leads to stereotyping and profiling. Those critical of the practice argue that even within the different strata there are individuals who do not fit the trends.

However, those who do favor using socioeconomic status indicators in such a way say that the practice saves money. It puts resources where they need to be in order to help the people who most need it. Without such analysis and action, money may be wasted that would otherwise be put to good use, they argue.

A family's socioeconomic status is based on family income, parental education level, parental occupation, and social status in the community (such as contacts within the community, group associations, and the community's perception of the family), note Demarest, Reisner, Anderson, Humphrey, Farquhar, and Stein (1993). Families with high socioeconomic status often have more success in preparing their young children for school because they typically have access to a wide range of resources to promote and support young children's development. They are able to provide their young children with high-quality child care, books, and toys to encourage children in various learning activities at home.
Also, they have easy access to information regarding their children's health, as well as social, emotional, and cognitive development. In addition, families with high socioeconomic status often seek out information to help them better prepare their young children for school. “Even in families with above-average incomes, parents often lack the time and energy to invest fully in their children's preparation for school, and they sometimes face a limited array of options for high-quality child care--both before their children start school and during the early school years. Kindergarten teachers throughout the country report that children are increasingly arriving at school inadequately prepared.”

Families with low socioeconomic status often lack the financial, social, and educational supports that characterize families with high socioeconomic status. Poor families also may have inadequate or limited access to community resources that promote and support children's development and school readiness. Parents may have inadequate skills for such activities as reading to and with their children, and they may lack information about childhood immunizations and nutrition.

Wrestling performance is influenced by heredity factor, nutrition and environment. The total environment which influences one’s wrestling performance is greatly effected by socio-economic factor which has created many distinct classes in the society. Due to this, some get best facilities and some get none or are forced to compromise with the minimum. The impacts of socio-economic-status depend upon the available facilities. It is often seen that socio-economic status factor (says the hope of getting a certificate and pair of shoes if one, shows good performance) influence the wrestlers to take more interest in the wrestling.

The above are not the only factors which affect sports performance. Hence there are so many factors in this regard but these above mentioned are the most affecting factors. That is why the researcher mentioned these. Now it is clear that
the wrestler’s performance is depending upon psychological factors as well as physiological factors.

**Conclusion:**

It can be summarized that an attitude is a hypothetical construct that represents an individual's like or dislike for an item. Attitudes are positive, negative or neutral views of an "attitude object": i.e. a person, behaviour or event. People can also be "ambivalent" towards a target, meaning that they simultaneously possess a positive and a negative bias towards the attitude in question.

Finally it can be said that the personality can affect the type of sports the person likes and his excellence. Personalities are often described by how introverted or extroverted the individual is.

- **Introverted** people tend to be quiet and thoughtful
- **Extroverted** people are more loud and excitable

Whether the person is more of an introvert or extrovert it affects the type of sport you like to play.

**Introverts** tend to like sports which require:

- Concentration
- Precision
- Self-motivation
- Intricate skills
• Low arousal levels
• Individual performances
• For example, archery, golf and snooker

**Extroverts** prefer sports which are:

• Exciting
• Team sports
• Fast paced
• High arousal levels
• Large, simple motor skills
• Low concentration
• For example, rugby and boxing

Extroverted people are often involved in sports which require a degree of aggression. Aggression can be a negative, although as long as it is controlled, it can also become a positive. There are two types of aggression:

**Indirect aggression**

• This means taking the aggression out on an object
• For example the ball in golf, tennis or football

**Direct aggression**

• The aggression is in the direction of another player
- Involves physical contact such as a rugby tackle or in wrestling or boxing

Aggression can sometimes be the same as being assertive and determined, in non-contact sports especially, this is usually a good thing. In contact sports, aggression, if uncontrolled, can lead to rule breaking and injuring the opponent.

There are so many questions which can be raised in this regard e.g. Is there a relationship between personality type and sport preference? How do those know what their sports personality might be? What do those who participate in the same sports have in common?

In order to answer questions related to sports psychology, over five hundred athletes were tested and evaluated. To examine the relationship between personality types, sport preferences and performance, team and individual athletes' personality profiles were designed.

Results indicated that teams exhibit a predictable personality profile and that by understanding the psyche of the athlete, performance and team productivity can be enhanced. Optimal communication and performance can be achieved by identifying the athletes’ preferred learning and personality styles. The more athletes and coaches understand about their personalities and the team profile, the more productive they can be.

Hence, socio-economic status is one of the most important factors that may influence no only the participation in wrestling but also the possession of attitude. The attitude towards wrestling may vary depending upon the group to which they are belonging. The prime concern of this study is to compare the above variables in relation to their socio-economic-status.

In attitude, the children may vary or change with the influence of teachers, parents or peers. It changes according to situation in children but the university
students having reached the level of maturity and having had the individuals thinking may develop clear concept about better performance in wrestling. That is why wrestlers at university level may serve as better subjects for the purpose of the study.

The investigation of athletes’ personality type and its relationship with individual and team performance is innovative; results of the work conducted with NBA players, Olympic athletes and high school athletes have been very positive. Coaches and parents can now better understand the behavior of athletes and teams. Athletes can better understand their preferences and utilize that information to maximize their performance in sport and in their second careers.

In conclusion, it can be said that the sports personality and attitude towards sports status play an affect the performance of a sports person including wrestling. Similarly socio-economic factor like place of birth, income of the family, size of the family also affect the performance of wrestlers in the filed of physical education and especially in sports. No wrestler can show better performance in the absence of proper attitude and better socio-economic status. The wrestler’s performance is affected by his/her family circumstances which are not supporting or favoring him/her.

In this way it becomes more interesting to see in which way these earlier mentioned factors affect the performance of a sports person especially of a wrestler. This may be very benefit able for the persons in the area of sports. So it is decided to do more exploratory work. So the researcher decided to conduct the research in this interesting area. But before doing empirical work, it is needed to do review of related research so that the earlier studies can also be considered as an important tool of critical findings. So the researcher collected the related literature is reviewed and mentioned in the next chapter entitled ‘Literature Review’.