PREFACE

Research work undertaken in Physical Education has, for a large part, been focussed on the physiological areas of human performance. But, it is the well-considered opinion of many psychologists and coaches that, in a competition, competition is ten percent physical and ninety percent mental. So, given a situation in which two teams possess nearly the same physical skills and fitness levels, the final success is determined by the crucial factor of mental preparation of the teams.

As such, Sports psychology has started acquiring greater significance since it purports to understand, explain, perfect and control the behaviour of players and athletes. It is an area which attempts to apply psychological facts and principles to learning, performance and associated human behaviour in the whole field of sports. Many sports psychologists have started working with professional teams of various games in order to enhance the performance of the players through the use of various psychological techniques.

Personality is the characteristic pattern of behaviour and modes of thinking that determines a person's adjustment to the environment. Behaviour is the result of interaction between personality characteristics and the social characteristics. One of the important topics of concern for Sports Psychology is the area that deals with personality factors. Through each individuals personality should be considered unique, psychologists have developed four significant theories to understand and classify personality in
The purpose of the present study is to find out to differentiate the personality traits among sportsmen of Badminton, Kho-Kho, and athletes in the age group of 16 to 19. Cattell’s 16 personality Factor questionnaire was used for achieving this purpose. The present study will help to find out the different personality traits that exist among the Sportsmen of Kho-Kho, Badminton and Athletes. It will also help to find out the existing differences among different groups of Sportsmen in respect of their personality Traits. It is hoped that this study will initiate further research in the area of investigation.