CHAPTER-V

SUMMARY, CONCLUSION AND RECOMMENDATION

Summary:
In psychology, Eysenck Personality Questionnaire is a questionnaire to assess the personality traits of a person, with the result sometimes referred to as the Eysenck’s Personality Inventory. (EPI) It was devised by the psychologists Hans Jürgen Eysenck.

Eysenck (1952, 1967, and 1982) developed a very influential model of Personality. Based on the results of factor analyses of responses on Personality Questionnaires he identified three dimensions of Personality: extraversion, neuroticism and psychoticism. During 1940s Eysenck was working at the Maudsley psychiatric hospital in London. His job to make an initial assessment of each patient before their mental disorder was diagnosed by a psychiatrist. Through this position he compiled a battery of questions about behavior, which he latter applied to 700 soldiers who were being treated for neurotic disorders at hospital (Eysenck 1947). He found that the soldier’s answers seemed to link naturally with one another, suggesting that there were a number of different personality traits which were being revealed by the soldier’s answers. He called these first order personality traits he used a technique called factor analyses.

This technique reduces behavior to a number of factors which can be grouped together under separate headings, called dimensions. Eysenck (1974) found that their behavior could be represented by two dimensions: Introversion/ Extroversion (E): Neuroticism/ Stability (N). Eysenck called these second order personality traits. According to Eysenck, the two dimensions of neuroticism (stable vs. unstable) and
introversion-extroversion combine to form a variety of personality characteristics. Extraverts are sociable and crave excitement and change, and thus can become bored easily. They tend to be carefree, optimistic and impulsive. Introverts are reserved, plan their actions and control their emotions. They tend to be serious, reliable and pessimistic. Neurotics / unstable tend to be anxious, worrying and moody. They are overly emotional and find it difficult to calm down once upset. Stables are emotionally and unreactive and unworried.

Eysenck related the personality of an individual to the functioning of the autonomic nervous system (A N S). Personality has depended on the balance between excitation and inhibition process of the nervous system. Neurotic individuals have a ANS that responds quickly to stress.

Hans Eysenck’s theory is based primarily on physiology and genetics. Although he was a behaviorist who considered learned habits of great importance, he believed that personality differences grow out of our genetic inheritance. He is, therefore, primarily interested in what is usually called temperament. Temperament is that aspect of our personalities that is genetically based, and present from birth or even before. In devising a temperament-based theory Eysenck did not exclude the possibility that some aspects of personality are learned, but left the consideration of these to other researchers.

**Extraversion:**

Extraversion is characterized by being outgoing, talkative, high on positive affect (feeling good), and in need of external stimulation. According to Eysenck’s arousal theory of extraversion, there is an optimal level of cortical arousal, and performance deteriorates as one becomes more or less aroused than this optimal level. Arousal can be
measured by skin conductance, brain waves of sweating. At very low and very high levels of arousal, performance is low, but at a better mid-level of arousal, performance is maximized. Extraverts, according to Eysenck’s theory, are chronically under aroused and bored and are therefore in need of external stimulation to bring them up to an optimal level of performance. About 16 percent of the populations tend to fall in this range. Most people fall in the midrange of the extraversion continuum, an area referred to as ambiversion.

**Neuroticism:**

Neuroticism is characterized by high levels of negative affect such as depression and anxiety. Neuroticism, according to Eysenck’s theory, 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- are easily 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-are calm and collected under pressure.

**Lie scale:**

Lie scale, was introduced later in an attempt to measure to what extent subjects were deliberately attempting to control their scores.

The present study deals with the comparison of personality study of Inter University and State Level Male and Female Volleyball Players
with respect to Neuroticism, Extraversion and Lie Scale, aged between 22 to 25 years Inter University and 18 to 21 years State Level volleyball players.

The data was collected with the help of questionnaires prepared by Eysenck (E.P.I.) revised version. Means, standard deviation and t-ratio were utilized to comprise the Study of personality with respect to, Neuroticism, Extraversion, and Lie-scale. In this study total 400 male and female state and interuniversity level volleyball players.

The data was treated statistically by employing’s’ test to determine the significant differences of personality characteristics of players. It had been hypothesized that there would be no significant difference of Personality Study with respect to Neuroticism between Inter University and State Level Male Volleyball Players.

The results of the study reveals the existence of statistically significant difference of Personality Study with respect to Neuroticism was found (t=.317) between Inter University and State Level Male Volleyball Players. Inter University Male Volleyball players incur significantly less Neurotic tendency as compared to their counter parts. Thus, the hypothesis of the study was not accepted.

The second hypothesis of the present study that it was stated that there would be no significant difference of personality study with respect to Extraversion between interuniversity and state level male volleyball players.

The results of the study indicated the existence of statistically significant difference of personality study with respect Extraversion was found (t=2.513) between interuniversity and state level male volleyball players. State level male volleyball players incur significantly less
extravert tendency thus hypothesis was rejected.

It had been hypothesized that there would be no significant difference of personality study with respect to Lie Scale between interuniversity and state level male volleyball players. The result of the study revealed that statistically significant difference was found \((t = 9.074)\) between interuniversity and state level male volleyball players. Inter University male volleyball players incur significantly less liar tendency as compares to their counterparts. Thus the hypothesis was not accepted.

It had been hypothesized that there would be no significant difference of Personality Study with respect to Neuroticism between Inter University and State Level Female Volleyball Players. The results of the study reveals the existence of statistically significant difference of Personality Study with respect to Neuroticism was found \((t=3.806)\) between Inter University and State Level Female Volleyball Players.

Inter University Female Volleyball players incur significantly less Neurotic tendency as compared to their counterparts. Thus, the hypothesis of the study was not accepted.

The second hypothesis of the present study that it was stated that there would be no significant difference of personality study with respect to Extraversion between interuniversity and state level female volleyball players.

The results of the study indicated the existence of statistically significant difference of personality study with respect Extraversion was found \((t= 1.534)\) between interuniversity and state level female volleyball players.

State level male and female volleyball players incur significantly
less extravert tendency thus hypothesis was rejected. It had been hypothesized that there would be no significant difference of personality study with respect to Lie Scale between interuniversity and state level female volleyball players.

The result of the study revealed that statistically significant difference was found (t = 6.079) between interuniversity and state level female volleyball players. Inter University male and female volleyball players incur significantly less liar tendency as compares to their counterparts. Thus the hypothesis was not accepted.
Conclusion:

The main objective of a comparative study of Personality among Inter-university and State Level Male & Females Volleyball players Participated in State & Inter University Competition 2013. Male & Females Volleyball players 18-21 Years Participated in State level volleyball competition organization by Nagpur Volleyball Association, held at 06 Nov. to 10 Nov.2013. There are about 24 districts male and female volleyball teams had participate in it. Volleyball players 22-25 Year old. Men and Women Participated in Inter University Competition “Kridamahotsav” held at Nasik, during 07 Nov to 01 Des 2013, at P.T.C. Police Training Center Nasik. There are 18 Universities had take Participation in it.

The questionnaire and observation method is both of using help of E.P.I.Test. Eysenck Personality Inventory. We have selected teams for this task. Sport Psychologists have long been characterizing successful Volleyball Player’s performance to their personality. Neuroticism and extraversion are the two types of it. Neuroticism is the state of having the disorder. In modern non-medical texts it is often used with the same meaning as neurotic. Extraversion distinguishes people based on how engaged they are with the outside world, as opposed to people who are more contemplative and happy with their own company.

Mean while to find out the personality no difference in Inter University and State Level Male & Female Volleyball Players. Over 200 Male and 200 Female completed a personality questionnaire measuring Extraversion, Neuroticism and Lie Scale and an inventory attempting to ascertain recreational interests. There were numerous, predictable sex differences in recreational preference and a clear factor structure to the
questionnaire measure of recreational interest. Person correlations and multiple regressions showed extraversion to be the most powerful correlate of recreational preference. In the final analysis subjects were allocated to groups depending on whether they were active (exercisers) v/s passive (non-exercises); high v/s low group oriented; and those who preferred competitive v/s non-competitive sports.

Extraversion and to a lesser extent Neuroticism was clearly related to these groupings. The results are discussed in terms of Eysenk’s theories and previous work on sports and recreational psychology. Results which were statistically significant at 0.05 levels and above were accepted.

In the light of the above analysis of results and discussion, the following conclusions were drawn in the present study:

1. There was no significant personality difference with respect to Mean between interuniversity and state level male volleyball players.
2. There was no significant personality difference with respect to Standard Deviation between interuniversity and state level male volleyball players.
3. There was no significant personality difference with respect to Mean between interuniversity and state level female volleyball players.
4. There was no significant personality difference with respect to Standard Deviation between interuniversity and state level female volleyball players.
5. There was no significant personality difference with respect to Neuroticism between interuniversity and state level male volleyball players.
volleyball players.

6. There was no significant personality difference with respect to Extraversion between interuniversity and state level male volleyball players.

7. There was significant personality difference with respect to Lie Scale between interuniversity and state level male volleyball players.

8. Inter University male volleyball players incur significantly less neurotic tendency as compared to State Level volleyball players.

9. Inter University male volleyball players incur significantly less extrovert tendency as compared to State Level volleyball players.

10. There was no significant personality difference with respect to Neuroticism between interuniversity and state level female volleyball players.

11. There was no significant personality difference with respect to Extraversion between interuniversity and state level female volleyball players.

12. There was significant personality difference with respect to Lie Scale between interuniversity and state level female volleyball players.

13. Inter University female volleyball players incur significantly less neurotic tendency as compared to State Level volleyball players.
**Recommendation:**

The findings of the present study would lead to the following recommendation:

1. A Similar study could be done in different game and sports at Inter University and State Level Volleyball Players.
2. A Similar Study could be done at high level players like National, International and Olympic Players.
3. A Similar study could be done among Volleyball and others Game and Sports.
4. A similar study could be investigated among the players of two or more distribute.
5. A similar study could be done with subject belonging to different age groups.