

## Personality Differences among University level Football players

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### Abstract

A study was conducted on Interuniversity football players to find out the comparative difference on their personality dimension in relation their performance. Personality inventory developed by Mahesh Bhargava (1998) was used on fifty each high and low performer male football players. High performer players are those who are the members of Qualifying team for All India Inter University Competition in North Zone Interuniversity football Championship held at Maharishi Dayanand University, Rohtak, Haryana from October 10<sup>th</sup> to 17<sup>th</sup> 2013 and Low performer basket ball players are those whose teams lost their matches in first round of the tournament. The result revealed significant difference in the case of enthusiasm and non enthusiasm whereas no significant difference were found in other dimensions of personality these are Activity-Passivity, Assertive –Submissive, Suspicious-Trusting, Depressive-Non Depressive and Emotional instability -Emotional stability

**KEYWORDS:** Personality, Football Players, Football performance.

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### Introduction

Sports are no more a pleasure resort and promoter of physical well being alone. Today there are more occasions for players to compete in friendly rivalry for spectators to admire extraordinary physical performance and for everyone involved to feel himself a part of sports family. The emphasis on healthy body and fair play by youth in the sports has been diluted by the attitude of winning at all cost. Sports have become an arena for cut throat competition where every individual is highly motivated to win. The modern competitive sports have become an extremely complex behavioral phenomenon and very much based on the personality characteristics of the players and how he cope up his personality in the competitive situation.

In the field of sports psychology personality is one of the most important complex psychological variables. Everyone in the field of sports knows that the knowledge of personality of an individual whether he is a coach or player is important for maximizing individual responses. Now the question arises what the personality is? Psychologically speaking personality is all that a person is. It includes everything about the person his emotional, social mental and spiritual make up, it's all that a person has about him. Personality is the characteristics, way of thinking and acting which identifies each person as a unique individual.

Cattell (1950) defined personality as that which permits a prediction of what a person will do in a next situation. The goal of psychological research in personality is, thus to establish laws about what different people will do in all kinds of social and general

environment situations. Personality is in the first place concerned with the behavior of an individual, both over and under the skin. It is concerned with a range of behavior extending from an individual political and religious view, to the way he digest the food.

Ulrich (1968) defines personality as the “sum of people’s values and attitude plus all of their traits that this sum is always a dynamic organization”. Human personality is dynamic because the society, which nurtures an individual, is dynamic.

Good (1973) defines personality as the total psychological and social reaction of an individual the synthesis of his subjective, emotional and mental life, his behavior and his reaction to the environment. The unique or individual traits of a person are concerned to a lesser degree by personality than the term character. Alderman (1974) defines personality as “integration or merging of all the post of one’s psychological life the way one thinks, feel, acts and behaves”

In the present study the purpose is to understand the personality differences among Interuniversity level football players in relation their performance. So it was hypothesized that there would be significant difference in personality dimensions among high and low level male football players

### Procedure

Random sampling was used to select each fifty high and low performer male football players during North Zone Interuniversity football Championship for Men held at North Zone Interuniversity football Championship held at Maharishi Dayanand University, Rohtak, Haryana from October 10<sup>th</sup> to 17<sup>th</sup> 2013. High performer players are those who are the members of qualifying team for All India Inter University Competition and Low performer football players are among those teams only who lost their matches in first round.

### Result

The comparative results of high and low performer male inter university level football players in relation to their personality sub variables are presented at table No-1

**Table-1**

**Mean Score Difference Between the High and Low Male Basketball Players on their Personality Sub Variables.**

SUB VARIABLES OF PERSONALITY	HIGH PERFORMER MALE BASKETBALL PLAYERS (N=50)		LOW PERFORMER MALE BASKETBALL PLAYERS (N=50)		SEDM	MD	‘t’	df
	M <sub>1</sub>	SD <sub>1</sub>	M <sub>2</sub>	SD <sub>2</sub>				

<b>Activity-Passivity</b>	15.12	2.34	14.82	2.31	0.56	.3	1.86	98
<b>Enthusiastic-Non Enthusiastic</b>	16.45	2.15	14.10	2.31	0.95	2.35	2.47*	98
<b>Assertive-Submissive</b>	12.50	2.87	12.44	2.87	.574	0.06	.105	98
<b>Suspicious-Trusting</b>	10.68	2.87	10.84	2.97	.584	.16	.27	98
<b>Depressive-Non Depressive</b>	10.42	2.91	11.04	2.83	.574	0.62	1.08	98
<b>Emotional Unstability-Emotional Stability</b>	11.06	3.14	11.74	3.06	.62	.68	1.097	98

\* $P > 0.05 = 1.98$  (df = 98)

Table 1 presents the mean score and standard deviation of high and low performer football players of interuniversity level on various dimension of personality Mean scores of High performer football players on activity-passivity, enthusiastic-non enthusiastic, assertive-submissive, suspicious-trusting, depressive-non depressive, emotional instability-emotional stability were 15.12,16.45,12.50,10.68,10.42and 11.06 respectively and low performer football players were 14.82,14.10,12.44,10.84,11.04and 11.74 respectively. The standard deviation of high performer football players were 2.34,2.15,2.87,2.87,2.91and3.14 respectively and standard deviation of low performer football players were 2.31,2.31,2.87,2.97.2.83 and 3.06 respectively.

The 't' values presented in table -1 shows significant mean difference in only one personality variable i.e. enthusiastic – non enthusiastic between high and low performer football player because obtained 't' value (2.47) was found greater than the table value i.e. 1.98 at 5%level of significance with 98 degree of freedom. Whereas no significant mean difference were found in other \sub variables of personality used in the present study these were activity-passivity(1.86), assertive-submissive(.105),suspicious-trusting(.27), depressive-non depressive(1.08), emotional instability-emotional stability(1.097) because obtained 't' values in these sub variables were found lesser than the table 't' values.

### Discussion

The result presented in table 1 regarding high and low performer football players shows significant mean difference in only one personality variable i.e. enthusiastic – non enthusiastic whereas no significant mean difference were found in other \sub variables of personality used in the present study these were activity-passivity, assertive-submissive,

suspicious-trusting, depressive-non depressive, emotional instability-emotional stability. The present result attributed to the fact that football performance of male players at inter university level very closely related and influenced with the enthusiasm level of the participant in the competition and not only at the competition but also with enthusiasm which motivate the player to do hard work during practice as it's said that practice makes man perfect. The present results in enthusiasm variables are contradictory to the Sonia (2005) who found no significant difference between champion and low non champion judo players in relation enthusiasm. Moreover it's also note worthy that whether no significant mean difference were obtained in other sub variables of personality used in the study but high performer players score higher than low performer football players

### **Implications**

The physical education teachers, coaches and trainers have to improve fitness skill and aesthetic body sense of table tennis players and also motivate them to develop positive body image self perception which directly or indirectly boost/build self confidence, self esteem, self concept and also encourage the paddlers to perform in high spirit.

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