

Comparative study of Personality and Self concept between male and female hockey players of Rohtak district of Haryana

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Abstract

The purpose of this study is to compare the Personality and Self concept traits between Male and Female Hockey players of Rohtak district of Haryana. 60 male and female Hockey players of Rohtak district of Haryana state were selected as samples for the purpose of this study between the age group of 16 to 18 years. In which 30 were Male hockey players and rest 30 were Female Hockey players. The criterion measures adopted for this study were Personality and Self Concept. The data collection tools used in this study were “Big five Personality inventory constructed by Dr Tom Buchanan and “Self Concept Questionnaire constructed by “Dr. Rajkumar Saraswat”.

KEYWORDS: Personality, Self Concept, Inventory, Self Concept Questionnaire.

INTRODUCTION

The need of Personality and Self concept is increasing day by day due to lack of Psychological traits in sports persons. Sports Psychology play an important role to increase the performance of a sports person. So the researcher adopted this study . The purpose of this study was to compare the Personality and Self Concept traits between Male and Female Hockey players of Rohtak district of Haryana state . Data of Personality and Self Concept of Male and Female Hockey players was compared by using independent sample ‘t’ test . The level of significance was kept at 0.05 level of significant to test the Hypothesis . The researcher analysed the collected data as per the objective set for the research study . The statistical analysis of this study revealed that the significant difference was found between male and female hockey players. Thus the Hypothesis was accepted .

Material and Methods

This is a survey study under descriptive research . 60 male and female hockey players were selected for this study . The tool used for data collection were Big five personality inventory and Self concept Questionnaire . Five factor theory of Personality are :

1. Extroversion : This personality dimension includes characteristic such as. excitability, sociability , talkativeness and high amount of emotional expressiveness.
2. Agreeableness : This personality dimension includes attributes such as Trust, Altruism, kindness ,Affection and other pro-social behaviors.
3. Conscientiousness: Conman features of this dimension includes high level of thoughtfulness with good impulses control and goal directed behaviors . Those who have high level of Conscientiousness tend to be organized and mindful of details.

4. Neuroticism :Individuals high in this dimension tend to experience emotional instability, anxiety, moodiness , irritability and sadness.
5. Openness: This dimension features are imaginations and insight. Those who have high level of this dimension tend to have a broad range of interests.

Findings and Discussion

The researcher analysed the collected data as per the objectives set for research study . The statistical analysis of this study revealed that there are significant difference of Personality and self concept between male and female Hockey players of Rohtak district of Haryana.

Conclusion

On the basis of result the Researcher concluded that Male Hockey players are more energetic, Sociable, Outgoing, Careful, more trusted, friendly and cultured with open minded than Female hockey players. On the other hand Female hockey players are Emotional , less relaxed and more tense as compare to Male hockey players . Finally researcher concluded that the Personality traits of Male and female Hockey players are not similar.

In the present study, the self concept traits of male hockey players have better physical , social, temperamental , educational and moral than female hockey players . These self concept traits define to clear their thinking to participate in physical activities as well as social activities.

Finally the researcher concluded that the self concept traits of male and female hockey players are not similar and plays key role to be successful in sports as well as society.

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