Personality Differences among Athletes Participate in Different Track and Field Events

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Abstract

Objective: The purpose of this study was to know the personality differences among athletes participate in different track and field events.

Method: 20 athletes each from four different events i.e. Sprinting, Long Distance Running, Jumping and Throwing subjects were chosen randomly from 69th All India Inter University Athletics Championship December 2008-09. The scores obtained in the Eysenck’s Maudsley Personality Inventory acted as criterion measure of the study. The questionnaire of personality was administrated to the players who had participated in 69th All India Inter University Athletics Championship in different Track & Field events 2008. “F” test was applied for statistical procedure. For testing the hypothesis level of significance was set at 0.05 level.

Result: - In case of neuroticism the findings reveal that there is insignificant difference between sprinter and long distance runner because both are aggressive in nature and we know that sprinters are quite more aggressive in nature. But long distance runner they prepare according to situation. The finding also reveals that thrower also show significant difference between the rests of the three groups. The finding also reveals that the jumper also show significant difference from other three groups. In case of extroversion, the finding reveals that there is insignificant difference between the groups.

Conclusion: - “Athletics builds personality” this statement is made more often by the diehard supporters of the social-development benefit of athletics than any other statement. Since the beginning of sport, we have clung to the belief that a participant in athletics is building character strengths necessary in the real world. Outstanding athletes have been made national heroes. Because they are constantly in the public eye, athletes have had to learn to live up to our expectations. They are required to by comparative and competitive, to accept victory and defeat in a sporting manner, to demonstrate and a sense of fair play. And to be socially outgoing.

INTRODUCTION

A majority of research undertaken in physical education is focused on the physiological areas of human performance. But many psychologists and coaches say that psychology plays a greater role in determining physical performances. Usually in a competitive situation the probability is that both teams possess nearly the same physical skills and fitness levels. But beyond that the winner is determined by mental preparation. Hence, the purpose of Sports Psychology if is to understand, explain predict and control behavior of players and athletes.

Personality must indicate a sum total of various aspects of human behavior; precisely personality may mean as the total bio-psycho-social make-up of a individual i.e. his appearance, his anatomy, the way he thinks, feels, acts and behaves in life situations. Comparison between one and the other individual is a natural
process in society. In the evaluation of an individual personality, there are main references-points; (I) what actually he is, (ii) what he considers himself to be, (iii) and what he is in the estimation of others. His actions reactions and interactions are all aspects of the mind-in general and the mind-in-particular. To judge an individual on the basis of a single trait is not only inadequate but also absurd.

**PROCEDURE**

The following chapter describes selection of the subjects, criterion measure, description and administration of Eysenck’s Maudsley Personality Inventory questionnaire and statistical procedure used to analyze data.

**Selection of the Subjects**

For the purpose of this study 20 athletes each from four different events i.e. Sprinting, Long Distance Running, Jumping and Throwing subjects were chosen randomly from 69th All India Inter University Athletics Championship December 2008-09.

**Criterion Measure**

The scores obtained in the Eysenck’s Maudsley Personality Inventory acted as criterion measure of the study.

**Description of the questionnaire**

The Maudsley Personality Inventory (MPI) is a brief, but standard, as well as an easily administered and scored inventory which is designed for assessing neuroticism-stability and introversion-extroversion dimensions of personality. It is suitable for normal and abnormal adults, and also for adolescents. This test can be used as a group of an individual test, for persons (players) of the ages15 to 16 years and above. The vocabulary required is that of the average newspaper. All through to time limit is enforced in the testing, the short scale takes about 3 to 5 minutes, Items from serial number takes 1 to 12 given on the front page of the test booklet make the short scale, while all the 48 items of the booklet constitute the long scale. Each of these items is answerable by making a tick mark in one of the three boxes, marked with instructions to answer the questions are given on the front cover page of the test booklet.

**Administration of the Questionnaire**

The questionnaire of personality was administrated to the players who had participated in 69th All India Inter University Athletics Championship in different Track & Field events 2008. Most of the players were contacted personally in December 2008. Players often come here to participate in various events; hence it was easy for the scholar to contact the players. Some questionnaires were mailed to the players to whom the scholars know. Few questionnaires were also distributed personally to the players who represented 69th All India Inter University Athletics championship December, 2008 at Maharaja’s college stadium (Cochin, kerala), Along with the questionnaire, necessary information regarding the questionnaire was given...
by the scholar. As there was no time limit enforced in test, long scale of Eysenck’s Personality was used.

**Scoring of the data from Eysenck’s Maudsley Personality**

The test was scored directly from the test booklets. It was made clear to the subjects that their answer is to be marked inside the boxes provided for the alternatives of the given items. In case marked outside or above the boxes by mistake, proper corrections were made before scoring. The test booklets were scored as certain that only one answer was marked for each question. The scoring stencil was placed along the anchoring points made on the test booklet. The raw scores were read off and added to give a total of NE scores respectively. It was noted that all the items answerable in category “Yes” were assigned with a weighted of 2 score (expecting 8 items nose =14, 16, 18, 22, 24, 30, 36, and 40 which belong to extraversion dimension and reassigned 2 scores when answered in category “No”) and all “?” Answers were assigned with 1 score when the subjects marked them in the middle category. The row scores were then converted in to standard scores, which were compared with norms in order to decide the degree of neuroticism and extraversion. The raw and standard scores for Eysenck’s Maudsley Personality Inventory have been presented in appendix I & II.

**Statistical procedure**

In order to compare H.J. Eysenck’s Maudsley Personality Inventory questionnaire among different Track & field events i.e. Sprinters, Long Distance Runners, Throwers, and Jumpers of All India Inter University Championship. “F” test was applied and the level of significance difference chosen was at 0.05 levels.

**ANALYSIS OF DATA AND RESULTS OF THE STUDY**

Statistical analysis of personality of differences among the athletes participating in different Track and Field events, are presented in this chapter. The each event constituted of twenty subjects.

**Scoring of data**

All the subjects of different events had their responses to questionnaire of Eysenck’s Modsely Personality Inventory. Which consists of two dimensions such as Neuroticism and Extroversion? Each of the dimensions of personality was compared separately between Sprinters, Long Distance Runners, Throwers and Jumpers.

**Level of significance**

For testing the significance differences of personality, the level of significance difference chosen was at .05.

**Findings**

To find out the significant differences among various Track and Field events in personality, (Sprinters, Long Distance Runners, Throwers and Jumpers) F-Test
(analysis of variance) was employed and data pertaining to these findings is presented in tables.

The analysis of variance among the various events of Track and Field on personality (Neuroticism) is presented in table-I.

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Table-I
ANALYSIS OF VARIANCE AMONG THROWERS, LONG DISTANCE RUNNERS, SPRINTERS AND JUMPERS ON DIMENSION 'NEUROTICISM' OF PERSONALITY

<table>
<thead>
<tr>
<th>SOURCE OF VARIANCE</th>
<th>DF</th>
<th>SUM OF SQUARE</th>
<th>MEAN S.S.</th>
<th>F-RATIO</th>
<th>Tab. F</th>
</tr>
</thead>
<tbody>
<tr>
<td>BETWEEN GROUP</td>
<td>4-1=3</td>
<td>1787.85</td>
<td>595.95</td>
<td>11.04*</td>
<td>2.72</td>
</tr>
<tr>
<td>WITHIN GROUP</td>
<td>80-4=76</td>
<td>4102.1</td>
<td>53.97</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Significant At .05 Level

Table – I reveals that calculated value of F (11.04) is greater than tabulated F value (2.72). So, it shows that there is a significant difference between the groups. To find out the mean difference among various groups we go for further investigation i.e. post hoc test (Least significant difference test). The value obtained from this test is indicated in table – II.

Table-II
POST HOC TEST AMONG THROWERS, LONG DISTANCE RUNNERS, SPRINTERS AND JUMPERS, ON DIMENSION 'NEUROTICISM' OF PERSONALITY

<table>
<thead>
<tr>
<th>Thowers</th>
<th>Long distance runners</th>
<th>Sprinter</th>
<th>Jumpers</th>
<th>Mean difference</th>
<th>Critical difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>30.95</td>
<td>25.4</td>
<td>25.1</td>
<td>17.65</td>
<td>5.55*</td>
<td>4.62</td>
</tr>
<tr>
<td>30.95</td>
<td></td>
<td></td>
<td>17.65</td>
<td>5.85*</td>
<td>4.62</td>
</tr>
<tr>
<td>30.95</td>
<td>25.4</td>
<td>25.1</td>
<td></td>
<td>13.3*</td>
<td>4.62</td>
</tr>
<tr>
<td>25.4</td>
<td></td>
<td></td>
<td>17.65</td>
<td>7.75*</td>
<td>4.62</td>
</tr>
<tr>
<td>25.4</td>
<td></td>
<td></td>
<td></td>
<td>7.45*</td>
<td>4.62</td>
</tr>
</tbody>
</table>

*Significant at 0.05 levels

Table-II of post Hoc comparison between the means of four groups clearly indicates that significant differences in the dimension neuroticism between the groups Long Distance Runners (25.4) and Throwers (30.95), Sprinters (25.1) and Throwers (30.95), Jumpers (17.65) and Throwers (30.95), Jumpers (17.65) and Long Distance Runners(25.4) and between Jumpers (17.65) and sprinters (25.1) the critical difference is 4.62 and the mean difference observed is 5.55, 5.85, 13.3, 7.75 and 7.45 respectively of groups stated above is greater than critical difference.
No difference was observed between Sprinters (25.1) and Long Distance Runners (25.4). As the mean difference in 0.3

<table>
<thead>
<tr>
<th>SOURCE OF VARIANCE</th>
<th>SUM OF SQUARE</th>
<th>DF</th>
<th>MEAN S.S.</th>
<th>F-RATIO</th>
<th>Tab. F</th>
</tr>
</thead>
<tbody>
<tr>
<td>BETWEEN GROUP</td>
<td>128.24</td>
<td>4-1 =3</td>
<td>128.24/3 = 42.74</td>
<td>2.28</td>
<td></td>
</tr>
<tr>
<td>WITHIN GROUP</td>
<td>1428.25</td>
<td>80-4 =76</td>
<td>1428.25/76 = 18.79</td>
<td>2.72</td>
<td></td>
</tr>
</tbody>
</table>

The Table – III clearly indicates that the calculated value of F is smaller than tabulated F. It shows insignificant difference between the groups. Because means of the four groups did not show much difference between them which indicate that there is an insignificant difference between them.

Discussion of Finding

In case of neuroticism the findings reveal that there is insignificant difference between sprinter and long distance runner because both are aggressive in nature and we know that sprinters are quite more aggressive in nature. They need more time to prepare psychological for the race. But long distance runner they prepare according to situation. The finding also reveals that thrower also show significant difference between the rests of the three groups. As the mean difference is more than other groups so, it shows superior from other groups because as the throwers are very aggressive in nature shout from the mouth at the time of throw which tells us how aggressive they are and if they do not throw correctly then they feel guilty and anger will arise easily. As the body physique also develops more than other people, so they feel super massy in him. And they are felling proud on themselves.

The finding also reveals that the jumper also show significant difference from other three groups. As the mean value of Jumper is less than remaining three groups so, they are bound to be inferior in nature. It happens because the aggressiveness is less in Jumper they have to concentrate psychologically as they have to cover more distance in air with body. So psychologically they are stronger than other groups.

In case of extroversion, the finding reveals that there is insignificant difference between the groups. Because as the groups are dealing with individual sports so, when they participate in higher level of competition, they go through the various types of people of various countries which help them to enhance the feeling of extroversion. They enjoy with various peoples and easily adjust with the peoples.

References


