

A COMPARATIVE STUDY ON EXTRAVERSION PERSONALITY TRAIT OF INDIVIDUAL GAME PLAYERS AND TEAM GAME PLAYERS

**Dr. Suhas Nivrutti Bhairat,*

Director of Physical Education & Sports, Vishwasrao Ransing College, Kalamb. Indapur, Dist. Pune. MS

Abstract:

The present study is related to Comparison of Extraversion personality trait of individual game and team game players. For this study, Sports Specific Personality Test was used, which is constructed by Agya Jit Singh and H. S. Cheema. This standard inventory approved by National Psychological Corporation, Agra.

Every sport has its own rules and regulations. While playing on field according to situation players are always in different status of mind. These situations also lead to make a difference in personality. In individual games players play single mindedly and in team game they needed make more adjustments.

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Introduction:

The birth of a child is one of life's most beautiful and happiest occasions. In the life of people, physical education has an important role to play. It involves development in all aspects of life. Physical education and exercise not only improve the health of an individual or give him physical vigor or full working capacity but also pleasure and relaxation. He develops his mental process.

What is sport psychology?

Because there are many ways in which we can apply psychology to Sports and given the wide range of activities that different cultures regard as sport. It is helpful to adopt quite a broad definition of Sport Psychology. In 1996, the European Federation of Sport Psychology (FEPSAC) produced such a broad definition, which, slightly simplified, reads, 'Sport psychology is the study of the psychological basis, processes and effects of sport.' This of course begs the questions, what is Sport and what is Psychology? Although many athletes would insist that, sport necessarily includes an element of competition, the term 'Sport' is used, both in the FEPSAC definition of sport psychology, and throughout this book, in the

broadest sense, including any physical activity for the purposes of competition, recreation, education or health. Psychology is often defined as 'the science of mind and behavior' (Gross, 2005).

Statement of Problem:

The purpose of the study was, A Comparative Study on Extraversion Personality trait of Individual Game Players and Team Game Players.

Significance of the study:

- The study will provide status of extraversion personality trait quality of individual game players.
- The study will provide status of extraversion personality trait quality of team game players.
- The study may help athletes himself to understand outline of his personality quality related to extraversion trait.

Objectives:

To compare the Extraversion personality trait of Individual game and Team game players.

Assumption of the study:

- The subject will perform the Extraversion personality related test truly and with full ability.
- The subjects are Medically, Physically and

psychologically fit for testing.

- It is assumed that Subjects will give true response to the test items.
- It is assumed that all subjects will follow the instructions given to them regarding the test process.

Delimitation of Study:

- This Study is delimited for players in Vishwasrao Ransing College, Tehsil Indapur of District Pune only.
- This study is delimited for boys/men players only.
- This study is delimited to students who has played at least in inter collegiate level will be selected as a players.
- The study is delimited to individual games like Athletics, Chess, Judo, Boxing, Power-lifting, Wrestling and team games like Basketball, Volleyball, Kho-Kho, Kabaddi, and Volleyball.

Limitation of Study:

As the subject participating in this study belong to the Vishwasrao Ransing College, the factor such are the Diet, Daily routine, family background etc. will not be possible to control hence is a limitation of the study.

Research Methodology:

For this study research scholar used Survey research method. There are different types of survey research method. Public opinion, Trend Survey, Cross-Sectional, Co-relational Survey, Evaluation Survey and Descriptive Survey are different types of Survey research method. For this study, research scholar used Descriptive Survey Method.

Subjects:

31 each individual game players and team game players who have represented at least inter collegiate level sports competitions selected for study.

Selection of Variable:

The Research Scholar reviewed the literature pertaining the sports psychological information. The scholar has also taken brief information about the

inventories available which are approved by National Psychological Corporation Agra. For this purpose of this study scholar has used inventory named Sports Specific Personality Test, constructed by Agya Jit Singh and H.S. Cheema.

For Comparison of individual game players and team game players Extraversion variable selected for this study;

Extraversion: means outgoing, uninhibited, impulsive, involved in group activities, sociable, being friendly, craving for excitement, and having many social contacts. They stick their necks out and take chances, act on the spur of the moment, are optimistic, aggressive, laugh a great deal, lose their temper easily and are unable to keep their feelings under control.

Collection of Data:

To collect the data from respondents research scholar has made multiple copies of questionnaire and answer sheet of Sports Specific Personality Test. After these preparations research scholar approaches for data collection in scheduled timetable. At the end after the data collection vote of thanks delivered to concerned respondents for cooperating in data collection process.

Findings:

Mean, Standard Deviation and t-values of all the Extraversion of sports personality on the basis of type of games (Individual and Team game)

Dimensions	Individual Games		Team Games		t-values
	Mean	S.D.	Mean	S.D.	
Extraversion	40.22	4.49	40.62	4.14	1.31

*Significance at 0.05 level of confidence.

Discussion of Findings:

As evident from table, that Mean of Individual game players is 40.22 and Standard Deviation is 4.49. In case of Team game players Mean is 40.62 and Standard Deviation is 4.14. t-value for above dimension is 1.31.

Mean difference in personality trait of sports persons who participate in Individual games and Team games are not significant in view of Extraversion, with significance level at 0.05 of confidence.

Concluding:

On the basis of findings, following conclusion is drawn...

There is no difference between Individual game and Team game players in personality dimension of Extraversion.

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