IMPACT OF PERSONALITY LEVEL ON PLAYERS' PERFORMANCE:
A COMPARATIVE STUDY

Chhangte Zirtluanga*

*Lecturer, DIET, Mamit, Mizoram-INDIA.
E. Mail: xira.chhangte@gmail.com

ABSTRACT

The purpose of this study is to make a comparative analysis of personality among state and national basketball, football and hockey players from Mizoram. The study was conducted on 30 state and 30 national football players, 30 state and 30 national basketball players and 30 state and 30 national hockey players belonging to the age group 18 – 32 years who were randomly selected from the state of Mizoram. The responses obtained through a standardized scale to measure the group personality were subjected to statistical treatment using 2 x 3 Factorial designs to find out the significance of mean differences. The study revealed that the players had high personality and there were variations between state and national players as well as among the players participating in different games. In this study, the questionnaire was filled by state and national level basketball, football, hockey players. The statistical analysis was done by applying the mean, standard deviation and ANOVA to get the results.

Keywords: Personality; Neuroticism, Extraversion, Psychoticism & Football Players.

INTRODUCTION

Modern world is the world of competition, which is very important in mental skills for success. The participation in modern sports is influenced by various physical, physiological, sociological and psychological factors. The teams are prepared not only to play the games, but to win the games. And for winning the game, it is not only the proficiency in the skills which bring victory but more important is the spirit of the players with which they play and perform their best in the competition. So, players having higher personality better chance to win competition. Personality traits are any particular characteristic of an individual which change and develop according to the experience, surroundings and time. Neuroticism (unstable) is characterized by a chronic level of emotional instability and proneness to psychological distress. Psychoticism is a dimension of personality, characterized by aggression, impulsivity, aloofness, and anti-social behavior, indicating a susceptibility to psychosis and psychopathic disorders. Extroversion is an orientation of one's interests and energies toward the outer world of people and things rather than the inner world of subjective experience. Extroverts are relatively more outgoing, gregarious, sociable, and openly expressive. Personality is the more or less stable and enduring organization of a person's character, temperament, intellect and physique, which determine his unique adjustment to the environment (Eysenkcks, H.J. (1973).

'Curiosity is the best Quality of a Good Researcher'   Page 1
INTERNATIONAL SCIENTIFIC INDEXED RESEARCH JOURNAL-UAE
Website: www.sportjournals.org.in

Sports psychology studies sporting behaviour. Behaviour is the manifestation of personality. The manner in which a person's behaviour shows the kind of personality he possesses. It is important to know about some personality traits like psychotism, neuroticism, extroversion of the players during training as well as competitive situations. Personality is the whole man, his inherited aptitudes and capacities, all his past learning, the integration and synthesis of these factors into characteristic behaviour patterns, his ideals, values and expectations. Wood Wroth and Marquis (1968) defines personality as, " The total quality of an individual behaviour as it is revealed in his habits of thought and expression, his attitude and interests, his manner of acting and his personal philosophy of life". Adequate and proper development of an athlete's personality reinforces his/her capacities and potentialities (Gangopadhyay, 2008). Soccer is a passing and running game unpredictable and constantly changing pattern demanding an acute awareness of other players and ability to make quick decisions and act upon them without delay. (Belly, 1972).

Objectives of the Study

- To assess the levels of personality among football, hockey, and basketball players of Mizoram playing at national and state levels.
- To compare the level of personality among football, hockey and basketball players of Mizoram playing at national and state levels.

Hypothesis

1. There is a no significant difference in the personality level among football, hockey and basketball players of Mizoram.
2. There is no significant difference in the personality level between national and state level players of Mizoram.

Method of the Study

The present study belongs to the category of 'Descriptive Research' as it aimed at assessing and comparing the personality of players' participating at national and state level Football, Hockey and Basketball competitions.

Population

The population for the study consists of the entire National and State level players from Mizoram State in the disciplines of Football, Hockey and Basketball games.

Sample

The sample consisted of 60 players each from football, hockey and basketball. Out of the total of 180 players, 90 were national level players and 90 were state level players.

TOOLS USED

Eysenck personality Questionnaire – Revised (EPQ-R)

EPQ was designed to give rough and ready measured of four personality dimension, psychoticism, extroversion, neuroticism and lie-score. Each of these three traits are measured by means of 90 questions carefully selected after lengthening item analysis and factor analysis.

'Curiosity is the best Quality of a Good Researcher'   Page 2
INTERNATIONAL SCIENTIFIC INDEXED RESEARCH JOURNAL-UAE
Website: www.sportjournals.org.in

Reliability

The test retest reliability of the scale was 0.80.

Statistical Technique

The data collected from the subjects were treated statistically. Analysis of variance ANOVA (two way factorial designs) was used to find out the differences between football, basketball and hockey players on the selected psychological variables.

RESULTS AND DISCUSSIONS

The purpose of this study was to make a comparative analysis of personality among state and national level basketball, football and hockey player's Independent randomized research design was used for this study, as the subjects were selected randomly from three independent groups of football, basketball and hockey players. The data obtained through the standardized scale were subjected to statistical treatment and the results are presented in Tables I-III.

Table No-I
Table Showing the Mean, Standard Deviation and the Number of Subjects Taken for the Study in Personality

LEVEL	CATEGORY	Mean	Std. Deviation	N
National	Basketball	40.07	7.163	30
	Football	36.70	3.544	30
	Hockey	36.50	4.058	30
	Total	37.76	5.374	90
State	Basketball	41.63	3.296	30
	Football	39.80	3.231	30
	Hockey	40.80	2.683	30
	Total	40.74	3.139	90
Total	Basketball	40.85	5.584	60
	Football	38.25	3.708	60
	Hockey	38.65	4.041	60
	Total	39.25	4.638	180

From the Table No I, it was inferred that basketball players personality scores was 40.85 which consisted national level players 40.07 and state level players 41.63. Football players' personality score was 38.25 which consisted national level players 36.70 and state level players 39.80. The personality scores of hockey player were 38.65, which consisted of national level players 36.50 and state level players 40.80. On overall the national level players' personality level was 37.76 and the state level players' was 40.74.

The obtained mean values were subjected to statistical treatment using univariate analysis of variance and the results were presented in Table II.

'Curiosity is the best Quality of a Good Researcher'   Page 3
INTERNATIONAL SCIENTIFIC INDEXED RESEARCH JOURNAL-UAE
Website: www.sportjournals.org.in

Table No-II

Table Showing the 2 x 3 Factorial Designs between National and State (Level) Basketball, Football and Hockey Players (Category) in Personality (Scores in Numbers)

Source	Sum of Squares	Df	Mean Square	F	Sig.
LEVEL	235.20	2	117.60	6.48	.002
CATEGORY	402.01	1	402.01	22.16	.000
CATEGORY * LEVEL	56.31	2	28.16	1.55	.215
Error	3156.23	174	18.14		
Total	3849.75	179			

Table F-ratio at 0.05 level of confidence for 2 and 177 (df) =3.05 .

Table No II indicates that there existed significant difference between the means of national and state level players as the obtained F value 6.48 was greater than the required F value of 3.05. Comparing between the basketball, football, and hockey players, obtained F value 22.16 was greater than the required F value of 3.05. While taking into consideration of national and state level basketball, football and hockey players, the obtained F value was 1.55 which was less than the required F value of 3.05.

Thus, the comparisons proved that there were significant differences between two levels, namely national and state level players and the three groups of players, basketball, football and hockey in their personality. However, there was no significant difference between the national and state level players of basketball, football and hockey players combined together on personality. Since there was a significant difference among the basketball, football and hockey players Scheffe's post hoc analysis was made through computation of Scheffe's confidence interval, which is presented in Table III.
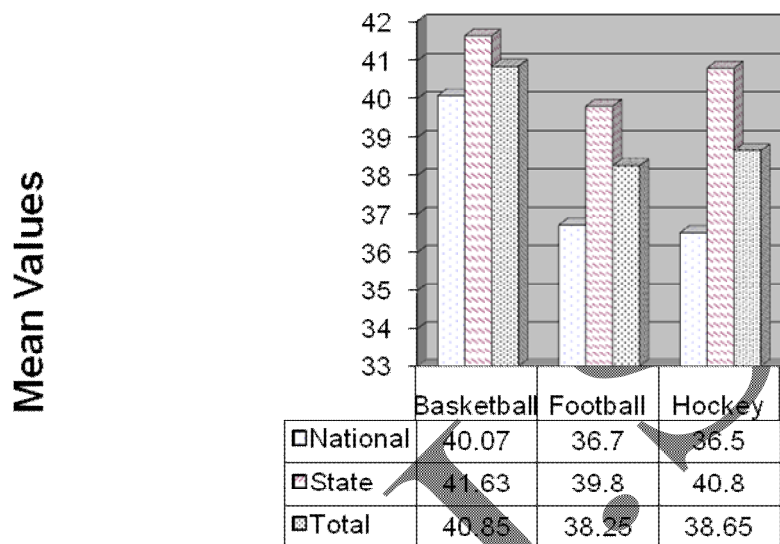
Table No-III

Table Showing the Scheffe's Multiple Mean Comparisons between Basketball, Football and Hockey Players (Category) in Personality (Scores in Numbers)

National and State Level Players			MEAN DIFFERENCE	C. I.
BASKETBALL PLAYERS	FOOTBALL PLAYERS	HOCKEY PLAYERS		
40.85	38.25		2.6*	0.778
40.85		38.65	2.20*	0.788
	38.25	38.65	0.40	0.788

* Significant at 0.05 level of confidence.

'Curiosity is the best Quality of a Good Researcher'   Page 4
INTERNATIONAL SCIENTIFIC INDEXED RESEARCH JOURNAL-UAE
Website: www.sportjournals.org.in

The comparisons of means of various group made through Scheffe's Confidence interval as presented in Table No III proved that there was no significant difference between football players and hockey players. However, there was significant difference between basketball players and football players and basketball and football players. While comparing between national level and state level players, the mean difference was significant as the obtained F value was greater than the required F value to be significant. The obtained mean values of national and state level basketball, football and hockey players are depicted in Figure-I.

Figure No I: Mean Values of National and State Level Basketball, Football and Hockey Players in Personality

	Basketball	Football	Hockey
National	40.07	36.7	36.5
State	41.63	39.8	40.8
Total	40.85	38.25	38.65

The results presented in Table No I to III related to mean, standard deviation, the Univariate Analysis of Variance and the post hoc analysis made through Scheffe's Multi Mean Comparisons with required confidence interval to be significant on personality. The obtained results proved that there was significant difference between the basketball, football and hockey players as the obtained F value of 22.16 was greater than the required F value of 3.05. While comparing between the national and state level players, it was found that the obtained F value 6.48 was greater than required F value of 3.05.

Major Findings of the Study

- There was significant mean difference between National and State level players among the three groups in their personality.
- There was no significant difference between the national and state level players of basketball, football and hockey players combined together on personality.
- The comparisons of means of various group made through Scheffe's Confidence interval indicates that there was no significant difference between football players and hockey players.
- There was significant difference between basketball players and football players and basketball and football players.

'Curiosity is the best Quality of a Good Researcher'   Page 5
INTERNATIONAL SCIENTIFIC INDEXED RESEARCH JOURNAL-UAE
Website: www.sportjournals.org.in

CONCLUSION

The study revealed that personality traits of the Basketball, Football and Hockey players of National and State level are significantly different, which are responsible for the sport performance. There was significant difference between National and State level players in their personality. While combined together there was no significant difference between national and state level players. So, comparisons of means various groups there was no significant between football players and hockey players.

REFERENCES

- Alagaonkar, J. (1997). Sports psychology. Pune: Vidyarthi Griha Prakashan Publishers.
- Booth, E (1989) "Personality Traits of Athletes as Measured by MMPI", Research Quarterly as cited by Jack H. Liewellyu, Judy A. Blucker, Psychology of Coaching: Theory and Application, Surjeet Publishers, Delhi, P.40.
- Eysenck, H.J. & Eysenck, S.B.G. (1976). Psychoticism as a Dimension of Personality. London: Hodder and Stoughton.
- Eysenkcks, H.J. (1973). "Fact and Fiction in Psychology" as cited by Whiting et.al. The Human Movement Series Personality and Performance in Physical Education and Sports, Derry Kimpton Publishers, London, P. 132,
- Eysenck,S.B.G. Eysenck, H.J., & Barrett, P. (1985). A revised version for the psychotism scale.
- Eysenck, H.J. (1991) Dimensions of personality: 16, 5, or 3? Criteria for a taxonomic paradigm. Personality and Individual Differences, 12, 773-790.
- Eysenck,H.J., & Eysenck,S.B.G.(1991). Manual for the EPQ-R. San Diego,CA: EDITS.
- Eysenck,H.J., & Eysenck, S.B.G.(1964). The manual of Eysenck personality inventory. London: University of London Press
- Frost, R.B. (1971). Psychological concept applied to physical education and coaching. Massachusetts: Addison Wesley.
- Gangopadhyay, S. R. (2008). Sports Psychology. New Delhi: Sports Publications. p.3.
- Singh, A. et.al. (2005). Essential of physical education. New Delhi: Kalyani Publishers.
- Singh, A. et.al. (2000). Modern text book of physical education, health and sports. Ludhiana: Kalyani Publishers
- Sharma, S.S., & Shukia (1992). Psychological Study Regarding Personality characteristics of individual and team sports. Sports psychology. New Delhi: Friends Publications. pp.78-79.
- Thirumalaisamy, A. (1998). Statistics in physical education. Karaikudi: Senthil Publilshers.
- Woodworth S Robert, Marquis DG.Psychology of Study of Mental Life. New York, Methuen and Co.Ltd., 1968.

'Curiosity is the best Quality of a Good Researcher'   Page 6
INTERNATIONAL SCIENTIFIC INDEXED RESEARCH JOURNAL-UAE
Website: www.sportjournals.org.in