

A comparison of personality traits of team game women players and individuals game women players

■ ARJUN SINGH AND ARVIND BAHADUR SINGH

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■ ABSTRACT

Personality is sum total of one's behaviours and plays important role in sports training and competitions. The purpose of the study was to compare the personality traits of individual's game women players and team game women players with special reference extroversion and neuroticism. Statistical procedure such as mean, S.D. and 't' test were applied to data available from the test. For this purpose, 40 team game players (handball and footballs) and 40 individuals game players (athletics and fencing) were selected from Guru Ghasidas University (campus), Bilaspur and affiliated Colleges of Education and Physical Education). Purposive sampling method was used to select the sample. Eysenck's Personality Inventory was used to assess the two major personality traits viz., extroversion and neuroticism. The result of the study showed that there was significant difference in the extroversion and neuroticism of team game women players and individual game women players and team game women players were more neuroticism than individual game women players.

See end of the article for authors' affiliations

Correspondence to :

ARJUN SINGH

Department of Physical Education,
Dr. R.M.L. Avadh University,
FAIZABAD (U.P.) INDIA

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The word "personality" has been derived from the Latin word 'persona'. The word 'persona' means 'masks' which makes up that the actor put on while he goes to stage to play the role of some individuals or other character (Carver and Scheier, 2000).

Extroversion :

Most people believe that an extrovert is a person who is friendly and outgoing. While that may be true, that is not the true meaning of extroversion. Basically, an extrovert is a person who is energized by being around other people. This is the opposite of an introvert who is energized by being alone. Extroverts tend to "fade" when alone and can easily become bored without other people around. When given the chance, an extrovert will talk with someone else rather than sit alone and think. In fact, extroverts tend to think as they speak, unlike introverts who are far more likely to think before they speak.

Extroverts often think best when they are talking. Concepts just don't seem real to them unless they can talk about them; reflecting on them isn't enough. Extroverts enjoy social situations and even seek them out since they enjoy being around people. Their ability to make small talk makes them appear to be more socially adept than introverts (though introverts may have little difficulty talking to people they don't know if they can talk about concepts or issues). Extrovert behaviour seems to be the standard in American society, which means that other behaviour is judged against the ways an extrovert would behave. However, extroverted behaviour is simply a manifestation of the way an extrovert interacts with the world. Extroverts are interested in and concerned with the external world.

Neuroticism :

Neuroticism is a fundamental personality trait in the