

Study on physique and extraversion dimension of personality among tribal girls players

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ABSTRACT

Present study has been aimed to see the effect of physique of tribal girls players on extraversion. 150 tribal girls (Av. age 15.34) were selected from "Krida Parisar" (Sports Hostel) of Chhattisgarh State India for the study. Physique of tribal sportsperson was assessed using Heath-Carter (1967) method and Hindi version of Eysenck's J.E.P.I. Inventory prepared by Helode (1985) was used to assess extraversion dimension of personality. After calculating endomorph, mesomorph, ectomorph the morphological structure was divided into 13 categories using Carter Method (1980). Mesomorph ectomorph (M=14.50) was found extroverted than the balance ectomorph, mesomorphic ectomorph, ectomorphic endomorph, balance endomorph, mesomorphic endomorph, endomorph ectomorph and central. Results indicated that mesomorph endomorph showed significant difference on extraversion dimension of personality than the endomorphic ectomorph, balance ectomorph, ectomorphic endomorph, balance endomorph and endomorph ectomorph. Endomorphic ectomorph, balance ectomorph, balance endomorph, endomorph ectomorph were found significantly introvert than the mesomorphic endomorph. Balance ectomorph was found introvert than the ectomorphic endomorph.

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Physique is the basis of human existence; it is the plinth of personality. A good personality must have a good physique, good appearance, good-bearing, good health, etc. A healthy body is a blessing while a weak one a curse. The layman's assessment of personality veers round the body structure, the physical appearance or have an individual looks like from outside. Erroneous though it might be, an individual with good musculature has an edge over others at least in body beauty. A sound mind exists only in sound body.

Sheldon (1942) specifies that all individuals can be classified into Mesomorph's, Endomorph's and Ectomorph's. Each of these three categories have their respective traits associated with corresponding temperamental tendencies which in the long run, determine one's behaviour - the mainstay of personality in action. Mesomorphy is related to Somatonia *i.e.* assertiveness, love for physical adventure, vigorous energeticness, need for exercise, love of dominance, love for taking risk and chance, directness of manner, courage, general noisiness, need for action when in trouble; etc. Endomorphy is related to Vesceortonia *i.e.* love of comfort, slow action, relaxation, love of eating, sociability, complacency, affectionateness, etc. Ectomorphy is related

to Cerebrotonia *i.e.* restraint in posture and movement, rapid reaction, over tension, anxiety, secretiveness, inhibition of action, introvertedness in thought, need for loneliness, etc. Sheldon's theoretical views have catalyzed many anthropometrists like Carter, Heath, etc. to prefer the body-classification technique, but the attempts of psychologists to verify the relationship between physique and temperament are half way.

Studies have convincingly shown that there seems to be a special body constitution which is a pre-requisite for each sport. Also, there is substantial evidence that physique and success in sports and physical performance are positively related. An aspiring athlete needs to have a physique that is characteristics of those who have succeeded in their sports of choice.

Sports scientists attempted to measure physique and its relation with the various aspects such as physical performance, motor fitness, strength, flexibility and injury. Some of them attempted to know sports performance with the physique, they are : Siddhu *et al.* (1975), Sharma and Shukla (1981), Sodhi and Siddhu (1984), Sillas, (1953), Sodhi (1987), Sharma *et al.* (1990), Mathew and Mathew (1991), Franseen (1996), Karp (2000), Stewart (2000), Egan and Stelmack (2003), Sherri *et al.* (2003).