

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

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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.

■ **Key Words** : Personality, Extrovert, Neuroticism

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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

study of psychology. It can be defined as an enduring tendency to experience negative emotional states. Individuals who score high on neuroticism are more likely than the average to experience such feelings as anxiety, anger, guilt and clinical depression. They respond more poorly to environmental stress, and are more likely to interpret ordinary situations as threatening, and minor frustrations as hopelessly difficult. They are often self-conscious and shy. They may have trouble controlling urges and delaying gratification. Neuroticism is related to emotional intelligence, which involves emotional regulation, motivation, and interpersonal skills. It is also considered to be a predisposition for traditional neuroses, such as phobia and other anxiety disorders.

Objective :

The aim of the study was to compare the personality traits individual game women players and team game players with special reference to extroversion and neuroticism.

Hypothesis :

- There will be significant difference in the extroversion of team game women players and individual game players.
- There will be significant difference in the neuroticism of team game women players and individual game women players.

■ METHODOLOGY

Sample :

A sample of subjects consisting 40 team game women players (handball and football) and 40 individual game women players (athletics and fencing) which were selected from Guru Ghasidas University (campus), Bilaspur (C.G.) and affiliated Colleges of Education and Physical Education. Purposive sampling method was used to extract this sample (Eysenck and Eysenck, 1975).

Tools :

Paper and pencil personality questionnaires were used as a tool to measure selected personality traits. In this study Eysenck's Personality Inventory (E.P.I.) was used to assess the personality traits.

Procedure :

The questionnaire was administered on the subject during intercollegiate sports competitions organized by sports council of university.

■ OBSERVATIONS AND DISCUSSION

The data thus collected were given to statistical treatment computing mean, standard deviation and t ratio to find out differences in personality traits between team game

women players and individual game women players. The obtained results have been presented in following tables.

Table 1 shows that there was a significant difference in the extroversion of team game women players and individual game women players. The means value for extroversion was greater in individual game women players (20.21) whereas it was 17.94 in team game women players. Therefore, individual game women players were more extrovert than team game women players.

Table 1 : Comparison of extroversion in team game women players and individual game women players

Sr. No.	Variables	Number	Mean	S.D.	't' ratio
1.	Team game women players	40	17.94	4.32	2.73*
2.	Individual game women players	40	20.21	3.87	

Table 2 shows a significant difference in the neuroticism of team game women players and individual game women players. The means value for neuroticism was less in individual game women players (17.13) whereas it was 19.89 in team game women players therefore, team game women players were more neuroticism than individual game women players.

Table 2 : Comparison of neuroticism in team game women players and individual game women players

Sr.No.	Variables	Number	Mean	S.D.	't' ratio
1.	Team game women players	40	19.89	3.81	2.81*
2.	Individuals game women players	40	17.13	3.88	

There was significant difference in the extroversion of team game women players and individual game women players. The individual game women players were more extrovert than the team game women players.

There was significant difference in the neuroticism of team game women players and individual game women players. The team game women players were more neuroticism than the individual game women players.

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