A comparative study of personality traits between individual and group game

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Abstract
The purpose of the present research was to describe and compare the personality traits (sociability, Extraversion, Dominance, Self-concept, Conventionality, Mental Toughness, Emotional Stability,) of competitive athletes in Group game and Individual sports. The method of the study is descriptive analyses, total fifty (Each 25) samples representing both in individual and group game were selected and To collect the data the standardized scale devised by Dr Ajith Sing has administered on the subject who are participating in all India interuniversity tournament, later ‘t’ test was applied to assess the significant difference in sociability factor of personality traits between sportsperson of individual and group game, the conclusion was drawn that group game sportsperson have possessed the high sociability personality traits comparing to their counterpart, it was rationalized that nature of group participation develops and cultivates the social values and character among the participants.

Keywords: Personality traits between individual and group game

Introduction
Personality including dimensions of extraversion, Sport psychology has emerged as a field with a personality including dimensions of neuroticism, research tradition that provides a foundation for direct extraversion, openness, agreeableness and application with athletes. As the role played by conscientiousness, two that have supported both psychological factors in the performance and over well-theoretical and empirical by a large number of researches being of athletes has become better understood, in the last decades. Numerous studies have intervention have been designed to favorably affect examined the relations between five factor model athlete behavior throughout their involvement in sport dimensions and sport activities; these studies suggest and beyond]. Sport psychology researchers have been that there is a positive correlation between sport interested in how athletes’ psychological an activities, extraversion and conscientiousness and also a characteristics influence performance. From this point, it negative correlation between sport activities and clear that psychological characteristics differ between neuroticism. Also the results of studies connected with more and less effective athletes and teams. Moreover, the Three-dimensional model of personality have shown ability to mentally prepare is considered a key component correlation between sport activities with one or more of such differences. The optimal level of skills in dimensions of low neuroticism, high extraversion and low championship depends on three factors; physical, skill psychotics. Koon (1965) believed sportsmen and mental preparation. It seems that champion’s different women are extraversion and there is a significant relation performance depends on mental preparation, influence of between sport abilities and extraversion rate. It is obvious psychology and personality of sportsmen. So it needs to higher abilities have related with extraversion and lower compare the relationship between psychological variables abilities with introspection. Some findings have found (personality) in different sports. This matter would help different results in this case.

Problem: A Comparative Study of Personality Traits between individual and Group game.

Hypotheses: It was hypothesized that the nature of participation leads to develops different kind of personality traits group.
Objective
1. To assess the significant differences of personality individual traits between individual and group game.
2. To know the correlation exist between the nature of game and personality traits.

Materials and methods
The present research is descriptive comparative which compares the personality traits of individual and Group game. Participants: The participants of the present research are belonging the group game and individual athletes those are participating in the inter university tournaments. The sample was selected using purposive random technique, twenty five subjects of each group as individual and group sportsperson were selected from (basketball, volleyball, kabaddi, kho-kho) and individual (Badminton, cycling, track and field,) were evaluated and compared using seven factor inventory.

Measurement Tools
To collect the requisite data, the standard zed questionnaire constructed by Dr Ajith sing has administered on the sportsperson of individual and group game, who are participating in all India interuniversity tournament held at different part of the country.

Table 1: showing the Results of the t-test of group and individual game personality traits of sociability of the sports persons

<table>
<thead>
<tr>
<th>Variable</th>
<th>Mean</th>
<th>Sd</th>
<th>t-value</th>
<th>P</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sociability</td>
<td>Group Game</td>
<td>45.11</td>
<td>7.68</td>
<td>3.501</td>
<td>&lt;0.05</td>
</tr>
<tr>
<td></td>
<td>Individual Games</td>
<td>42.68</td>
<td>6.14</td>
<td></td>
<td>(0.001)</td>
</tr>
</tbody>
</table>

Table demonstrates the Mean, SD and t values of the Sociability dimension of personality of individual game and group sports person. The mean score of Group Game sportswomen is 45.11 and the mean score of individual game sports person is 42.68 respectively.

Graph 1A: Representing the mean score and SD of Sociability factor of personality dimension

The obtained t value of 3.501 is significant at 0.05 level indicates that there is a significant difference of sociability nature between group and individual game. This represents that sportsperson belonging to team game gets lot of opportunity to involve in experiencing social and emotional feeling in sports competition. They also expose to high level of social, interpersonal and emotional experiences. And excess to the high level of competition and scientific training would help to develop and calulate social quality among the group game sports person, early group sports socialization process would be effective and meaningful these factors might be contributed to the interpersonal skills communication skills and knowledge about conformability about the sociability. Whereas individual game sports person would be deprived by the excess to social gearing rituals. Due to lack of these faculties there social inter actuation it will be hinder. Hence the formulated hypnosis’s conformed.

Conclusion: The participation in sports activities develops harmonious personality traits among the participants, the study also proved and expressed the fact the group game has advantages to cultivate the social values and traits in the sportsperson, comparing to their counterpart group

References