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## Study of sports specific personality and will to win among basketball players of Punjab

**Ajaz Ahmad Parry, Dr. B John, Suhail Yaqoob and Showkat Ahmad Chat**

### Abstract

The term sports psychology has developed two separate, entirely different meanings, resulting in a great deal of confusion and even stress in sports psychology organizations. Was to investigate compare the status of sports specific personality and will to win of the Basketball players of Punjab. . Total 150 samples were selected through stratified random sampling technique which includes 50 state level players, 50 North zone/AIU players and 50 samples from District Sports Specific Personality Test (SPP) developed by Dr. Agyajit Singh and Dr. H. S. Cheema and Will to win test by Prof. Anand Kumar were used as tools for the study. The two personality factors of 150 basketball players has been compared as per the percentile norms of the tool and found that State and AIU level players have good personality with comparison to district players. It has been concluded that higher performance is positively related to sports specific personality and will to win among all basketball players of Punjab

**Keywords:** Sociability, dominance and basketball players

### Introduction

The term sports psychology has developed two separate, entirely different meanings, resulting in a great deal of confusion and even stress in sports psychology organizations. One meaning relates to the practice of psychology by professionals who specialize primarily in working with athletes in a variety of sport setting. The beginnings of the academic discipline of sports psychology were psychology of coaching (1926) and psychology of athletes (1928) by Griffith. Sports psychology grew in the 1980s as a result of increasing interest in its applied aspects. Although it is difficult to infer a casual relationship in such matters, the publication of an important article by Rainer Martens in 1979 seemed to signal growth of interest in applied issues. Personality has been defined as a unique pattern of characteristic thoughts, feelings, and behavior's that distinguish one person from other and that persist overtime and situations' (Pharesand Chaplin, 1997) [4]. The sports specific personality is the personality of an individual in the field of sports. This includes the dimensions of personality such as sociability, dominance. Sociability- means a sociable person is warm, good-natured, easy going, ready to cooperate, attentive to people, kindly, trustful, soft-hearted, adaptable and warm-hearted. Dominance- denotes self-assertiveness, self-assurance, hardness, and toughness, unconventionality and competitive aggressiveness, persuading, seducing or commanding others. Basketball (commonly nicknamed "B-ball or hoops") is a team sport in which two teams of five players try to score point by throwing or "shooting" a ball through the top of a basketball hoop while following a set of rules. The international Basketball Federation was formed in 1932 by eight founding nations: Argentina, Czechoslovakia, Greece, Italy, Latvia, Portugal, Romania and Switzerland.

### Review of Literature

Kreiner (1993) [1] took up a study on winning after winning: the psychology on going excellence. The purpose of this study was to explore the effect of success on athletes who reached the top of the world in their sport. Individual in-depth interviews were conducted with 17 world champion athletes, representing 7 different sports and 4 different countries. All athletes, 11 male and 6 female had been major international competition.

The result indicate that athletes, who become the best in their sport, subsequently experienced many additional demands. Most little or no assistance in dealing with the additional demand and continued to win. The remaining two thirds did not handle the additional demand as well and either never repealed their winning performance or took a significant amount of time to do so strategies to help prepare further champions to handle the demand of winning are suggested.

Besharat A, Nia A (2010) [2] was study compared athletes' personality characteristics in individual and team sports. 134 athletes (92 team, 42 individual, 88 males, and 46 females) completed the NEO Personality Inventory-Revised (NEO-PI-R) and the Sociotropy-Autonomy Scale (SAS). The results revealed that individual sport athletes scored significantly higher on conscientiousness and autonomy than did team sport athletes. The team sport athletes scored significantly higher on agreeableness and sociotropy than did the individual sport athletes. No significant difference was found between the two groups on neuroticism, extraversion, and openness. It can be concluded that athletes' personality characteristics are different for individual and team sports.

Ruhal A, Chaudhary D (2011) [3] compared the self concept of basketball player of different university of Rajasthan by selecting 120 basketball players using of purposive sampling from age group 18 to24 years. Concluded the significant difference of basketball player of different university of Rajasthan.

**Methods and Procedures**

Sampling refers to the method used to select a given number of people or things from the population. The strategy of selecting a sample influences the quality of data and the inferences that can be drawn from it. The study will be conducted on 150 Basketball players of Punjab who will be selected through Random Sampling Technique. This sample will include 50 Sample from State level, 50 sample from North Zone/AIU and 50 samples from District.

**Sampling Techniques**

Stratified Random sampling techniques was used for the selection of samples 50 players each including of boys and girls out of three categories of population.

**Tools**

Researcher has selected the following tools to gather data from the selected samples.

**Sports Specific Personality Test**

standardized by Dr. Agyajit Singh and DR H.S Cheema (2010). This test has been designed on the specific personality traits expected to be in sportsperson by the author.

**Collection of data**

The questionnaire can administered individually as well as in group of about 30-30 subjects. With the use of microphone and a few assistants to help, even much larger group can be given the questionnaire at time. The subjects should be seated comfortably, at some distance from each other and all within such distance from each other and all within such distance that every subjects can clearly hear the tester's voice.

**Statistical Techniques**

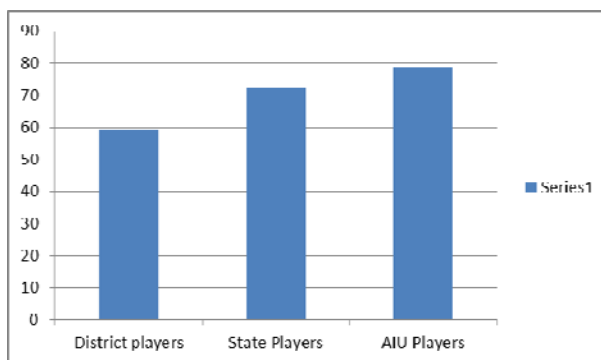
These score of sports specific personality was analyzed by applying the analysis of variance (percentile), and variance (t-test). The will to win score was analyzed (ANOVA) and (t-test)

**Table 4.1.1:** Comparison of Sociability in District, State, AIU basketball player of Punjab

		Mean	S.D	Percentile
1. Sociability	District players	35.52	2.88	59.2
	State Players	43.42	3.55	72.36
	AIU Players	47.36	3.72	78.93

**Discussion & Interpretation**

Table 4.1 shows that the means of the sociability of District, State, and AIU basketball players of Punjab calculated as 35.52, 43.42, and 47.36. The SD for the different level are found to be 2.88, 3.55, and 3.72 respectively. As per the norms of the sports specific personality test of Dr. Agyajit Singh. All three levels of players are above average. The highest percentile score showed that there is better sociability in AIU players with comparison to State and district players. It was hypothesized that basketball players of Punjab may have good SSP. Hence the hypothesis is accepted and collected that there is good (sociability) among basketball players of Punjab.



**Fig 4.1.1:** Graph Representing Sociability Difference between the District, State, and AIU basketball Player

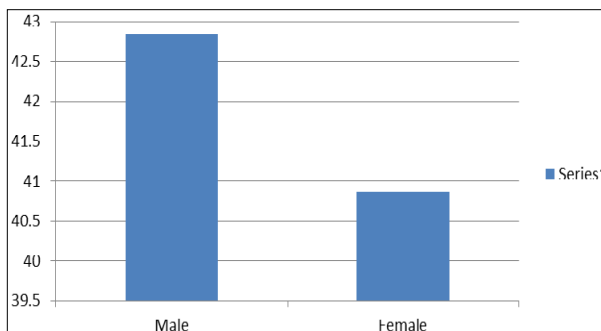
**Table 4.1.2:** Comparison of Sociability in Male, and Female basketball player of Punjab

1.	Gender	Mean	S.D	DF	SE	t, value
Sociability	Male	42.84	6.49	148	0.64	0.0126**
	Female	40.87	4.86			

(P<0.05) (1, 148) = 1.65 \*significant \*\* not significant

**Discussion & interpretation**

Table no- 4.8 showed that the mean of sociability was 42.84 and 40.87 for male & female respectively. The calculated t-value is 0.0126, whereas the tabulated value is 1.65 at 0.05 level of significant. There is no significant difference exist between male & female with respect to their sociability. Hence the hypothesis is rejected and stated that male and female basketball players have equal sociability.



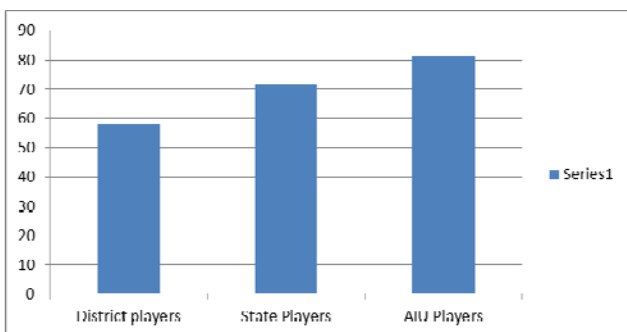
**Fig 4.1.2:** Graph Representing Sociability Difference between the Male and Female basketball players

**Table 4.1.3:** Comparison of Dominance in District, State, AIU basketball player of Punjab

1. Dominance		Mean	S.D	Percentile
	District players	34.84	3.81	58.06
	State Players	43.18	3.47	71.96
	AIU Players	48.76	2.94	81.26

**Discussion & Interpretation**

Table 4.2 shows that mean of the dominance of District, State, and AIU basketball players of Punjab are calculated as 34.84, 43.18, and 48.76. The SD for the different level are found 3.81, 3.47, and 2.94 respectively. As per the norms of the sports specific personality test of Dr. Agyajit Singh. All three levels of players are above average in dominance. The highest percentile score showed that there is better sociability in AIU players with comparison to State and district players. It was hypothesized that basketball players of Punjab may have good SSP. Hence the hypothesis is accepted. This study proves that there is good (dominance) among the basketball players of Punjab.



**Fig 4.1.3:** Graph Representing Dominance Difference between the District, State, and AIU basketball Player

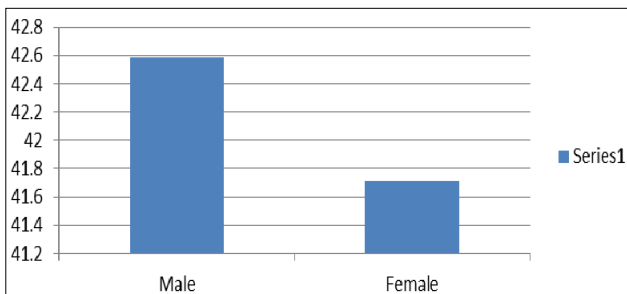
**Table 4.1.4:** Comparison of Dominance in Male, and Female basketball player of Punjab

1. Dominance	Gender	Mean	S.D	DF	SE	t, value
	Male	42.59	7.70			
	Female	41.71	4.51			

( $P < 0.05$ ) (1, 148) = 1.65 \*significant \*\* not significant

**Discussion & Interpretation**

Table no- 4.9 showed that the mean of dominance was 42.59 and 41.71 for male & female respectively. The calculated t-value is 0.0156, whereas the tabulated value is 1.65 at 0.05 level of significant. There is no significant difference exist between male & female with respect to their dominance. Hence the hypothesis is rejected and stated that male and female basketball players have equal dominance.



**Fig 4.1.4:** Graph Representing Dominance Difference between the Male and Female basketball players

**Summary**

The research topic study of sports specific personality and will to win among basketball players of Punjab District, State, and AIU. The objective of the study to access the status of sports specific personality according to requirement of sports. To know the ability of will to win among basketball players of Punjab. To compare the sports specific personality and will to win among basketball players of Punjab. The hypothesis of the study was basketball players of Punjab may have good sports This study delimited to male and female basketball players. This study delimited to District onwards up to AIU basketball players of Punjab and delimited to age 18 to 27. The purpose of the study was to find out the sports specific personality and will to win on basketball players of Punjab. One Fifty subjects were selected 50 AIU level, 50 State levels, and 50 District level. The sports specific personality is measured by Dr. Agyajit Singh and DR H.S Cheema (2010). Will to Win is measured by Prof. Anand Kumar (1990).

**Conclusion**

Under the limitation of the study following conclusion has been drawn for the collected and analyzed data.

- Sociability- “Sports makes us social” which is being already proved by so many studies. In this study it is concluded that all basketball players’ male and female of Punjab have good sociability. It supports the study Ghosh and Majumdar (2013).
- The Dominance represents the normal tendency for one side of the brain to be more important than some times. The study has found that male and female basketball players of Punjab have good and equal dominance. It supports the study of Joshim M (2011).

**Suggestion and Recommendations**

1. This study can be conducted on psychological variables other than personality and will to win.
2. Similar study can be conducted on national and international level of players.
3. The psychological variable as SSP and will to win of basketball players can be compared to other game.
4. Study can also be conducted on more than selected two variables.

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