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Personality dynamics of badminton skill: A correlational study

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Abstract

The personality dynamics of badminton skill was assessed in the present research work. To conduct the study 50 intercollegiate male badminton players from Maharashtra with an average age of 22.16 years were selected as sample. Hindi version of Eysenck's PEN inventory prepared by Menon *et al.* (1978) was used. This inventory measures Psychoticism (P), Extraversion (E) and Neuroticism (N) by a questionnaire method. The test-retest reliability coefficients have been found as 0.630, 0.888, 0.687 and 0.337 for P, E, N and L scales respectively. The authors of this Hindi PEN also attempted to estimate its correlation with the English PEN and found that the coefficients were fairly high. The Miller Wall Volley Test was used to assess basic badminton skill of selected male badminton players. Results reveal that psychoticism and neuroticism were strongly associated with badminton skill of male intercollegiate players. The results emphasized the role of personality dynamics in badminton skills of male intercollegiate players.

Keywords: Personality, badminton skills

Introduction

Known as physical chess, badminton is an extremely popular sport in India. The execution of basic skill is one of the most important aspects of badminton playing ability. A great emphasis has been laid on physiological, physical, biomechanical and psychological aspects for high-level performance in badminton. Researchers such as Ghosh *et al.* (1998) [8], Wang *et al.* (2009) [13], Sorenson (2010) [12], Sharma (2011) [10], Evangelos and Panagiotis (2012) [5], Evangelos and Panagiotis (2012) [5], Soltani *et al.* (2012) [11], Attri (2013) [1], Water *et al.* (2017) [14], Bastug *et al.* (2017) [2] comprehensively assessed the factors associated with skill and performance in badminton. Despite extensive research effect of personality dynamics on badminton skill of male intercollegiate players has not been studied so far. In sports psychology effect of personality especially Eysenck's personality dimensions have been documented extensively. Psychoticism as a personality dimension evolved by Eysenck (1985) [7] represents the fourth dimension of his personality theory and considered to be independent of the other three dimensions. Eysenck & Eysenck (1968), Cattell & Scheier (1961) [4] and many others have opined that this dimension is not confined to abnormal, it encompasses normal individuals too (Bishop, 1977) [3]. According to Eysenck, this dimension seems to be related to odd, cruel, anti-social and suspicious behaviour and lack of feeling even towards the close ones. This dimension too forms a continuum ranging from normal to psychotic ends. According to Eysenck the genotype of extraversion refers to the position on the dimensions that are programmed by genes and that variations in extraversion-introversion reflect individual differences in the functioning of particular activation system-a portion in the brain, and the best prediction of E (extraversion) scores at the moment is possible in adulthood through paper-pencil devices owing to its phenotypic expression. The phenotype specification of extraversion is that the typical extrovert is sociable, likes parties, has many friends, needs to have people to talk to, and does not like reading or studying by himself. He craves for excitement, takes chances, often sticks his neck out, acts on the spur of the moment and generally an impulsive individual. He is fond of practical jokes, always has a ready answer and generally likes chances. He is carefree, easy going, optimistic and likes to 'laugh'. He prefers to keep moving and doing things.

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He tends to be aggressive and loses his temper quickly; altogether his feelings are not kept under tight control and he is not always a reliable person. On the other hand, 'the typical introvert' is a quiet, retiring sort of person, introspective, fond of books rather than people. He is reserved and distant except to intimate friends. He tends to plan, looks before he leaps and distrusts the impulse of the moment. He does not like excitement, takes a matter of everyday life with proper seriousness and likes a well-ordered mode of life. He keeps his feelings under control, seldom behaves aggressively and does not lose his temper easily. He is reliable, somewhat pessimistic and places great value on ethical standards (London and Exner, 1978) ^[9]. In the light of these phenotypic expressions, one should not think that every person is either an extrovert or an introvert. The term E is used in Eysenck's theory to mean that there is a continuum from one extreme to the other with the majority of people (ambiverts) nearer the centre rather than the extreme. Neuroticism is another dimension of personality as put forth by Eysenck. Neuroticism is also known as emotionality or stability-instability and is the close associate of anxiety. Eysenck and Ruchman (1965) ^[6] pointed out that neuroticism is a trait which forms a continuum from normal to neurotic and while reflecting upon those phenotypic expressions in behaviour of this dimension they mentioned that at one end of it there are people whose emotions are liable, strong and easily aroused; they are moody, touchy, anxious, restless and so forth characterising the unstable or neurotic type; and at the other extreme there are people whose emotions are stable, less easily aroused; who are calm; even-tempered and reliable, representing the normal persons typical of the stable type. It means that points near the minus end of the continuum represent poorly integrated, emotionally unstable, neurotic personalities; and the points near the plus end of the hypothetical continuum represent well integrated, emotionally stable, non-neurotic personalities.

Objective

The objective of the present study was to assess the relation between personality dimensions namely psychoticism, extraversion and neuroticism with basic badminton skill of male intercollegiate players.

Hypothesis

It was hypothesized that badminton skill of male intercollegiate players will show a significantly strong relationship with psychoticism, extraversion and neuroticism dimension of personality.

Methodology

The following methodological steps were taken to conduct the present study.

Sample

To conduct the study 50 intercollegiate male badminton players from Maharashtra with an average age of 22.16 years were selected as sample. The age range of selected subjects was 18 to 22 years and they were selected randomly.

Tools

Hindi version of Eysenck's PEN inventory prepared by Menon *et al.* (1978) was used. This inventory measures Psychoticism (P), Extraversion (E) and Neuroticism (N) by a questionnaire method. The test-retest reliability coefficients have been found as 0.630, 0.888, 0.687 and 0.337 for P, E, N and L scales respectively. The authors of this Hindi PEN also attempted to

estimate its correlation with the English PEN and found them very high.

The Miller Wall Volley Test was used to assess basic badminton skill of selected male badminton players. This test measures the basic badminton skill of clears (shots hit high and deep into the opponent's court).

Procedure

Miller Wall-Wall Volley Test was administered to each subject under the supervision of the researcher. Eysenck's Hindi version of PEN inventory was administered to selected subjects according to their convenience. Pearson Correlation was calculated to establish the relation between personality and badminton skill. The results are shown in table 1.

Table 1: Depicting the Correlation between Personality Dimensions with Basic Skills of Intercollegiate Players (N=50)

Personality Dimensions	Basic Badminton Skill
Psychoticism	-0.332**
Extraversion	0.112
Neuroticism	-0.482**

** Significant at .01 level

A perusal of table 1 reveals a statistically significant but negative relationship between psychoticism and badminton skill ($r = -0.332, p < .01$). Similarly the statistically significant but negative relationship between neuroticism and badminton skill ($r = -0.482, p < .01$). No significant association was found between extraversion and badminton skill of intercollegiate male players.

The result suggests that psychotic tendencies lead to decreased badminton skills. This can be justified by a fact that psychoticism is associated with concentration, so naturally when psychotic tendencies increases, the level of concentration decreases thereby skill level also gets affected. Similarly, neuroticism is nothing but emotional stability so it is natural that unstable emotions during the execution of skill come in a way of enhanced execution of basic badminton skills.

The effect of extraversion was not observed on basic badminton skills and may be due to the same level of extraversion in subjects due to their similar level of participation.

Conclusion

Based on results, it may be concluded that personality dimensions namely psychoticism and neuroticism are strongly liked to basic badminton skills of intercollegiate male players.

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