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## A study of extroversion and neuroticism in rural and urban college cricket players (Boys)

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### Abstract

In modern time's competition in sports needs mental preparation of team or individual players. It is important as teaching the different skills of a game on scientific lines. The reason of this study was to compare the psychological variables between Rural and Urban college cricket Players of age group 19-22 years. 50 boys each from Rural and urban areas were selected as subjects. To collect the data for Personality traits, Eysenck (1968) Personality questionnaire, revised used to compare the level of Extroversion and Neuroticism among urban and rural Cricket players. The value of mean and standard deviation of the test was computed by applying 't'-test at 0.05 level of significance. Non-significant difference was observed on Extroversion and significant difference was observed on Neuroticism between urban and rural college Cricket Players.

This study will be helpful to the coaches and trainer should conduct the personality test while they selecting players to evaluate their mental strength and fighting spirit. This test must boost the players for the competition.

**Keywords:** Extroversion, neuroticism, spirit, personality

### Introduction

In Present time's competition in sports needs mental preparation of team or individual players. It is important as teaching the different skills of a game or scientific lines. Sports Psychologist suggests that teams are prepared not to play the game but also to win the game. Most of the coaches agree that physical characteristics, skills and training of the players are extremely important but they also indicate that good mental preparation for competition is a necessary component for success.

Mental conditioning, training, preparation are new phrases used in the field of sports. Personality plays important role in achieving high performance in all fields of life including games and sports. Personality is a dynamic concept. Personality is compartmentalized into:

- Physique
- Mind and intellect
- Emotionality
- Suability

### Materials and Methods

Out of total college going population from Ludhiana, Jalandhar, Hoshiarpur Districts, 2 Rural and 2 Urban colleges were selected on depending upon the availability of Cricket game players. The Eysenck Personality Questionnaire Revised (Appendix-IV) was used to compare the personality traits. A Questionnaire of 90 questions was used to access the personality variables i.e. Neuroticism, Extroversion and lie score. Questionnaire was distributed among the subjects along with instructions.

Statistical analysis for various psychological variables was used to calculate Mean, Standard deviation, Standard error of mean and t-ratio to find significance differences. A scoring key was used to check the answer. Score of each variable were added at the end of the page.

### Results and Discussion

Significant difference was observed on Neuroticism between urban and rural college Cricket

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Players. The results showed that the urban college Cricket players are higher than rural college cricket players in the tendency of Neuroticism. No significant difference was observed on Extroversion between urban and rural college Cricket players. The results showed that the urban college cricket players are almost same with the rural college Cricket

players in tendency of Extroversion.

Significant differences were observed in personality traits of Extroversion and Neuroticism among urban and rural college cricket players. The urban college cricket players show the tendency of Extroversion where as rural college cricket players show the tendency of Neuroticism.

	<b>Urban</b>	<b>N=50</b>	<b>Rural</b>	<b>N=50</b>			
	<b>Mean</b>	<b>SD</b>	<b>Mean</b>	<b>SD</b>	<b>Mean Difference</b>	<b>S.E.M</b>	<b>t-ratio</b>
Extroversion (E)	9.43	3.09	9.71	2.72	0.28	0.41	0.64
Neuroticism (N)	10.73	4.53	11.62	2.18	0.89	0.10	1.76
Lie Score (L)	8.17	5.76	8.60	1.82	0.43	0.64	0.73

### Recommendations

Coaches and trainer should conduct the personality test while they selecting players to evaluate their mental strength and fighting spirit. This test must boost the morale of players before, during and after the competition.

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