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## Comparative study of basic human virtues among varsity female students based on participation in competitive sports

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### Abstract

The present study aimed to compare basic human virtues among varsity female students based on their participation in competitive sports. To conduct the study, 50 varsity female sportspersons (Ave. age 23.22 yrs) were selected. To fulfil the objectives of the present study 50 varsity female non-sportsperson (Ave. age 24.11 yrs) were also selected. The sample for the present study was selected from students of various Universities operational in Chhattisgarh. Purposive sampling was used for data collection. Four-dimensional basic human virtues inventory prepared by Agashe and Helode (2012) was preferred in the present study. This inventory consists of 40 items based on four cardinal virtues namely prudence, fortitude, justice and temperance respectively. The authors of this inventory have established a satisfactory level of reliability and validity. The results reveal a significantly higher degree of basic human virtues in varsity female sportsperson as compared to varsity female non-sportsperson. Based on results it was concluded that basic human virtues are higher in varsity female sportspersons as compared to varsity female non-sportsperson. It was also concluded that the cardinal virtues namely prudence and temperance were higher in varsity female sportsperson as compared to varsity female non-sportsperson.

**Keywords:** human virtues, sportsperson, non-sportsperson, varsity students

### Introduction

It has been established that sports are beneficial not only for physical health but it also enhances certain psychological characteristics while developing life skills. Sport is a continuous process of learning. A sports event will produce a single winner but other participants also gain so much in terms of physical, emotional, psychological and cognitive development. The nature of competitive sport develops concentration, reasoning and memory in participants. When a sportsperson is participating in a team sport, he/she is working towards a common goal and set aside self-interest. Sports also develop leadership skills, resilience, coping with different stressful situations and ability to bounce back after defeat. Sincere effort is key to competitive sports and it helps to develop analytical skills in participants. The psychological, cognitive and other benefits of active involvement in sports have been scientifically documented by so many researchers.

Singh et al. (2013) <sup>[6]</sup> reported that traits like sociability, mental toughness and emotional maturity were significantly superior in sportspersons as compared to non-sportsperson.

Mittal (2014) <sup>[4]</sup> reported a greater level of emotional adjustment in intercollegiate athletes as compared to intercollegiate non-athletes.

Yadav (2017) <sup>[8]</sup> reported superior emotional intelligence in sportsperson as compared to non-sportsperson.

Chowdhary and Shrivastava (2017) <sup>[3]</sup> reported that sports promote pro-social behaviour in secondary students.

The characteristics developed through competitive sports are embedded in basic human virtue but in modern times there are some instances where players use unfair means to gain an advantage. In the recent past cricketers like Steven Smith and David Warner were suspended from international cricket on charges of ball-tampering. Betting scams in sports or reports of doping cases pose a question mark on the advantage of sports participation for the development of virtues.

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Virtue refers to moral excellence. Morals are based on virtues which comprise of positive traits. There are four cardinal virtues around which all the other moral and personal characteristics revolve. These four cardinal virtues are prudence, justice, fortitude and temperance. Prudence means the ability to learn from mistakes committed in the past, open-mindedness, ability to assess the situation quickly, foresightedness, judicious thinking before taking decision and capacity to minimize the risk. The second cardinal virtue justice refers to exercising rights without violating the rights of others. Fortitude refers to decision-making ability in adverse situations. The core features of fortitude are courage, resilience, perseverance, endurance and self-confidence respectively. Temperance means self-control and it is required to control temper while resisting temptation. All the other virtues like humility, integrity, hope, enthusiasm etc. come under four cardinal virtues.

Nowadays both male and female participate in competitive sports with equal enthusiasm. The popularity of female sports has gained momentum in the 20<sup>th</sup> century but female sports is also plagued by doping cases such as Maria Sharapova and high testosterone level females participation.

Hence it is essential to compare basic human virtues in female sportsperson with female non-sportsperson. This will give insight about the role of sports participation on basic human virtues in females.

### Objectives

The present study aimed to compare basic human virtues among varsity female students based on their participation in competitive sports.

### Hypothesis

It was hypothesized that the basic human virtues among collegiate female students will be determined by their participation in competitive sports.

### Methodology

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

### Sample

To conduct the study, 50 varsity female sportspersons (Ave. age 23.22 yrs) were selected. To fulfil the objectives of the present study 50 female non-sportsperson (Ave. age 24.11 yrs) were also selected. The sample for the present study was selected from students of various Universities operational in Chhattisgarh. Purposive sampling was used for data collection.

### Tools

#### Basic human virtues inventory

Four-dimensional basic human virtues inventory prepared by Agashe and Helode (2012) was preferred in the present study. This inventory consists of 40 items based on four cardinal virtues namely prudence, fortitude, justice and temperance respectively. The authors of this inventory have established a satisfactory level of reliability and validity.

### Procedure

Basic human virtues inventory prepared by Agashe and Helode (2012) was given to varsity female students and they were asked to give their response as per their opinion on a particular statement. The filled inventory by each subject was evaluated based on authors manual and the data was tabulated

in respective study groups. Independent sample 't' test was used for data analysis. The results are presented in table 1 and 2 respectively.

## Result and Discussion

**Table 1:** Comparison of Basic Human Virtue between Varsity Female Sportspersons and Varsity Female Non-sportsperson

Groups	Mean	S.D.	Mean Difference	't'
Varsity Female Sportsperson (N=50)	28.46	2.36	3.08	4.43**
Varsity Female Non-sportsperson (N=50)	25.38	4.30		

\*\* Significant at .01 level

A perusal of table 1 indicates that basic human virtues were significantly higher in varsity female sportsperson as compared to varsity female non-sportsperson. The finding is also supported by  $t=4.43$  at .01 level of significance

**Table 2:** Comparison of Dimensions of Basic Human Virtues between Varsity Female Sportspersons and Varsity Female Non-sportsperson

Dimensions of Basic Human Virtues	Varsity Female Sportsperson (N=50)		Varsity Female Non-sportsperson (N=50)		Mean Diff.	't'
	Mean	S.D.	Mean	S.D.		
Prudence	7.08	1.22	5.70	1.76	1.38	4.54**
Fortitude	7.00	1.10	6.38	1.96	0.62	1.94
Justice	8.16	1.28	7.94	1.86	0.22	0.68
Temperance	6.22	1.07	5.36	1.63	0.27	3.10**

\*\* Significant at .01 level

### A perusal of table 2 gives the following inferences

- Prudence in varsity female sportspersons was found to be significantly higher as compared to varsity female non-sportsperson. ( $t=4.54, p<.01$ )
- No significant difference was observed in fortitude, a dimension of basic human virtues between varsity female sportsperson and varsity female non-sportsperson. [ $t=1.94, p>.05$ ]
- No significant difference was observed in the third dimension of basic human virtues (justice) between varsity female sportsperson and varsity female non-sportsperson. [ $t=0.68, p>.05$ ]
- Temperance in varsity female sportspersons was found to be significantly higher as compared to varsity female non-sportsperson. ( $t=3.10, p<.01$ )

Results reveal that varsity female sportspersons have more magnitude of basic human virtues as compared to varsity female non-sportspersons. Basic human virtues in the present study are assessed with the help of four cardinal virtues. Studies conducted by Bostania and Saiiri (2011)<sup>[1]</sup>, Busing (2016)<sup>[2]</sup>, Sidhu et al. (2013)<sup>[5]</sup>, Singh et al. (2013)<sup>[6]</sup>, Mittal, 2014, Chowdhary and Shrivastava (2017)<sup>[4, 3]</sup> established the fact that psychosocial development can be achieved by active participation in competitive sports.

These researchers have documented that athletes possess superior mental skills, emotional stability, extrovert, better coping skills as compared to non-sportspersons. These qualities arise out of four cardinal virtues. So despite the groups consist of varsity female students, female sportspersons exhibited greater magnitude of basic human virtues as compared to non-sportsperson.

### Conclusion

Based on results it was concluded that basic human virtues are higher in varsity female sportspersons as compared to varsity female non-sportsperson. It was also concluded that the cardinal virtues namely prudence and temperance were higher in varsity female sportsperson as compared to varsity female non-sportsperson.

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