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Analysis sports personality of volleyball and cricket players in the domain of sports psychology

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Abstract

Sports personality plays the dominant role in the field of sports. Infact the sports performance is largely correlated with sports achievement. Keeping in view, after locating the research gap the researcher carried this study so as to examine the impact of game on the sports personality of the players. The study was carried in context of descriptive researcher. Sports Personality Test developed by Agya Jit Singh and H. S. Cheema was used for data collection. Whole data was selected with the help of convenient Sampling Technique (CST). The data for the present study consists of 400 respondents. The collected data was subjected to statistical treatment by using Mean, Standard Deviation and 't' test. In context to same, it was found that there exists no significant difference between volleyball and cricket players on their level of sports personality.

Keywords: Achievement, CST, volleyball, cricket

Introduction

Preamble: Sports is a learning experience. Of all who take up sports only one may eventually become a champion, but definitely all will be winners. Sports has helped me and the principles of sports continue to help me through difficult times. Sports personality has reported as significant impact on the level of players through the world. In the modern world, a sport is becoming a highly specialized competitive area of human activity. Every nation is trying hard to produce sportsmen who could bring laurels home in various competitions at international level. Such honours in sports have already acquired a high prestige-value for participating nations. It is natural; therefore, that improving the standards in the field of sport has become a focal point of attention, study and effort on the part of physical educators, coaches, trainers and research workers almost in all the countries of the world. In this effort, various disciplines like psychology, education, medicine, physical sciences etc., are getting more and more involved. So, we are also trying to analyse the big five personality dimensions level with the most popular volleyball game of Haryana. Keeping in mind the popularity of game and interest of the people the present problem has been framed. Volleyball and cricket game has developed into a highly competitive sport which requires a high level of physical, physiological and psychological fitness.

▪ **Location of the research gap:** The personality makeup of sports men in the field of cricket and volleyball has been high recognized at global level of research. Besides, large number of studies number of research studies has been conducted in the field of sports personality. However, diversified results have been reported. Notable studies are; Hankin, B.L., Jenness, J., Abela, J.R.Z., & Smolen, A. (2011) ^[36], Hampson, S.E. (2012) ^[35], Cox, R.H., & Yoo, H.S. (1995) ^[34], Cowell, C., & Ismail, A.H. (1960) ^[33], Costa, P.T., Terracciano, A., & McCrae, R.R. (2001) ^[32], Costa, P.T., & McCrae, R. R. (2010) ^[31], Costa, P.T., & McCrae, R.R. (1992) ^[30], "Wilson, A. (2002) ^[43], Ward, M.T. (2005) ^[42], Smojver, S. (2001) ^[41], Smith, E.R. (2008) ^[40], Singh, M., & Lohan, U. (2010) ^[39] and Connor-Smith, J.K., & Flachsbart, C. (2007) ^[29]". Keeping the results of the above studies under consideration the investigator explored the below mentioned research study:

Statement of the research problem: The existing study has carried in the domain of sports personality.

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So keeping in view, the researcher intended to explore the sports Personality of Volleyball and Cricket Players.

Conceptualisation of terms and variables involved in problem statement: For clear understanding of the terms and variables, the investigator itemized the below mentioned definitions for understanding the conceptualization of the variables and terms:

1. **Sports personality:** Sports Personality in the present study refers the score obtained by the respondents on Sports Personality Test developed by Agya Jit Singh and H.S. Cheema.
2. **Volleyball players:** Volleyball players in the present study refer those respondents who are reading in different higher secondary schools of selected areas. Apart from this, it is imperative to mention here that only those volleyball players were selected who possess playing experience minimum 3 years.
3. **Cricket and volleyball players:** Cricket and volleyball players in the present study refer those respondents who are reading in different higher secondary schools of selected areas. However, only those players were selected who hold three years of playing experience in their own game.

Purpose behind study: The objectives of the present study are and under:

- To investigate the sports Personality of Volleyball and Cricket Players.

Formation of hypothesis: On the basis of richness background of the knowledge the investigator speculated the below mentioned hypothesis.

1. There will no significant difference between volleyball and cricket players on their sports personality profile.

Delimitations of the study: The present study was delimited to 400 respondents only with due representation of the type of game. Besides, it has been delimited to Anantnag district of the union territory of Jammu and Kashmir.

Procedure and methodology: The existing study has been carried out in consonance of the descriptive research method.

- **Sample:** The investigator made visited institution to institution for collecting the sample. The required sample was 400 players with below reported bifurcation:
- **Sampling technique:** The required sample was selected with the help of Convenient Sampling Technique (CST) from selected area of the study.
- **Instrument used:** Sports Personality Test developed by Agya Jit Singh and H.S. Cheema was used for data collection.

Analysis and Interpretation of the Data: The collected data was analysed and interpreted. Bothe descriptive analysis as well as comparative analysis was calculated. The detailed analysis and interpretation is reported as under:

Table 1: Showing the frequency and percent wise distribution of volleyball and cricket players on their level of sports personality test (N=200 each)

Variable	Volleyball players		Cricket players	
	Percentage	Frequency	Percentage	Frequency
Extremely High Sports personality	02.00	04.00	03.00	6.00
High Sports personality	03.00	6.00	03.00	6.00
Above Average Sports personality	20.00	40.00	30.00	60.00
Average Sports personality	75.00	150.00	60.00	120.00
Below Average Sports personality	00.00	00.00	04.00	08.00
Low Sports personality	00.00	00.00	00.00	00.00
Low Extreme Sports personality	00.00	00.00	00.00	00.00
Total	100	200	100	200

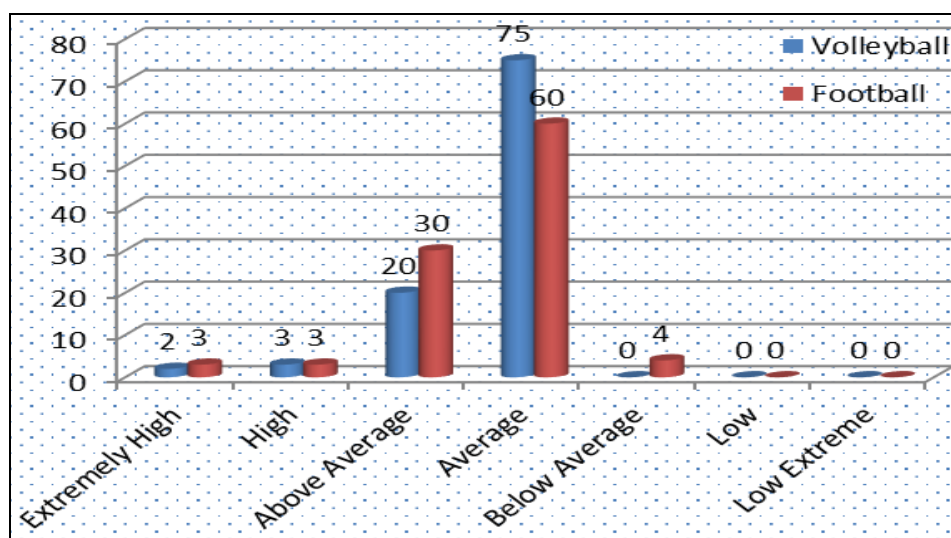


Fig 1: Showing the graphical representation of volleyball and cricket players their level of sports personality test

Interpretation (1.2): The result obtained in the table 1 (Please Consult Table 1, Fig. 1.), it gives information about the frequency and percent wise distribution of volleyball and

cricket players on various levels of sports personality. The obtained results indicate that 02% (F=04) were reported with extreme high level of sports personality. In pursuance to

same, 3% (F=06) were seen with high level of mental toughness. Additionally, it was seen that 20% (F=40) volley ball players were seen with above average level of sports personality. Meanwhile, it was seen that 75% (F=150) were seen with average level of sports personality. The results designate that 00% (F=00) were reported with below average level of sports personality. Moreover, it was found that 0.00 (F=0.00) were reported with low level of sports personality. Further, from the above reported results, it was seen that 0.00% (F=0.00) volleyball players were reported with extreme low level of sports personality. Coming towards the cricket players, it was seen that 03% (F=06) were reported with extreme high level of sports personality. In context to same, it was observed that 03% (F=06) cricket players were revealed with high level of sports personality. The inspection obtained results obtain that 30% (F=60) were observed with above average level of sports personality. Moreover, from the

obtained results it was found that 60.00% (F=120) cricket players were seen with average level of sports personality. Meanwhile, from the gained results, it can be inferred that 04% (F=08) were seen with below average level of sports personality. The calculated results designate that 0.00% (F=0.00) were analysed with low level of mental toughness. In the meantime, it was found that 0.00% (F=0.00) were found with extreme low level of sports personality.

Table 2: Showing the mean significance difference between volleyball and cricket players on composite score of sports personality test (N=200 each)

Sports Personality	Volleyball players		Cricket players		't' value
	Mean	SD	Mean	SD	
	320.22	25.71	319.17	23.10	0.80***

Index: ***= Insignificant at 0.05 level of confidence.

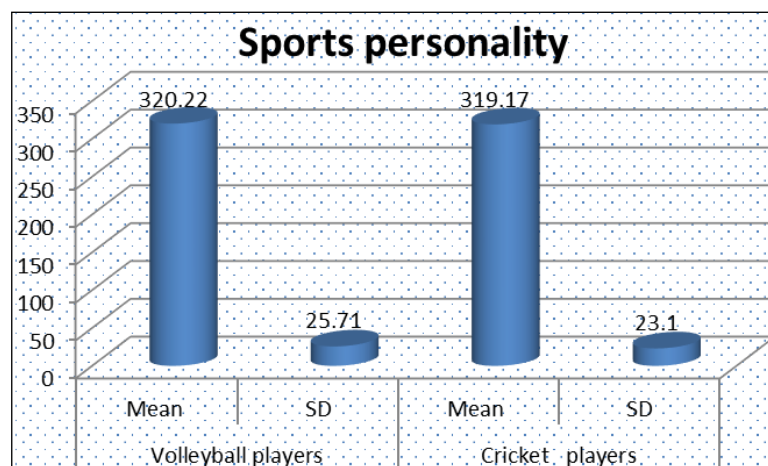


Fig 2: Showing the graphical representation of volleyball and cricket players their mean level of on composite score of sports personality test

The fleeting look on the table 1 (Please refer table 2, Fig. 2) gives inception about the mean significance difference between volleyball and cricket players on composite score of sports personality level. The results indicate that the mean score of volleyball players was reported 320.00 and the mean score of cricket players was reported 319.17 Therefore, from the above reported results, it was observed that the mean score is relatively identical. The same table indicates that when the both group of players (cricket and volleyball) players were comparatively analysed with the help of independent 't' test, the calculated 't' value was reported 0.90. Juxtaposing it on the index level, it was found below the calculated value at 0.01 level of confidence. Therefore, from the above reported result, it can be inferred that there exists no significant difference between volleyball and cricket players on their level of sports personality. Therefore, from the above reported results, it can be inferred that both the type of players (Volleyball and cricket) were found with identical level of sociability like; warm, good-natured, easy going, ready to cooperate, alternative to people, kindly, trustful, soft-hearted, adaptable and war-hearted. Besides, Both the type of players (Volleyball and cricket) were found with identical level of dominance like; on their self-assertiveness, self-assurance, hardness and toughness, unconventionality and competitive aggressiveness, persuading, seducing or commanding others. Both the category of respondents were characterized by desire to influence and control one's environment and other people and is linked with ability for directing and controlling other people through subduing, persuading, seducing or commanding them. In addition to this, Both the type of

players (Volleyball and cricket) were found with identical level of extraversion like; means outgoing, uninhibited, impulsive, involved in group activities, sociable, being friendly, craving for excitement and having many social contacts. Apart from this it was found that they stick their necks out and take chances, act on the spur of the moment, are optimistic, aggressive, laugh a great deal, lose their temper easily and are unable to keep their feelings under control. Moreover, Both the type of players (Volleyball and cricket) were found with identical level of self-concept as they reflects to several kinds of identifiable personality traits such as self-confidence, self-assurance, self-assertiveness, self-esteem, self-regard, self-consistency, self-enhancement, self-respect. They perceives of himself and their Self-confidence and self-assurance in their day to day activities are expressed in behaviour as cheerful, resilience, toughness, placidity, experience, carelessness, vigor, energy, fearlessness and self-security. In context to same, both the type of players (Volleyball and cricket) were found with identical level of conventionality such as being alert to proper way of doing things, bean very practical, narrowing of interests to immediate problems, being realistic, dependable, sound, being concerned and worried about issues. Many researchers have found athletes to be highly conservative and conventional in their responses to social situations. Simultaneously, both the type of players (Volleyball and cricket) were found with identical level of mental toughness. Besides they express their mentally tough athletes can take rough handling; they are not upset about losing, playing badly or being spoken to harshly, can accept strong criticism without being hurt and do not need

too much encouragement from their coaches. In consonance to same, both the type of players (Volleyball and cricket) were found with identical level of emotional stability by expressing maturity, stability quite realism, absence of neurotic fatigue, placidness, unaffectedness, optimism and self-discipline. Consequently, type of game seems insignificant impact on the level of sports personality of the volleyball and cricket players. Therefore, from the above discussion it is evident that there exists no significant difference between volleyball and cricket players on their level of sports personality. Insignificant difference was reported among volleyball and cricket players on all selected dimensions *viz.* Sociability, Dominance, Extra version, Self-concept, Conventionality, Emotional stability and mental toughness. Therefore, the status of hypothesis is reported as;

- **Hypothesis:** There exists no significant difference between volleyball and cricket players on their level of sports personality:

Status: Accepted

Support to findings: The results are supported by host of the researchers like;

“Costa, P.T., Terracciano, A., & McCrae, R.R. (2001) ^[31], Costa, P.T., & McCrae, R.R. (2010) ^[31], Costa, P.T., & McCrae, R.R. (1992) ^[30] and Connor-Smith, J.K., & Flachsbarth, C. (2007) ^[29], Hankin, B.L., Jenness, J., Abela, J.R.Z., & Smolen, A. (2011) ^[36], Hampson, S.E. (2012) ^[35], Cox, R.H., & Yoo, H.S. (1995) ^[34], Cowell, C., & Ismail, A.H. (1960) ^[33] and Wilson, A. (2002) ^[43], Ward, M.T. (2005) ^[42], Smojver, S. (2001) ^[41], Smith, E.R. (2008) ^[40], Singh, M., & Lohan, U. (2010) ^[39].

Conclusion

It has been found that there exists no significant difference between volleyball and cricket players on their level of sports personality. Insignificant difference was reported among volleyball and cricket players on all selected dimensions *viz.* Sociability, Dominance, Extra version, Self-concept, Conventionality, Emotional stability and mental toughness.

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