



THE EFFECT OF SPORTS PERSONALITY AND SES ON THE PERFORMANCE OF ATHLETES



Majeed¹

¹Research Scholar,
Department of Physical
Education,
Gulbarga University,
Gulbarga,
Karnataka, India.

Amrutha N V²

²Research Fellow,
Department of Social Work,
SSBS,
Central University of
Karnataka(CUK),
Karnataka,
India.

ABSTRACT

The major objective of the present study has been to assess the effect of sporting personality and socio economic status (SES) on the performance of players. The study consists of 480 student players selected randomly from various institutes of Bangalore. The sample was administered with sports personality test (Dubey, 2000) and SES scale (Bharadwaj, 1989). The sample was divided on criteria of personality (sporting v/s non sporting), SES (high and low), gender (male and female) and age (18 years above and 17 years and below). Further, the sample was given three speed tests of 100, 200 and 400 mtr and performance was measured in terms of time. The data so collected were subjected to t-test. Results clearly indicated that personality, SES, gender and age produced significant differences in performance of players.

KEY WORDS: *Sporting Personality, Socio Economic Status (SES).*

1. INTRODUCTION

In the recent past, there has been an increasing amount of attention in the study of relationship of personality variables and other psychological factors with athletic performance. Most of the work has been concerned with delineating personality traits of athletes, differentiating among individuals by sports and level of success etc. Studies of measurement of personality provide information needed by Sports Psychologists and Coaches, who have the responsibility of selection, counseling and training the athletes for competition. It is assumed that the physical abilities of an individual are related to his personality structure, because the environment in which physical abilities are displayed (i.e., in games and sports)

constitutes an ideal setting for the development of desirable personality characteristics.

Sports performance has been found to be related to certain personality variables. Many personality variables influence sports performance. There are sport and non sport personality variables. Extraversion, a personality dimension, has been found to be highly related or supportive to dominance and sociability in athletes and sports participants. Extraversion, is a construct evolved out of the two major attitudes of personality: the extraverted attitude, which orients the person to the external, objective world, and inner, subjective world. Eysenck's (1947) development of the two broad personality

dimensions like neuroticism-stability and extraversion-introversion provides the major underlying theoretical structure of this trait. He describes extraverted individuals as "outgoing, impulsive, uninhibited, involved in group activities, sociable, friendly, craving, excitement, and having many social contacts. They stick their necks out and take chances, act on the spur of moment, are optimistic, aggressive, lose their temper easily, laugh a great deal, and are unable to keep their feelings under control". On the other, neuroticism another dimension, is characterized by high level of anxiety, apprehensiveness, lowered self-confidence and a general loss of initiative. Psychoticism, one more dimension of personality describes personality as solitary, trouble some, cruel, lacking in feeling and empathy, hostile to others, sensation seeking and liking odd and unusual things (Eysenck and Eysenck, 1975). Hence sports personality constitutes characteristics of extroversion while non sports personality involves introversion traits.

"Personality" is a term commonly used by people concerned with almost every aspect of human interaction. When interviewing the athletes, the coach evaluates their personality. Rushall (1970) feels that knowledge of personality of an individual is important for maximizing individual responses. The personality information provides better understanding of an athlete's behaviour tendencies. Thus a good coach can select the players having common required personality traits and equal skill. It is vital not only in games and sports but in other fields also that the whole team or group should have common personality traits and level of skill for team success.

Several studies have been undertaken to find out the personality traits required for a successful sportsman. It was found that dynamic traits determine an athlete to be committed to sports, while temperament and cognitive traits indicate the performance of the athlete in different situations. Recent researches confirm that a sportsman has a more complete personality structure than any other type of people. Certain traits have been identified which predominate in an athletic personality. The type and length of social intercourse and interpersonal relationship will generally determine the degree of manipulation and manifestation of a particular trait in a sportsman. This way various traits of personality combined in themselves will determine how the sportsman will behave.

Many research show that sportsmen are different from non-sportsmen and differ on personality scales. Booth (1958), Kane (1970), Oglivie (1958) and many others have confirmed close relationship between "sports power" and "unique character and personality traits".

From the point of view of personality structure, clear distinction can be made between an "outstanding" sportsman and an "average" one. The existence of an athletic personality has been proved beyond doubt. But it appears that "there is a possibility that some discrete set of personality factors exists which relate to causing some people to select and participate in sports. Perhaps those possessing the strongest and most fortuitous combination of salient personality factors tend to persist in sports and become successful as outstanding athletes". However the studies related to relationship between personality and sports performance are inconclusive and lack clarity. Further the studies have failed to identify the independent influence of personality on the performance of players. Hence this calls for further exploration in this area.

Socio-economic status is believed to influence performance. It is background of the players which has significant influence on their level of performance. Indian society is presently stratified in to classes like upper class, middle class and lower class. This social class extends corresponding socialization to the players. It is this socialization that transforms an uncultured organism in to a social being. Usually, players of high socio-economic status have advantageous background to enrich their performance. Where as, the players of low socio-economic status due to deprived condition are most likely to show poor performance. Economic circumstance can influence the availability of equipment are positively associated to the size of family income. Activity level and socio-economic conditions are also found to be co-related positively (Cratty, 1975).

Age is an additional factor in determining the amount of excellence in performance of players in the given competitive activity. This does not mean that a person with significantly higher age level always performs correspondingly higher achievement in sports. But it does mean that age is certainly a factor that accounts for higher achievements in most of the competitive performance. Therefore an attempt is made in present study to examine the effect of SES and sports personality on the performance of players in 100 mtr, 200 mtr and 400 mtr speed tests. The study also attempts to examine sex and age differences of players in performance in 100 mtr, 200 mtr and 400 mtr tests.

1.2 STATEMENT OF THE PROBLEM

Assess the effect of Sports Personality and SES on the performance of Players, in 100 mtr, 200 mtr and 400 mtr speed test.

1.3 OBJECTIVES

The following are the objectives of the present study:

1. To assess the influence of sports personality on the performance athletes, in all the three track events of 100, 200 and 400 mtr.
2. To assess the influence of SES on the performance of sports persons.
3. To examine sex and age differences in the performance of different sample subgroups.

1.4 HYPOTHESES

The following are the hypotheses of the study:

1. There is a positive influence of sports personality on performance of athletes in all the three events.
2. There is significant influence of SES on performance of players in all the three events.
3. There is sex and age difference in athletic performance of different sample subgroups.

1.5 THE SAMPLE

The study was conducted on the sample of 480 students (male and female) selected from various colleges/institutions of Bangalore. Attempt was made to categorize the sample into equal subgroups based on SES, sex and age. Further the sample was categorized based on sports personality. Finally the student sample was given three field and track events like 100 mtr, 200 mtr and 400 mtr speed tests to examine whether the selected independent variables like sports personality and SES would exert their influence on these speed tests. The time (in seconds) taken was considered as an index of performance in the given speed tests.

1.6 TOOLS

1.6.1 Sportsman Personality Test: (Indian Adaptation):-

This test is adopted by Dubey (2000) which consists of 60 statements characterizing sporting and non-sporting personality. Scoring is done by following the manual (scoring key). Accordingly, sporting and non-sporting personality was ascertained. As author claims the reliability (Test-retest) coefficient of the scale is 0.76 which is significant.

1.6.2 Socio-economic status scale (SESS):-

The SES scale is constructed by Dr. Rajeev Lochan Bhardwaj (1989). This scale consists 7 areas has like family, social, education, professional, property, monthly income and caste perspective. As author claims, reliability of the test of the revised scale has been calculated by test and re-rest method. The reliability coefficient was found to be 0.76 which is significant.

1.7 STATISTICAL ANALYSIS

The t-test was used to examine significant differences in the performance of sample subgroups.

2. RESULTS AND DISCUSSION

As stated, the major objectives of the present study was to assess the influence of sports personality and SES on performance of students' sample in speed tests of 100 mtr., 200 mtr and 400 mtr. The study also attempts to examine the age and gender differences in the performance of sample. The data were subjected to t-test and results are given in the tables.

Table - 1 gives mean scores, SDs and t-values of sport performance in 100 mtr, 200 mtr and 400 mtr tests of the sample is two categories of (sports and non sports) personality. It is observed that students with sports personality have scored a mean of 13.02, 28.38 and 63.12 in 100 mtr, 200 mtr and 400 mtr tests respectively. The non-sports category of students have a mean of 15.43, 33.56 and 64.43 in 100 mtr, 200 mtr and 400 mtr tests respectively. The scores (in seconds) indicate that students with sporting personality have taken lesser time in performing the given tasks in comparison with non-sporting personality sample. The t-values are all significant which indicate that there are significant differences in the time taken to perform the tasks between sporting and non sporting personality characteristics of the student sample. The sporting characteristics like outgoing, impulsive, uninhibited, involving in group activities, sociable, friendliness, excitement, optimistic, acting on the spur of moment etc., are found to be more in the sporting personality sample than the non sporting and hence students with sport personality have exhibited higher performance than their counterparts.

Table - 1 Shows mean, SDs and t-values of sports performance of students in two categories of personality (N = 480)

Category		100 mtr	200 mtr	400 mtr
Sports personality	M	13.02	28.38	63.12
	SD	2.51	3.84	5.08
Non-sports personality	M	15.43	33.56	64.43
	SD	2.57	3.59	5.21
t-value		11.47**	15.23**	2.78**

** Significant at 0.01 level

Table 2 demonstrates the mean scores, SDs and t-values of the two SES – high and low-groups in three speed tests. The mean scores of high SES group are significantly lower than those of low SES in all the three events. The t-values which are significant at 0.01 level reveal clearly that there is a significant difference in the performance between the two groups of students. The time taken by high SES group is significantly lower than

that of low SES. The high SES which consists of high parental education, income, occupation etc., facilitates better sports performance to its members by way of providing knowledge, opportunities and facilities for skill development. As a result of this, SES group excels in the performance of sports in comparison to low SES group which is relatively deprived of all such facilities.

Table – 2 Shows mean, SDs and t-values of sports performance of students in two categories of SES (N = 480)

SES		100 mtr	200 mtr	400 mtr
High	M	13.14	29.44	62.18
	SD	1.52	2.56	3.41
Low	M	15.02	32.53	66.24
	SD	1.42	2.51	3.28
t-value		12.53**	14.43**	13.44**

** Significant at 0.01 level

Table – 3 presents scores of male and female students in three field and track events. It can be noticed that males have higher performance in all the three – 100 mtrs, 200 mtrs and 400 mtr – events than females. The t-

values which are significant at 0.01 level clearly reveal this. Thus, it can be asserted that there are gender differences in sports performance.

Table – 3 Shows mean, SDs and t-values of sports performance of male – female students (N = 480)

Category		100 mtr	200 mtr	400 mtr
Male	M	12.48	25.08	62.41
	SD	1.53	2.01	3.12
Female	M	14.52	26.42	64.39
	SD	2.04	2.48	4.29
t-value		12.75**	6.70**	5.82**

** Significant at 0.01 level

Table – 4 gives the mean scores of the sample divided into two groups based on age (17 years and below and 18 years and above). It can be seen that higher age group (above 18 years) has scored significantly lower means than the lower age (below 17) group in 100 mtr, 200 mtr and 400 mtr speed tests. The t-values are all

significant at 0.01 level. This categorically reveals that age differentiates the performance significantly. The higher age with higher physical abilities and power dominated the lower age group in sports performance. Thus age is a factor that influences the sports performance of the sample of the study.

Table – 4 Shows mean, SDs and t-values of sports performance of students in two categories of age (N = 480)

Category		100 mtr	200 mtr	400 mtr
18 years and above	M	12.19	23.21	61.09
	SD	1.48	2.33	3.21
17 years and below	M	14.15	24.58	63.46
	SD	1.56	2.47	3.53
t-value		15.07**	6.52**	7.64**

** Significant at 0.01 level

Hence, all the factors like personality, SES, gender and age have exerted their significant influence on the performance of the students sample in all 100 mtr, 200 mtr and 400 mtr speed tests.

3. CONCLUSIONS

There is a significant influence of personality on sports performance: Respondents with sporting personality have exhibited better performance in 100, 200 and 400 meter speed tests than the non sporting personality group. SES has a significant effect on sports

performance: High SES group displayed higher performance in all the three speed tests than low SES group. There is a significant gender difference in sports performance: Males outscored females. There is a significant difference in sports performance between higher and lower age groups: higher age group exhibited higher sports performance than the lower age.

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