



A Study about Personality factors of Hockey male players in north Zone inter-university

¹PRAMOD BABU SHAKYA AND ²HARSH KUMAR YADAV

¹Research Scholar, Department of Physical Education, Bhagwant University, Ajmer, Rajasthan.

²Associate Professor, Department of Physical Education, Tilak Degree college, Aurayia, (U.P.) INDIA

Abstract : *The present study is to find out and investigate the personality profiles of male Hockey players at level of North zone interuniversity as a focal point and differences due to gender as a subsidiary interest. For the purpose of present study a total number of 50 Hockey players were selected from interuniversity championship held at Aligarh. The samples were drawn on the principle of random sampling technique. Subjects were equally matched. The subjects were in the age range of 18 to 25 years with mean age of 21.5 years. Standardized tests and questionnaires of Cattell's 16 PF Questionnaire were used. There is a significant difference between the Hockey players of North zone interuniversity on personality factors. There is significant difference among Hockey players of North zone interuniversity in personality factors. There is significant gender difference in personality males believed that their behavioral outcomes are attributed to internal self. The North zone interuniversity Hockey players have higher need for aggression, achievement, power and affiliation than the North zone interuniversity Hockey players.*

Keywords: Personality Factors, Personality Traits, Hockey Game, Male Players, fitness, Health, Psychology, environment etc.

Introduction:

“Sports form is an important aspect of life. They play a vital role in bringing about physical, mental and social growth of the nation. The past few decades have witnessed man on innovation in this area. Sports are becoming increasingly sophisticated technical going popularity as separate profession with expansion of educational facilities in the country; more young people are taking part in sports as a daily feature of their life. The participation in sports and physical fitness increase an individual productivity, it also promotes social harmony and discipline”. (R.N. Sadri)

In modern hockey, which is a typical game of poly structured complex movement top –notch result require certain somatic, functional and kinesis logical characteristics of player. Among the morphological features, longitudinal and horizontal dimensionality of the skeleton is the men prerequisite of the players efficiency. Due to the importance of the muscular capacity, the body volume of the hockey players like wise contribute to their performance in the game. On the other hand subcutaneous fat has markedly adverse effects on the player's efficiency.

Personality development is the outcome of a process of interaction between genetic inclinations and environmental conditions. The human being by nature first tries to accommodate himself with the environment around him and then he starts striving to establish his superiority over it. The process of personality development is however, not static. It is a continuous process and prone to natural flexibility. It undergoes many stages of transformation and modification. This, in a way, provides an explanation to the nature of individual differences. Sports activities affect the process of personality development in ways more than one. Social and environmental pressures, biological factors, frustration and tension in life are to be managed with full attention to develop



mature form of personality. The psychological approach of teaching, in this regard, has been suggested as that of a coach who, while training his athletes tries to understand their personal and emotional problems, motivates their behavioral tendencies and inspires the best of their personality to come out. It has been propounded that only an individual centered culture can nurture the utmost level of personality development but such a pre-condition seems rarely possible.

Personality is described in terms of an individual's behavior, action, postures, words and attitude and opinion regarding his external words. Personality traits may be as an inclusive as a general attitude of self-confidence or a narrow as a specific habits such as a conditioned muscular contraction is response to a sound. The majority of research undertaken in sports is focused on the psychological areas of human performance. Sports psychology can help a lot in assessing the personality and self-concept of the players. In recent years there has been an increasing amount of attention to the interrelationship of personality variables and psychological factors with athletic performance. Personality assessment has been used now in selection of athletes and also serves as a mean to evaluate sports gifted players and to orient the child to specific sports activity. The performance and perfection in sports is much depending upon psychological traits of sportsman. "Personality is the sum total of an individual's characteristics which make a human unique." **(Hollander)** "Personality represents those characteristics of the person that account for consistent patterns of behavior." **(Pervin, 1993)**

The term personality is derived from the word 'persona', which was a mask in Greek drama. This implies that a person may give the appearance of being unlike their true self, which makes the assessment of personality difficult. A psychologist named Allport defined personality simply as, 'What a man really is!'; to which Whiting later added, 'Not what he appears to be.'

Sports psychology can help a lot in assessing the personality and self-concept of the players or individuals. Performance in physical education activity or sports not only demands systematic training to develop and physiological variables but also demands training and consideration of psychological characteristics for success in the field. Personality assessment aims to identify individual traits and personality profiles. Personality assessment has been used now in selection of athletes and also serves as a mean to evaluate sports gifted players and to orient the child to specific sports activity. Now a day's physical educators and psychologists have become more interested. It is Known that athletes possess unique and definable personality characteristics.

Review of literatures:

Thakur & Mohan (2008) assessed the personality traits, anxiety and achievement motivation level of volleyball players and non-sportsmen. The study conducted on 360 samples, consisting of 120 inter-college level volleyball players, 120 inter-varsity level of volleyball players and 120 non-sportsmen of different colleges and universities of north India. The result of the study indicated that achievement motivation level of high performance groups was better than non-sportsmen.

Andrew & Thrash (2002) examined the role of approach and avoidance motivation in models of personality. Specifically, it examined the hypothesis that approach and avoidance temperaments represent the foundation of several basic dimensions espoused in the trait adjective, affective disposition, and motivational system approaches to personality.

Parker & Johnson (1981) described that an individuals' achievement motive may be seen as a personality trait. Each person has different degrees of achievement motivation. High achievers may be classified as driven, striving for success, competitive, or taking charge. Low achievers may be seen as quitters, non-participants, or failures.

Methodology:

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lucky, they were neither tough minded nor tender minded, they were neither trusting nor suspicious and found to be neither forthright nor shrewd. Players were found to be neither shy nor venturesome, they were neither practical nor imaginative, they were neither placid nor apprehensive, and they were neither group dependent nor self-sufficient. Players found to be less intelligent.

Conclusion: North zone Inter-University Hockey male players were found less intelligent. The major reason of behind this less intelligency in male hockey players may be low academic achievement. These players were not affected by feelings even emotionally stable too. Male Hockey players were found not thought minded.

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