

"Study of Personality Traits: With special reference to Athlete"

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Abstract :

The purpose of this study was a comparison between the athletes or the non-athletes of personality traits on Inferiority Complex, Adventures, Superiority Complex, Self Confidence and other characteristics

Participating in sports/physical activity develops the five components of fitness, which are: strength, speed, skill, stamina and flexibility. When we are under stress from personal problems, work pressures and anxiety, apart from the fitness benefits, exercise through playing sports helps release pressure and tension in a healthy and controlled way. The research evidences favors the Athletes differ from non-athletes on many personality traits.

Key Words : Personality traits, Adolescent Personality, Athletes, Non-Athletes

Everybody has heard the term personality, and most of us can describe our own or our friend's personality. What most don't know, however, is that personality is one of the most theorized and most researched aspects of psychology?

Many people mistake the physical appearance and various external characteristics of an individual and his or her personality. As they talk about a marvelous personality they may refer to the height, weight, stature and complexion. Well, if you think that it is just the appearance of the physique of a person that determines the personality, it is time to have a rethink. It is true that physical appearance does matter. However, since most of them are beyond our power and control, it is useless to waste our time and energy thinking on them. Though physical appearance can help, there are many other aspects that contribute greatly to one's personality. Today; personality is considered the "Brand Image' of an individual.

All people including you and me have a personality and every person each has a unique personality. It is what makes us the person we are our personalities control our behavior, thoughts, emotions and even our unconscious feelings. It makes it possible to

predict how a person will act or react under different situations. Personality is actually the true nature that lies in behaviors' thought and feelings.

"Personality is the essence of a human being." Personality concerns the most important, most noticeable parts of an individual's psychological life. If you have anything really valuable to contribute to the world it will come through the expression of your own personality, that single spark of divinity that sets you off and makes you different from every other living creature.

The term personality has come to be defined in numerous ways that when people describe a person as tall, well built, handsome or dark complexioned they use the term to describe the impression an individual makes on others.

Some psychological characteristics and personality features facilitate participation in physical activities and acquiring proficiency and skills which intern may enhance desirable psychological dimensions. A minimum level of I.Q., Emotional intelligence and mental health is necessary to achieve superiority in sports endeavor. Coffey and Johnson suggested that athletes are a special breed in terms of personality and their special attributes sort out the champions from those who are blessed with similar physical abilities

On the basis of the large number of observation and evaluation of individual sportsman, a number of personality profiles related to high sport achievement, have been determined. These profiles are drive, determination, intelligence, emotional intelligence, aggression, leadership, emotionality, self-confidence, mental toughness, quality of life, and trust and conscience development.

Personality is the result of a number of influences i.e., physical, personal and socio-cultural. Physical influences are the inherited biological characteristics that cause people to differ from each other. Personal influences are the unique events experienced by the individual that cause lasting effect on him. Socio-cultural influences are internalization from the environment the surround the individual. These influences are absorbed from parents, educators, social institutions and media and are the product of the society in which the person live. If a society is highly competitive and sanctions the expression of aggression, comparable behavior will be supported by parents and educators and reflected in the child. Thus when child performs well in socially sanctioned activity, such as sports, he will usually receive reinforcement in the form of support from parents and others. The career of most athletes reveals that were strongly reinforced early in life and encouraged to devote their energies to sports.

Sports and Personality

We need balance of mind, body and spirit to feel and function at our best. Playing sports helps much more than the physical activities. It builds character, teaches strategy, thinking, analytical thinking, leadership skills, goal setting and risk taking to name a few.

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Benefits of engaging in sports or physical activity:

- ❖ Sports are fun
- ❖ Heightens sense of overall well being
- ❖ Improves sleep patterns and levels of anxiety
- ❖ Clears the mind
- ❖ Develops motor skills and mind/body connection
- ❖ Staves off depression

Reduces Risk of Many Diseases

One common area of study within sport psychology is the relationship between personality and performance. This research focuses on specific personality characteristics and how they are related to performance or other psychological variables.

Mental toughness is a psychological edge that helps one perform at a high level consistently. Mentally tough athletes exhibit four characteristics: a strong self-belief (confidence) in their ability to perform well, an internal motivation to be successful, the ability to focus one's thoughts and feelings without distraction, and composure under pressure. Self-efficacy is a belief that one can successfully perform a specific task. In sport, self-efficacy has been conceptualized as sport-confidence. However, efficacy beliefs are specific to a certain task (e.g., I believe I can successfully make both free throws), whereas confidence is a more general feeling (e.g., I believe I will have a good game today). Arousal refers to one's physiological and cognitive activation. While many researchers have explored the relationship between arousal and performance, one unifying theory has not yet been developed. However, research does suggest perception of arousal (i.e., as either good or bad) is related to performance. Motivation can be defined broadly as the will to perform a given task. People who play or perform for internal reasons, such as enjoyment and satisfaction, are said to be intrinsically motivated, while people who play for external reasons, such as money or attention from others, are extrinsically motivated.

Studies on Personality Type

Versari (2001) tested and evaluated 510 Athletes In order to answer questions related to athletes personality type. To examine the relationship between personality types, sport preference and performance, team and individual athletes' personality profile were designed. Results indicate that teams exhibit a predicable personality profile and that by understanding the psyche of the athlete, performance and, team productivity can be enhanced. Inter personal communication amongst players and coaching can improve players can take advantage of their personal preferences and strengths and work on developing other areas identified in the assessment process. Optimal communication and performance can be achieved by identifying the athletes' preferred learning and personality styles.

Pachauri (1999) feels that certain personality attributes are important to achieve success in sports. Another popular belief is that certain personality attributes may be developed or modified through sport participation. Both of these issues have been extensively investigated over the last three decades. Reviewing the studies concerned, the author remarks that no distinguishable athletic personality has been shown to exist. No consistent dispositional personality differences between athletic sub groups have been shown to exist. But he suggests that although many researchers in sport psychology feel that the area of sport personality research has yielded no useful findings. It may be argued that this is not true. The sport personality research of the last decades has progressed by paradigms theories and assessment methods to provide sport psychologists with some definite findings.

The society and the field of physical education should be given more attention. The research will reveal whether or not there is a difference in the effects of these four sports on high school students who are at the critical point of choosing their future career and destiny. Coaches, physiologists and parents can, with more awareness, guide students to participate in a specific team or individual sport and the significance of sports as an inexpensive and cherished method will attract more attention.

Introduction to Adolescent Personality Test by Dr. Abha Pandey

It was recognized that personality played an important role in the person's adjustment to life and an assessment of personality could be used to predict whether he would be a success or a failure. During the World War I officials in U.S.A. felt the need to identify those men in the offices Training Schools who had the personality characteristics essential to leadership. The fundamental assumption on which the first scientifically recognized personality test based was that good leader must be a well-adjusted person & that this could be determined by a standard test of personality.

The first personality test was devised by R.S. Woodworth of Columbia University. It was known as the Personality Data Sheet or the P.D.S. Soon Personality test became as important in the testing programmed as intelligence test were. The demand for personality tests to be used for people of all the level and in a wide variety of activities was met as new personality tests began to appear in rapid succession.

Healthy Personality

The main objectives of these various types of personality tests were to judge people with healthy personalities. People with healthy personality are the person's who are able to function efficiently in the world of people. They experience a kind of "inter harmony" in the sense that they are at peace with others as well as with themselves. Such persons possess healthy personality characteristic, who accept themselves and they have positive thinking about themselves. They have self confidence, they are adventurous and they are creative, they contribute to the society a lot. They are good leaders and efficient workers in all the fields.

Sick Personality

A sick personality is one in which there is a break down in the personality structure which result in poor personal and social adjustment. Their behavior deviates from the expected norms. They lack in confidence, they suffer from inferiority complex. They are shy and afraid of failure.

Adolescent boys and girls with sick personality fail to establish their identity. They are dissatisfied with themselves as well as with the people around them, show self rejection. Social un acceptance, lack of motivation, lack of conformity and feeling of nervousness. They have emotional immaturity. They are afraid of showing their abilities in a social group. They cannot take up responsibilities and cannot lead the group, but they are good followers, and do not disturb others.

Superiority Complex

Superiority represents quantitative deviations from normal average. Superior individuals possess a high amount of intelligence, personal stability and social adaptability. Since there is a tendency for good qualities to go together, many excelled in more than one sphere. These superior men and women not only lead wholesome, successful live themselves but often contribute to the welfare and happiness of others.

Bagby E. says that superiors have extremely well balanced personality. They not only adapt to ethical and cultural standards but go further and attempt by their efforts to advance the welfare and social development of their associates. They set high goals. They are ambitious. They are heigh thinkers and imaginations. They are adventurous.

There are some mediocre who like to compensate their short comings they develop a superiority complex. They attempt to gain attention. They cannot obtain in approved fashion by weaving bizarre clothes, affecting peculiar mannerisms adopting radical social and political ideals. Such persons pose to be more intelligent, act as Wiseman and think very high. They dress well, try to attract others by their unique thoughts and impress others.

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Inferiority Complex

Feeling of inferiority is an emotionally distressing state of mind. It prevails among individuals who attribute their failure to attain life objectives to personal inadequacies or defects. An inferiority complex is a form of self-criticism usually involving fear of social disapproval. When increased effort and variation in attack fail and substitute goal are unavailable or unacceptable, individuals often react by developing feelings of haplessness and inadequacy.

There are many people, who burdened with ideas of inadequacy show considerable variations in conduct and mental reaction. Some common characteristics are extreme sensitiveness to criticism, suspiciousness, envy, expensive response to flattery, playing to the grandstand, fear competition, unsportsmanlike reaction to failure, tendency to disparage others, accentuated self-consciousness, proneness to wrong and excessive self-analysis.

Feeling of inferiority bears no direct relationship to actual ability. Inferiority complexes are much more common among persons of high than of low ability. The severity of inferiority feelings experienced by an individual is determined by the amount of discrepancy between his ambitions or goals and his actual achievement. Persons with simple goals that are easily satisfied are rarely troubled by inferiority complex. High ideals and high goals that are difficult to attain are prerequisites for inferiority complex.

Adventures

A person who is daring and venturesome is adventurer. He is interested in

unexpected and exciting events. Such a person is always ready to take a risk. He seeks adventures which are dangerous as well as marvelous. The jovial person loves pleasurable activities. He takes pride in doing some unique work. Painstaking activities and difficult and trilling tasks are his pleasure. He loves to take challenging events.

Comparatively he is more energetic and quick. He is care free and merry making person; he is cheerful and enjoys his life happily. He has always positive perception towards himself and other. He perceives this world as a place of joy and pleasure. He admires nature, roaming in jungles, hiking, tracking, rowing, skiing climbing and such other risky events are his interests. He loved fast riding and driving. He likes to participate in horse race, motor car race and such other competitions Solo flight in balloon, rowing in river and courage. He knows the skill to put to use his abilities. He is dare devil. He loves unknown. He is intelligent and possesses balancing personality.

Self Confidence

Self confidence denotes firm trust in one self. It means that one has confidence in his own abilities. He known his abilities and capabilities and he is able to put to use them well in time. Self confident person is cheerful. Active and always ready to act and react whenever he gets opportunities. He is prompt and free from an anxiety of failure. He does not suffer from inferiority complex. i.e. fear of failure. He avails opportunities to show his abilities and skills. He is hardworking and free from aversion. He is bold enough to show whatever he has to show. He is calm, cool and balanced person. He is not afraid of audience. He is capable of acting before others as he can act alone. A confident person, always achieve high. He is socially matured, emotionally balanced and intellectually sound.

Jung says that, "a self confident person is extrovert. He likes social activities. He has leadership abilities. He is highly ambitious". Jersild reported that there is positive correlation between self confidence and success. He attempts with full determination. He does not leave his activity even if he fails in their preliminary attempts. He is always inspired for highest achievement. He is well dressed. He is neat & clean and admirable. He possesses pleasing manners. He is thoughtful and realistic. He does well in all the fields.

Athletes versus Non-Athletes

Athletes differ from non-athletes on many personality traits (Gat & Mcwhirter, 1998). It is often a matter of conjecture whether these differences favor the athletes or the non-athletes. Schurz, Ashley, and Joy (1977) clearly showed that athletes who participate in team and individual sports are more independent, more objective, and less anxious than non athletes. According to Hardman (1973), it is also clear that the athlete is often more intelligent. Additionally, Cooper (1969) describes the athlete as being more self-

confident, competitive, and socially outgoing than the non-athlete. Morgan (1980b) concludes that the athlete is basically an extravert and low in anxiety.

In several recent investigations, a number of comparisons have been made between an athlete's scores on various personality and psychological inventories and scores associated with norm groups.

The research evidences favors the conclusions that the athlete differs from the non-athletes in many personality traits. In the Schurz et al., (1977) research, an athlete was defined as a person who participated in the university intercollegiate athletic programmes. This would seem to be viable criterion. However, this classification system has not been universally adopted by researchers. Some studies, for example, have classified intramural and club sports participants as athletes. Other studies have required that participants earn awards, such as letters, in order to be considered athletes. Until some unifying system is adopted, it will always be difficult to compare results from one study with those from another.

The results of the study show clear difference in psychological abilities between athletes and non-athlete students, subjects who take part in physical activity show higher levels of self confidence, concentration, motivation, controlling psyche-level, goal setting, and imagery. Furthermore those subjects who exercise regularly but are not member of university teams report higher levels of these abilities.

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Recommendation

The impact of sports activities on different aspects of personality dimensions and mental health. The study may enable to convince those who deliver mental health services to focus on the links between mind and body.

This study may play significant role in human development. This research may also have implications for therapeutic value. Through amalgamation of this type of researches we would be able to look more positively on the role of sports activities as a treatment in mental health problems and personality improvement.

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sports help more than the physical activities. It builds character, teaches strategic thinking, analytical thinking, leadership skills, goal setting and risk taking to name a few.

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