

ANALYSIS OF SPORTS SPECIFIC PERSONALITY AMONG SPORTSPERSONS HOCKEY AND BOXING PLAYERS

Dr. Rajesh Panchal ¹ , Dr. Devender Singh Jaggi ¹, Dr. Sandeep Singh ¹

¹ Department of Physical Education & Sports Science



Corresponding Author

Dr. Rajesh Panchal,
rajeshpanchal61@gmail.com

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ABSTRACT

This study aims to design the Sports Specific Personality traits among athletes, specifically focusing on hockey and boxing players' male, in relation to their respective sports. A total of 100 athletes, comprising 50 hockey players and 50 boxing players, aged between 16 and 23 years, were selected using random sampling based on the type of games they participated in, all from the Delhi state. The Sports Specific Personality Test, developed and standardized by Dr. Agya Jit Singh and Dr. H. S. Cheema in 2010, served as the primary data collection. Statistical analyses, including Mean, Standard Deviation (S.D.), and the 't' test, were applied. The results indicated that there was no significant difference in the Sports Specific Personality between hockey and boxing players. However, a significant difference was observed in the Sports Specific Personality of athletes engaged in Individual Games compared to those in Team Games, with Team Game participants exhibiting a higher Sports Specific Personality.

Keywords: Sports Specific Personality, Sportspersons, Hockey, Boxing

1. INTRODUCTION

The interest of physical educators and coaches in psychological studies stems from the conviction that personality influences both the selection of and participation in physical activities and sports. Additionally, engagement in physical education and sports plays a significant role in personal and social adjustment. The enhancement of personality and the attainment of valued social principles have been fundamental goals of sports and physical education throughout history. The observation that athletes exhibit different personality traits compared to non-athletes does not necessarily imply that athletic participation leads to improved personality traits. It is plausible that involvement in athletics and sports fosters better-adjusted individuals within society or aids in alleviating maladjustment. Historically, a prominent topic within Sport Psychology has been the interplay between personality and sports performance. While much of the research on sports personality has concentrated on identifying personality traits in athletes and their impact on sporting behavior, the exploration of how participation in sports influences personality development and transformation has also been a significant research focus. It is reasonable to assert that certain personality traits, such as competitiveness and self-

confidence, are crucial for achieving success in sports. Furthermore, there is a widely held belief that attributes like self-esteem and emotional regulation can be cultivated or altered through participation in sports, suggesting that involvement in physical activities promotes both psychological and physical growth. These topics have been thoroughly examined over the past thirty years. Fisher (1984) noted that more than a thousand studies have been conducted on the relationship between personality and sports behavior, leading to the identification of specific personality dimensions relevant to the field of sports by various researchers in sport psychology.

Though there were a number of models available for this purpose, but for the present study, the one described by Alderman (1974) was adopted which includes the personality dimensions of Sociability, Dominance, Extraversion, Self-concept, Conventionality, Mental Toughness and Emotional Stability.

For the purpose of the selection of personality dimensions relevant to this task, these dimensions have been defined in operational terms. According to Mann, P. (2017), the study's findings revealed significant differences in means for all personality traits at the 0.05 level. Anjanabai, S. & Chandrappa, N. (2017) identified a notable difference in the self-concept dimension of personality traits between male and female volleyball players, concluding that male athletes exhibited higher self-concept traits compared to their female counterparts. This was attributed to the nature of male participation, which fosters and enhances self-concept values and character among volleyball players. Kuloor, H. (2017) reported significant differences indicating that female football players and weightlifters exhibited lower levels of sociability, extroversion, mental toughness, and emotional stability. Furthermore, Mokhrati, P., & Haghi, M. (2014) found that athlete students scored higher in extraversion, agreeableness, and conscientiousness compared to non-athlete students, while their scores in neuroticism were lower than those of non-athlete students.

2. METHODS & MATERIALS

2.1. OBJECTIVE

- 1) To find out significant difference between Junior and senior category players with respect to the Sports Specific Personality.
- 2) To find out significant difference between Individual and Team Games Playing Sportspersons with respect to the Sports Specific Personality.

Hypotheses

- 1) There is no significant difference between Junior and senior players with respect to the Sports Specific Personality.
- 2) There is no significant difference between Individual (Boxing) and Team Games (Hockey) Playing Sportspersons with respect to the Sports Specific Personality.

Participants

Total number of sample 100 sportspersons selected by random sampling technique from the different sports college & school of Delhi. Sportspersons age group of 16-23 years. The sample of 100 Sportspersons (50 boxing games and 50 hockey games).

Variables

Independent Variables: Type of Games (Individual Games and Team Games)

Dependent Variables: The scores of the Sportspersons on Sports Specific Personality.

Materials

Sports Specific Personality Test designed and standardized by Dr. Agya Jit Singh and Dr. H. S. Cheema (2010) was used. The test consists of 100 items into seven dimensions Sociability, Dominance, Extroversion, Conventionality, Self-Concept, Mental Toughness, Emotional Stability. Each item has four response options: Always, Often, Sometimes and Never. These categories were given scores from 1 to 4, i.e., 1. for never, 2 for sometimes, 3 for often and 4 or always for all the positive items. The scoring procedure was reversed for the negative items, i.e., 1 for always, 2 for often, 3 for sometimes and 4 for never. Test re-test and split-half reliability of 0.86 and 0.90 respectively. Sub dimensions wise test re-test and split-half reliability for sociability, dominance, extraversion, self-concept, conventionality, mental toughness and emotional stability are 0.90 and 0.86, 0.84 and 0.76, 0.69 and 0.61, 0.93 and 0.81, 0.82 and 0.78, 0.87 and 0.90, 0.58 and 0.61 respectively. Age group 16 to 23 years.

3. DATA COLLECTION & PROCEDURE

To conduct this study, the researcher initially reached out to a diverse group of male athletes from two different sports hockey and boxing players of colleges and schools in Delhi state. Consent was obtained from all participants prior to data collection, and clear instructions were provided for completing the questionnaire to ensure a good rapport was established. The athletes were selected based on recommendations from their respective sports coaches. A total of 100 participants representing both individual and team sports were involved. The responses for the Sports Specific Personality Test (SSPT) were gathered during a meeting with the athletes through a self-administration approach. Data was collected using a standardized scoring system outlined in the SSPT manual, and the results were subsequently analyzed statistically.

4. STATISTICAL ANALYSIS

In order to complete aim and to get the objectives of the current study, the Mean and Standard Deviation (S.D.) for scores across various variables were computed for the chosen sample. Additionally, the Student's t-test was employed to assess the significance of the differences in the Sports Specific Personality test among athletes, considering their gender and the type of sports they participate in. The significance levels were evaluated at 0.05 and 0.01.

5. RESULTS & DISCUSSION

Table 1 Mean, Standard Deviation (Sd) & 'T' Value Of Sports Specific Personality Of Gender (Boys And Girls)

Category	N	Mean	SD	't'	Table Value	Level of Significant
Junior	50	283.9667	25.4611	1.5387	1.98 / 2.62	Not significant at 0.05 level
Senior	50	277.5167	20.1499			

*Significant at 0.05 level

**Significant at 0.01 level

Non- Significant = NS

Table-1 reveals that the average score for the Sports Specific Personality of male athletes is 283.9667, with a standard deviation of 25.4611. In contrast, the average score for Junior athletes is 277.5167, accompanied by a standard deviation of 20.1499. The computed 't' value stands at 1.5387. According to the 't' table, the critical values at the 0.05 and 0.01 significance levels are 1.98 and 2.62, respectively. The calculated 't' value of 1.5387 is lower than both critical values, indicating that the results are not significant at the 0.05 and 0.01 levels. Consequently, the null hypothesis, which posits that "There is no significant difference between Junior and Senior athletes regarding Sports Specific Personality," is upheld. This suggests that senior athletes do not exhibit a significant difference in Sports Specific Personality when compared to their junior counterparts.

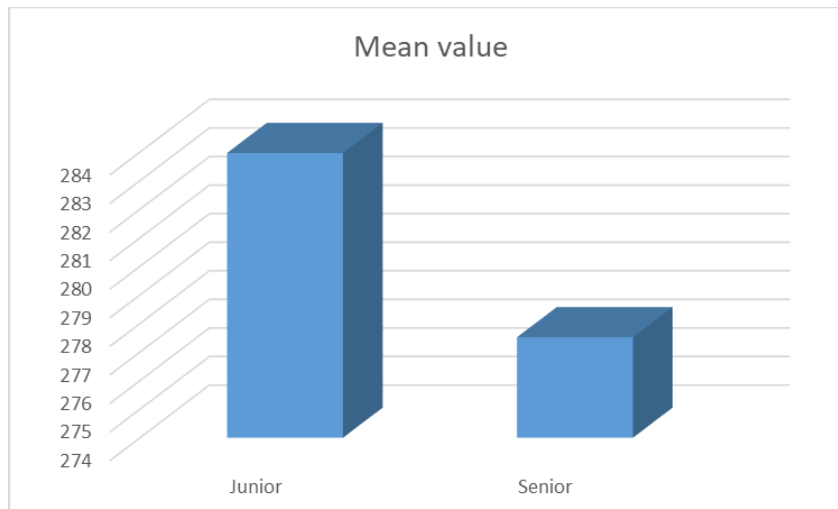


Table 2 Mean, Standard Deviation (SD) & 't' Value of Sports Specific Personality of Individual Games and Team Games Playing Sportspersons.

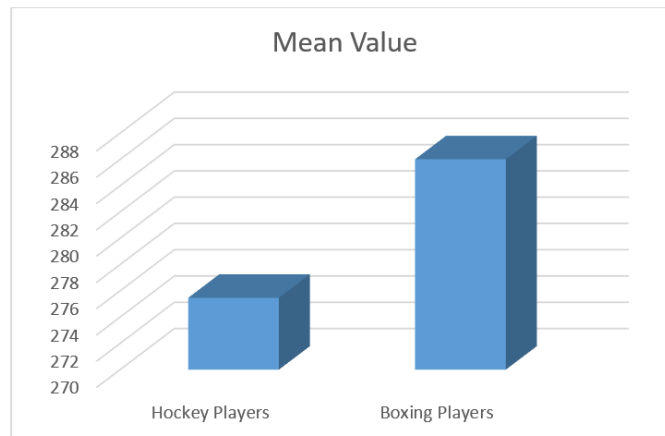
Types of Games	N	Mean	SD	't'	Table Value	Level of Significant
Team Game	50	275.4667	20.8721	2.5602	1.98	Not significant at 0.05 level
Individual	50	286.0167	24.1496			

*Significant at 0.05 level

**Significant at 0.01 level

Non- Significant = NS

Table-2 reveals that the average score for the Sports Specific Personality of athletes engaged in Individual Games is 275.4667, with a standard deviation of 20.8721. In contrast, the average score for athletes participating in Team Games is 286.0167, accompanied by a standard deviation of 24.1496. The calculated 't' value stands at 2.5602. According to the 't' table, the critical values at the 0.05 and 0.01 significance levels are 1.98 and 2.62, respectively. The calculated 't' value of 2.5602 exceeds both critical values of 1.98 and 2.62, indicating significance at the 0.05 level. Consequently, the null hypothesis, which posits that "There is no significant difference between Individual and Team Games Playing Sportspersons concerning Sports Specific Personality," is rejected. Additionally, the mean score for athletes in Team Games, at 286.0167, surpasses that of athletes in Individual Games, which is 275.4667. This suggests that athletes participating in Team Games exhibit a higher Sports Specific Personality compared to those engaged in Individual Games.



6. CONCLUSIONS

- 1) There is no significant difference in the sports-specific personality traits between junior and senior athletes.
- 2) A significant difference is there in the sports-specific personality traits of athletes participating in individual sports compared to those in team sports, with team sport athletes revealing higher levels of sports-specific personality.

CONFLICT OF INTERESTS

None.

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None.

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