



# A Study of Personality and Social Status of Sports Participants of Sports Authority of Gujarat

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## 1. Introduction

Sports are not just an exhibition of muscular and physical power. Sports are a combination of physical as well as psychological skills. Sports are a way for improving an individual's physical, mental fitness and health. In formulating the definition of sport, consideration was given to its physical, competitive and institutional characteristics, as well as how sport is shaped by social and cultural influences. Emerging sports may begin with popular physical recreation activities, like running, lifting, jumping, and now developing as a sport governed by rules and competition. Sport may also have a very local flavor; with different societies preferring different types of sports (e.g. ice sports are more prevalent in cold climates, water sports in coastal region etc).

Sport includes recreational sports, adventure sports, combat sports, competitive sports etc. Formal rules are flexible in recreational sports. In recreational sports, characteristics and rules vary from place to place. In this, the rules can be framed according to the local availabilities of person, availability of equipment, availability of time etc. In organized or competitive sports there will be a set of rules decided by the concerned organization. The rules are strictly followed all over the world and are not supposed to be changed in competitions. Scientific equipment and fields are used to perform. The organized or competitive sports have the same rules and regulations worldwide. The rules may be changed only in accordance with the systematic research by the concerned authorized organizations to get the best performance from the athlete.

Thus, all sport is derived from some form of organised sport, which is governed by social

organisations that enforce rules and manage formal sporting competitions. In organized sports, there are mainly two divisions. One is the individual sports event and the other, group or team events. Individual events are played among individuals such as wrestling, weight lifting, power lifting, swimming, running, jumping, throwing, aiming etc.

In team events, the competition is to be held among the groups. Co-ordination, combination and mental co-operation play a vital role in team events to get the ultimate result. Team events are such as football, hockey, kabaddi, volley ball, ball badminton and others. Competitive sports are essentially a psycho-social activity. Tension, anxiety, fear, strain and stress are common in all competitions, which arise in athletes before and after a competition. Winning and losing are quite common in sports, but it could lead to a lot of psychological stress in individual and team events. The player should be prepared to face any kind of stress and strain. It's the duty of the coach to see that the player overcomes psychological pressure during the competition. The psychological preparation during training plays a very important role in modern sports. It adds more ability to the player. Through sports psychology we can understand the personality of the sports participants.

## 2. Statement of the problem

The purpose of the study is to analyze the sports specific personality and social status of sports participants of sports authority of Gujarat. This study was also to compare the sports specific personality among different socio economic status of male and female participants.

### 3. Objectives of the study

1. To analyze how the personal qualities differ in individual sports participants and team event sports participants.
2. To know the sports specific personality among different socio- economic status of individual and team event sports persons.

### 4. Hypothesis

- H<sub>1</sub>.** It was hypothesised that the socio-economic status highly influence female participation in inter collegiate sports.
- H<sub>2</sub>.** It was hypothesised that the sports participants from different socio economic status have significant difference in sports specific personality.

### 5. Significance of the study

- The study on sports participants or athletes' personality characteristics of either individual or team event provides lot of opportunity for physical education directors, coaches to select the talented ones for guiding them to the highest level of skills and better performance.
- The study may help the coaches and physical education directors in allotting the events for the athletes. This study may help the coach to understand the personal qualities of the student and plan to improve.
- It will provide an opportunity to give suggestions for the promotion and development of sports in this region.

### 6. Definition of related terms

#### 6.1 Personality

Allport (1961) defines, Personality as the dynamic organization within the individual of those psycho physical system that determine his unique adjustment to his environment.

#### 6.2 Sports specific personality

The sports specific personality is the personality of an individual in the field of sports. This includes the dimensions of personality such as sociability, dominance, extraversion, self concept and conventionality, mental toughness and emotional stability.

#### 6.3 Social status

Social status means the social and economic value of the family members which depicted by

educational qualification, monthly income, present employment, socio-cultural status, political status, religion, family, caste and community etc.

#### 6.4 Sports participants

Who have participated in Sports Authority of Gujarat inter-collegiate competitions and inter university level competitions.

### 7. Delimitations

The study was delimited to the sports participants of Sports Authority of Gujarat who have participated in inter collegiate and inter-university level.

1. The study further is delimited to the age group of 18 to 28 years
2. The study is also delimited to the year of 2013-14, 2014-15 and 2015-16.
3. This study was delimited to sports specific personality and socio economic status.
4. The study is delimited to the respondents respond to the Sports Specific Personality Test (SSPT) constructed by Agya Jit Singh and H. S. Cheema. And Socio-economic Status Scale constructed by Rajbir Singh, Radhey Shyam and Sathish Kumar.

### 8. Research method

For conducting any research, it becomes inevitable to select appropriate research method. Depending upon the objectives of the study the descriptive survey method was selected in this study. The intention in employing the research strategy may be either to find out the conditions of specific events.

### 9. Population

In this study male and female team and individual sports person who participate in Sports Authority of Gujarat in different events are served as population of the presents study.

### 10. Sample

The sample for the present study includes team and individual sports person who participated in Sports Authority of Gujarat in various team and individual sports events. The sample includes male and female team and individual sports persons.

## 11. Research tools

The success of research is highly dependent upon the selected tools for the data collection. In this study investigator has employed questionnaires of sports specific personality and socio economic scale. The sports specific personality includes seven variables such as sociability, dominance, Extroversion, Conventionality, self-concept, Mental Toughness, Emotional Stability. Questionnaires are personally administered by researcher. In the present investigation the following tools are used for the data collection.

1. Sports Specific Personality Test (SSPT) constructed by Agya Jit Singh and H. S. Cheema.
2. Socio Economic Status Scale constructed by Rajbir Singh, Radhey Shyam and Sathish Kumar.

### 11.1 Reliability of the scale

Coefficient of reliability was calculated by test-retest method. The coefficient of reliability was 0.653 and 0.944. For internal consistency Cronbach alpha was found to be 0.791.

### 11.2 Validity of scale

Validity of the questionnaire was measured by the author of the questionnaire.

## 12. Data Collection

The respondents were consulted personally and their sincere co-operation was solicited. The scholar visited Sports Authority of Gujarat. Before the administration of the tests the scholar personally met the principal or the physical director of the Sports Authority of Gujarat respective students. The respondents were called for the common place in groups when they were not busy and had enough time to spare for testing. Necessary instructions were given to the respondents before the administration for the tests which include the purpose of the study and the procedure for answering the questions. The scholar motivated the student respondents to respond truly.

## 13. Statistical techniques used

The data was analyzed by applying the descriptive statistic i.e. Mean, Standard Deviation, t-test to assess and compare the specific personality and socio economic status

of sports participants of Sports Authority of Gujarat. The data was analyzed by SPSS.

## 14. Findings 1

There are high significant differences between male and female sports participants on sports specific personality.

### 14.1 Discussion

Study implies that the sports specific personality is highly differed between male and female sports participants. The hypothesis no. 1 is accepted and it can assume that the gender plays an important role in personality of an individual.

The study shows that the male sports participants and female sports participants have scored similar in sociability, mental toughness and emotional stability. In this context, it is assumed that no fundamental difference could be observed as both male and female sports participants have scored similar sociability mental toughness and emotional stability.

Never the less both were sociable, friendly in nature, more co-operative, not easily upset for losing competition and behave like matured. But in the dominance dimension, extraversion, self-concept, conventionality male sports participants have scored high comparing to female sports participants. It indicates that the male sports participants were more extraverts have the ability to control other people by commanding them and have identifiable self-concept. It also states that male sports participants were very practical in nature.

The physical factor, physiological factor and sociological factors definitely influence on the personality of the individual. Male and female were having physical and physiological difference in nature.

Men were physically strong and they can involve in physical activity more time. Whereas women muscular power is less and they cannot engage themselves more time in sports activities. Physiological functions might differentiate the female from male. During the menstruation period female cannot participate in sports activities and it may reduce the opportunities to participate in competitions. The

lack of opportunities to take part in sports activities might influence on personality of the female athletes. It also affects on their performance.

#### **14.2 Finding 2**

The table clearly says high socio economic status groups are participating in less number than middle socio economic status group. Further it says, sports participation of urban area is comparatively less from the rural area. It is unfortunate to say there is no participation in sports from low socio economic status group. The socio economic status influences on female participation in sports.

#### **14.3 Discussion**

It was hypothesised that socio economic status influences on female participation in sports. Result shows that in the games like kabaddi, volley ball, kho-kho, throw ball, ball badminton, weight-lifting and in wrestling the women from middle socio economic status were participated more than the high socio economic status women. And in athletics, hockey, badminton, tennis the female from high socio economic status were participated more than middle socio economic status. The athletic, hockey, badminton and tennis equipments were costly. The middle SES participants cannot meet the expenditure of costly equipment. And without these equipment the performance could not be possible. So the middle SES participants might be selecting events such as kabaddi, volleyball, kho-kho, throw ball, ball badminton. It can be assumed that the economic condition of the family might be influenced on participation in sports. It can also be assumed that in these events the high socio economic status women were not interested to participate. They participate in hockey, athletics, tennis, badminton events. These events need more expenditure.

#### **15. Conclusions**

1. There are highly significant differences in sports specific personality between male and female sports participants. Highly significant difference found in dominance, extraversion, conventionality and self-

concept. Hence it is concluded that gender is the major role in deciding the personality

2. There was significant difference found in socio economic status between individual and team event sports participants. So study concluded that Socio economic status of the family influences on the selection of events.
3. There was highly difference found in socio economic status between male and female sports participants. It shows that the female sports participants are socially and economically sound compare to men participants. So it is concluded that the socio economic status of the family influence on female sports participation.

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