

## PERSONALITY AND MOTIVATIONAL ANALYSIS OF INDIVIDUAL AND TEAM GAME PLAYER

Mamta\*

### **Abstract**

Sports will continue to nurture through the world because of its cultural significance directly or indirectly. Sports and physical recreation actions are as basic a form of human expression as singing, poetry and painting and have form a basic part of all culture including all cultural groups and all past ages. Physical activity was mainly vital for search of foodstuff and living, hunting preys, fishing, wood cutting and the laborious activity in primitive society. From time irrelevant, physical activities have been used be human communities all over the world to extend fitness for survival in their struggle for survival including the capacity for shield against enemies.

\* Research Scholar Singhania University, Jhunjhunu Rajsthan, INDIA.

## Introduction

Industrialization, urbanization and modernization has got increased relaxation time to the citizens of developed and developing countries primary to more time for citizens to concentrate and follow spectator sports immense participation in athletic activities and augment accessibility. And thus because of speedy changes in society the notion of sports has undergone a grand change. Several challenges kindles, encourages and induces men and women to built up stamina, run faster, shoot accurately, jump higher, toss further and exhibit greater muscle endurance and skill to launch supremacy over other every individual or a team which participates in any sport and game wants to win as the society envoys a great importance to winning.

Sport is a competitive doing which is institutionalized and standardized; engross strong physical efforts or the use of comparatively complex physical skills by persons whose contribution is motivated by the amalgamation of intrinsic and extrinsic features. The essential components of sports is competition, the striving to achieve a prescribe goal. This competition must be under rule and standardized condition. The classification of Sports activities are as under :

## Team Games

Team games are such sports in which individual participates as a part of a team, whether the team consist of players a football, hockey, volleyball or five members of relay race or it consist of even one member team in lawn tennis, table tennis, badminton etc.

In the team events the triumph or beat becomes a collective liability and it is a mutual affair. A contender's subservience is involved not only to the rules and regulation but to the leader that is the captain etc. Team games generally necessitate some kind of specialization on the sport of participants that is goal keeper or striker or defender. Generally the player playing at these specializations do not change their position for team performance gains. Team sports entail much of the location, position or strategic play then individual sports.

## Individual Sports

Unlike team games, individual sports are obviously marked by autonomy and independents and liberty. Freedom of thought, action and battle is vitally significant.

Potentialities of an individual, specially in a self-governing country like India from the point of view of physical profit individual sport and team games can be compared without any exceptions yet individual sport make one expressively and sensitively free individual sports do put in to the healthful development and to the improvement of physical fitness. Generally individual sports are used for the purpose of hobby and amusement. However, the element of competition cannot be neglected from individual sports also Shooting, Athletics, Swimming, Boxing, and Wrestling etc.

### **Calisthenics**

Calisthenics entails collection of activities involving free hand exercise either done to the beat of the drum or without it. It has formed a fundamental part of military training. Calisthenics is an imperative mode of nourishing living and refers to an area of carry out exercising for the idea of gaining health, force or grace. It is a kind of light gymnastics. Calisthenics includes some free hand exercise such as sit-ups, push-ups, pull-ups, chin-ups etc. Temperature and the blood circulation of the muscles can be raised through Calisthenics exercise. It declines the glueyness of muscles. Calisthenics are very considerate in developing speed of movement, elasticity to ensure wider range of association in the joint stamina and potency in the body calisthenics serves as a basis to many of skillfulness used in development of competitive individual or team sports especially those that require high degree of organization and management.

### **Gymnastics**

Typically gymnastics consist of those exercises of physical education which were executed in a gymnasium with or without tools and machinery. In this the exercises performed with apparatus includes single Bar, parallel Bars, Roman Ring, Vaulting House and Box etc. While the exercises without apparatus are usually named tumbling, ground floor and fundamental positions. This structure of gymnastic is over the epoch of about 2 centuries. Gymnastic is well-established in almost all the organizations of physical education in the world and there is an international body to direct and carry out the competitions in gymnastics on international level and to from set of laws and policies for the contests in gymnastics acrobatics.

Simple physical actions like Hanging, Jumping, and Climbing etc are learnt with easiness, liberty and autonomy with gymnastics apparatus. These activities are accepted and are a part of an individual's unlearned interior or foundation of conduct.

### **Rhythmic**

Sense of color and rhythms are two attributes which distinguish man from animals with rhythmic is physical education are very important aspect of physical education. They are highly significant for children because of there social, emotional and recreation values may educationists consider rhythmic to be very mild from of physical activities. But this is not t be so because which rhythmic take the form of folk dance they become very vigorous and develops a lot of strength and endurance for e.g. Bhangra, Punjabi folk dance is so vigorous that it surpasses all forms of conditioning exercises apart from sense of rhythm and music it involves. In fact, dancing is considered be every whole some activity simply because the total body is vigorously involved in the expression of positives emotions as well as in physical out bursts.

### **Combative**

Combative is the richest area in physical education intending to expand personal qualities of self self-belief, daring, Skills and survival etc. This is an action which provides an break to the child to give full appearance to give character of self expression the though repulsive defensive tactics not only for the purpose of any expression, but their use in the common life hand wrestling hand pilling, boxing, shoulder pushing, roaster fighting wrestling and hundreds of other contests come under this arrangement. Many children favor to sit remote and look at because they lack the nerve of entering play field for fear of felting hurt and combative facilitate to struggle this unwanted panic.

### **ATHLETICS**

Athlon is the greek work, athletics is derived from, which signifies a contest and the word 'Athlon' describes an individual who participates in some type of contest involving physical activities. Now a day's athletics is well thought-out as a major sport at world rank. Until 1928 Women were allowed to play a part in athletics in Olympics.

## FACTORS AFFECTING SPORTS PERFORMANCE

**Anatomical factor:** In order to be healthy, the person must have power over all the body parts vital to the performance of the mission and also appropriate body size and shape of the job.

**Physiological factors:** In order to be athletic, physiological system of the human or organism must work or function successfully to maintain the particular activity that the individual in performing. Demands on the organisms connecting to neurological system, respiratory system, circulatory system, metabolic system and body heat are different.

**Physiological factors:** Like perception sentiment stability, character motivation and intelligence are of vital significance in formative one's fitness level. Nervousness can become a fence to performance by have a say tension elevated heart wall and blood pressure and endocrine disorder that add to the pressure of the job and therefore affects one's health.

**Personality:** The personality term has been consequential from the Greek word "Persona" meaning there by exterior or out shell. In the commencement, personality was taken to the outer appearance of the human being. This meaning of the character is still used by layman. The scientific connotation of personality is not as such. Chronologically the idea of personality has been defined in term of 3 approaches:

- 1) *As a response style stimulus*
- 2) *As a response style*
- 3) *As intervening variable*

**Attribution:** A new attribute concept of personality feature termed as "Attribution Style" was first commenced by Abramson, Seligman and Teasdale (1978) and further elaborated by others researchers. According to the reformulated educated helplessness model of gloominess, attribution style originates its meaning as personality traits because of its mediating role between negative events and depression that is following the incidence of a negative incident.

**Motivation:** Motivation (a Latin root "Movere" means "to move") is out looked as an prevailing variable (a hypothetical variable) believe to cause deeds. Neither seen nor touched are motivational variables basically indirected on the basis of observable behavior. Consequently, motivation might be believed as a process by which the human being is stimulated, motivated or

persuaded to do something". As a result (Crooks and Stein, 1988) it would be personalized to define motivation "as any circumstance that might rejuvenate and straight our direction."

### Methodology

The present study has been planned to compare the sportsmen of individual and group team games with regard to their personality, motives, attribution styles and performance for this Eysenk Personality, questionnaire, Achievement motive scale, power motive scales, afflictive motive scale, attribution style questionnaire, and sports performance scale were administered on the selected subjects.

**Sample:** Two samples of 35 sportsmen each for individual and games were randomly selected from the sportsmen working for their particular sports in Darna Charya Stadium, Kurukshetra and University Sports Ground, Kurukshetra University, Kurukshetra. The individual games sample mainly consisted of races and team game sample consisted of hockey players. Only male sportsmen were introduced in the sample with a view to avoid the consequence of gender differences, if any. The age of participants ranged between 15 to 25 years with the mean age of 20 years.

**Measures:** Following tests/ measures were used in the study.

- i) Eysenk Personality Questionnaire ii) Attribution Style Questionnaire iii) Achievement Motive Scale  
iv) Power Motive Scale v) Affiliation Motive Scale vi) Sports Performance Scale

The brief introduction of these measures is as follows.

**Eysenk Personality Questionnaire-Revised (EPQ-R):**(Eysenk, Eysenk and Barrett, 1985)  
The Eysenk Personality Questionnaire-revised (EPQ-R) has been developed by Eysenk, Eysenk and Barrett (1985). The Eysenk Personality questionnaire was originally constructed by Eysenk and Eysenk (1975), to measure Psychoticism (P), Extraversion (E) and Neuroticism (N). It also consists of a social desirability or lie scale (L). **Psychoticism** refers to a tendency in a person to be cruel, hostile, troublesome, lacking in feeling and empathy and altogether insensitive.

**Extraversion:** A tendency of a person to be outgoing, impulsive and socially inclined.  
**Neuroticism:** A general emotional over responsiveness, emotional liability in a person. The person tends to be anxious, worrying, depressed and reacts too strongly to all sorts of stimuli.

**Lie** (Social desirability) Scale measures a tendency on the part of some individuals to 'fake good'. The scale was revised by Eysenck et al., (1985) to improve the psychometric weakness of the psychoticism scale. The revised version of the scale consists of hundred dichotomously responded items, thirty two items for the psychoticism scale, twenty three for the Extraversion scale, twenty four items to measure Neuroticism and twenty one items to measure Lie (social desirability) score.

Alpha reliabilities of the Eysenck's Personality Questionnaire revised were reported to range between 0.73 and 0.90 (Eysenck et al., 1985); 0.79 and 0.87 (Corulla, 1987) and 0.77 and 0.84 (Corulla, 1989) for both sexes.

## Result and Discussion

- 1. Frequency Distributions:** Frequency distribution for 11 variables (4 of personality (Extraversion, Neuroticism, Psychoticism, Lie) scale, 3 of attributions (Internality, stability, Globality), 3 of motivations (Need for Achievement, Need for Power, Need for affiliation) and 1 of sports performance. Included in the study (table 1) were set up separately for the both the athletes and team sports groups i.e. athletics groups (N=30) and Team game (Hockey) Group (N=30). Their distributions along with their means, standard deviations, skewnesses and Kurtoses have been reported in labels (2a, b, 3a, b, 4a, and b). Inspection of these tables reveals that distributions are more or less normal. Despite some minor deviations in some normalization transformation.
- 2. Comparison of Means:** With a view to compare two groups of athletic and team game sportsman on mean scores of 11 variables t-ratios were computed and are reported. Perusal of table 5 reveals that athletics groups sportsmen have scored significantly high on psychoticism of ESQ-R than their counterpart team game sportsmen. It posits that athletes temperamentally tend to be more aggressive, egocentric, impersonal, impulsive, unempathic, creative, and tough-minded than their counterpart team game sportsmen.

**INTER CORRELATIONS MATRIX**

**INDIVIDUAL GAME (ATHLETICS)**

Variables	Ext	Neur	Psych	Lies	Inter	Stab	Glob	N.Ach	N.pow	N.Aff	S.P.
Neur		xx	0.236	-0.111	-0.197	0.218	0.046	-0.402	0.077	0.144	-0.016
Psych			xx	-0.216	-0.104	0.139	-0.206	-0.135	-0.051	0.202	-0.249
Lies				xx	-0.245	-0.146	-0.189	0.043	0.187	-0.400	0.071
Inter					xx	-0.121	0.056	0.287	-0.176	0.177	0.210
Stab						xx	0.276	0.198	0.142	-0.298	0.178
Glob							xx	-0.055	0.377	-0.101	-0.088
N.Ach								xx	0.179	-0.283	0.080
N.pow									xx	-0.29	0.061
N.Aff										xx	-0.149
S.P.											xx

**INTER CORRELATIONS MATRIX**

**TEAM GAME (HOCKEY)**

Variables	Ext	Neur	Psych	Lies	Inter	Stab	Glob	N.Ach	N.pow	N.Aff	S.P.
Neur		xx	0.597	0.13	0.445	0.428	0.349	0.256	0.198	0.182	0.344
Psych			xx	0.047	0.537	0.582	0.625	0.374	0.192	0.314	0.269
Lies				xx	0.345	0.402	0.196	0.642	0.400	0.341	0.191
Inter					xx	0.797	0.646	0.788	0.692	0.586	0.570
Stab						xx	0.764	0.712	0.657	0.500	0.454
Glob							xx	0.499	0.531	0.302	0.348
N.Ach								xx	0.756	0.518	0.369
N.pow									xx	0.272	0.448
N.Aff										xx	0.277
S.P.											xx

R=.35 p<.05, R=.45 p<.01



## Conclusion

From the acquired outcomes it can be wrap up that sports performance in individual and team games is differentially inclined by personality, attribution and motivational reasons. Personality, attribution, and motivational variables are more significant in forming the performance in team games than in individual games. On the basis of conclusions it is recommended that sportsmen should be brushed and traipsed for individual and team game sports after psychological assessment. At early level, it should be decided on the source of their personality, motivational and provenance evaluation that a youngster should be allocated to which game.

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