

COMPARATIVE STUDY OF SPORTS SPECIFIC PERSONALITY AND WILL TO WIN AMONG STATE, AIU AND DISTRICT BASKETBALL PLAYERS OF PUNJAB



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Abstract:

This study was aimed to study the profile of Punjab basketball players with respect to their sports specific personality and will to win. 150 Basketball Players were withdrawn from the population through stratified random sampling method; the strata's are State, AIU/Zone and District 50 from each. Tool used: Sports Specific Personality Test standardized by Dr. Agyajit Singh and Dr. H.S Cheema (2010) and will to win Questionnaire Standardized by Prof. Anand Kumar (1990) was used to collect data. Hence SSP has seven factors as Sociability, Dominance, extroversion, conventionality, Self concept, mental toughness and Emotional Stability. Results: Data has been analyzed through ANOVA as well as t test. AIU players show better in all personality factors than State and District Players and State players are better than District Players. The Sports Specific personality of male and female basketball players was almost same. Whereas will to win among AIU players show better in all will to win factors than State and District Players and State players were better than District Players.

Keywords: Sociability, Dominance, Extraversion, Conventionality, Self Concept, Mental Toughness, Emotional Stability & Will to Win.

Introduction:

The term sports psychology has developed two separate, entirely different meanings, resulting in a great deal of confusion and even stress in sports psychology organizations. One meaning relates to the practice of psychology by professionals who specialize primarily in working with athletes in a variety of sport setting. After world war2, the practice of psychology flourished and subspecialties began to appear, such as clinical psychology, school psychology, industrial-organizational psychology and rehabilitation psychology. These subspecialties were defined primarily by setting and type of clients. The development of the academic discipline of sports psychology, described as "the youngest of sports science" (Williams & straub,1986) was traced more directly through the publication of foundational works in the field.

The beginnings of the academic discipline of sports psychology were psychology of coaching (1926) and psychology of athletes (1928) by Griffith. The publication record shows a long gap until the appearance of another psychology of coaching in 1951, by Lawther, But by the 1960s a variety of research was published in journals such as quarterly for sport. In 1967 a group of teachers and researchers formed the North American society for the psychology of sports and physical activity (NASPSPA), the first sports psychology organization in the United States. It took another decade for the first separate sport psychology journal, the journal of sports psychology, to appear, but the 1980s witnessed an explosion of interest in the area. Wiggins (1984) has written an excellent history of the development of academic sport psychology.

Personality has been defined as a unique pattern of characteristic thoughts, feelings, and behaviour's that distinguish one person from other and that persist overtime and situations' (Phares and Chaplin, 1997). 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. Sociability- means a sociable person is warm, good-natured, easy going, ready to cooperate, attentive to people, kindly, trustful, soft-hearted, adaptable and warm-hearted. it is an important trait for athletes in that it implies being generous to team-mates and that criticism from others will be accepted in good faith. Will to win is defined as the intensity of the desire to defeat an opponent or to exceed some performance standard in a given sport. Individual high in Will to Win should be very competitive and should feel that winning is the major (if not only) reason for competing. Winning or losing should affect their sense of self-esteem. There is some similarity between the will to win concept and need Achievement (Atkinson, 1960) and, to a lesser extent, internal locus of control (Rotter, 1959). Will to win is also related to competence (White, 1959) and some aspects of aggression. Basketball was originally played with an association football. The ball made specifically for basketball were brown, and it was only in the late 1950s that Tony Hinkle, searching for a ball that would be more visible to players and spectators alike, introduced the orange ball that is now in common use.

Objective of the Study:

● The main objective of the study was to compare the Sports Specific Personality and Will to Win among State, AIU and District Basketball Players of Punjab State.

Methodology:

Ethical Approval: All the subjects were given a thorough explanation of the procedure and a written informed consent was obtained before participating in the study.

Selections of the subjects: The study was conducted on 150 Basketball players of Punjab who were selected through Random Sampling Technique. This sample will include 50

Sample from State level, 50 sample from North Zone/AIU and 50 samples from District. The average age of the subjects was 21±3 yrs.

Variables and Materials: Researcher has selected the following tools to gather data from the selected samples. Sports Specific Personality Test standardized by Dr. Agyajit Singh and Dr. H.S Cheema (2010) & Will to Win Questionnaire Standardized by Prof. Anand Kumar (1990) were used to measure the independent variables. Will to win Questionnaire consists 14 items, in which 7 items are keyed and rest of 7 false. For each item 1 score should be given for responses, so that maximum score may be 14 on this questionnaire and minimum being 0. The selected sample will be informed about the scope and procedure of filling the questionnaire and then asked to fill above said the questionnaires. Data will be collected and recorded according to scoring prescribed in manual.

Statistical Technique: The data collected on personality factors and will to win was statistically calculated with the help of F Ratio (ANOVA) to find out the significant differences if any among AIU, State and District Basketball players. When the significant difference was found significant at 0.05 level of significance LSD post hoc test was applied to find out significant difference between the groups. All data were analyzed through with the help of Statistical Package for Social Sciences (SPSS) 16.0.

Results and Discussion:

Table No: I
One Way Analysis of Variance (ANOVA) of AIU, State and District
Basketball Player’s Personality Factors

	Variables	Source	Ss	Df	mss	F-Ratio	P
1	Sociability	Between the mean	3635.32	2	1817.66	156.987*	.000
		Within the group	1702.03	147	11.578		
2	Dominance	Between the mean	4,907.64	2	2,453.82	209.129*	.000
		Within the group	1,724.83	147	11.734		
3	Extroversion	Between the mean	7,040.09	2	3,520.05	398.682*	.000
		Within the group	1,297.89	147	8.829		
4	Conventionality	Between the mean	2,238.45	2	1,119.23	88.08*	.000
		Within the group	1,867.93	147	12.707		

5	Self concept	Between the mean	2,064.81	2	1,032.41	78.316*	.000
		Within the group	1,937.84	147	13.183		
6	Mental Toughness	Between the mean	1,730.92	2	865.46	45.722*	.000
		Within the group	2,782.54	147	18.929		
7	Emotional stability	Between the mean	1,908.52	2	954.26	51.738*	.000
		Within the group	2,711.27	147	18.444		

(F < 0.05) (2, 147) = 3.05 F *Significant ** not significant

Interpretation of Findings: Table No: I Showed that the comparison of all seven factors; sociability, Dominance, extroversion,, Conventionality, Self Concept, Mental Toughness and Emotional Stability of SSP denoted by Dr. Singh and Mrs. Cheema with respect to three level of Players. In this table there is significant difference exist in the personality of the players with respect to their level of performance as the obtained F-Ratio Value 156.98, 209.12, 398.68, 88.08, 78.31, 45.72 and 51.73 respectively among the three groups not only found to be significant at 0.05 level of significance.

Table No: II
Post-hoc Test of Significance for District, State and National
Basketball Player's personality factors

Variables	AIU Players	State Players	District Players	MD	C.D
Sociability	47.36	43.42		3.94	.000
	47.36		35.52	11.84	.000
		43.42	35.52	7.9	.000
Dominance	48.76	43.18		5.58	.000
	48.76		34.84	13.92	.000
		43.18	34.84	8.34	.000
Extroversion	47.44	46.50		0.06	.000
	47.44		32.46	14.02	.000
		46.50	32.46	14.04	.000
Conventionality	47.24	43.48		3.76	.000
	47.24		37.84	9.4	.000
		43.48	37.84	5.64	.000
Self concept	45.28	42.00		3.28	.000

	45.28		36.30	8.98	.000
		42.00	36.30	5.7	.000
Mental Toughness	45.04	41.78		3.26	.000
	45.04		36.78	8.26	.000
		41.78	36.78	5.00	.000
Emotional Stability	47.94	40.84		7.1	.000
	47.94		39.98	7.96	.000
		40.84	39.98	0.86	.000

Interpretation of Findings: Table No: II Showed that the Post Hoc test significance of all seven factors; sociability, Dominance, extroversion,, Conventionality, Self Concept, Mental Toughness and Emotional Stability of SSP denoted by Dr. Singh and Mrs. Cheema with respect to three level of Players. In this table mean difference value of AIU Basketball players and State Basketball Players (3.94), AIU Basketball players and District Basketball Players (11.84), State Basketball Players and District Basketball Players (7.9), revealed that there was significant difference in sociability between AIU, state and District basketball Players as the obtained mean difference value were found to be significant at 0.05 level of significance.

In Dominance, mean difference value of AIU Basketball players and State Basketball Players (5.58), AIU Basketball players and District Basketball Players (13.92), State Basketball Players and District Basketball Players (8.34), revealed that there was significant difference in sociability between AIU, state and District basketball Players as the obtained mean difference value were found to be Dominance at 0.05 level of significance.

Similarly, In Extroversion, mean difference value of AIU Basketball players and State Basketball Players (0.06), AIU Basketball players and District Basketball Players (14.02), State Basketball Players and District Basketball Players (14.04), revealed that there was significant difference in Extroversion between AIU, state and District basketball Players as the obtained mean difference value were found to be significant at 0.05 level of significance.

The mean difference value of AIU Basketball players and State Basketball Players (3.76), AIU Basketball players and District Basketball Players (9.4), State Basketball Players and District Basketball Players (5.64), revealed that there was significant difference in Conventionality between AIU, state and District basketball Players as the obtained mean difference value were found to be significant at 0.05 level of significance. Similarly, mean difference value of AIU Basketball players and State Basketball Players (3.28), AIU Basketball players and District Basketball Players (8.98), State Basketball Players and District Basketball Players (5.70), revealed that there was significant difference in Self Concept between AIU, State and District basketball Players as the obtained mean difference value were found to be significant at 0.05 level of significance. In Mental toughness mean difference value of AIU

Basketball players and State Basketball Players (3.26), AIU Basketball players and District Basketball Players (8.26), State Basketball Players and District Basketball Players (5.0), revealed that there was significant difference in Mental toughness between AIU, State and District basketball Players as the obtained mean difference value were found to be significant at 0.05 level of significance. The mean difference value of AIU Basketball players and State Basketball Players (7.1), AIU Basketball players and District Basketball Players (7.96), State Basketball Players and District Basketball Players (0.86), revealed that there was significant difference in Emotional stability between AIU, state and District basketball Players as the obtained mean difference value were found to be significant at 0.05 level of significance.

Table No: III

Table showing comparison of means among male and female players of Personality factors

	Variables	Group	Means	SD	SE	't'
1	Sociability	Male Players	42.84	6.49	0.64	0.0126**
		Female Players	40.87	4.86		
2	Dominance	Male Players	42.59	7.7	0.17	0.156**
		Female Players	41.71	4.51		
3	Extroversion	Male Players	40.36	8.07	0.72	0.158**
		Female Players	41.5	4.38		
4	Conventionality	Male Players	42.51	6.15	0.74	0.119**
		Female Players	43.4	3.26		
5	self concept	Male Players	40.84	6.14	0.56	0.16**
		Female Players	41.75	3.01		
6	Mental Toughness	Male Players	41.19	6.54	0.42	0.46**
		Female Players	41.21	3.19		
7	Emotional stability	Male Players	43.02	5.86	0.62	0.43**
		Female Players	42.75	5.1		

(P < 0.05) (1, 148) = 1.65* Significant ** not significant

Interpretation of findings: Table No: III Showed that the comparison of all seven factors; sociability, Dominance, extroversion,, Conventinality, Self Concept, Mental Toughness and Emotional Stability of SSP denoted by Dr. Singh and Mrs. Cheema with respect to gender of the players. There is no significant difference exist between male & female with respect to their sociability (0.012), Dominance (0.156), extroversion (0.158), Conventinality (0.119), Self Concept (0.16), Mental Toughness (0.46) and Emotional Stability (0.43). In this table there is insignificant difference exist in the personality of the players with respect to their gender. It clearly showed that the Sports personality of male athlete is like to female athletes at 0.05 level of significance.

Table No: IV
One Way Analysis of Variance (ANOVA) of District, State and National Basketball Player’s Will to Win

Variables	Source	SS	df	MS	F	P
Will to win	Between the mean	315.37	2	157.68	81.69	.000
	Within the group	284.89	147	1.93		

(F< 0.05) (2, 147) = 3.05 f *Significant ** not significant

Interpretation of Facts: Table No: IV Showed that the comparison of Will to win of denoted by Prof. Anand Kumar with respect to three level of Players. In this table there is significant difference exist in will to win variable of the players with respect to their level of performance. It clearly showed that the will to win of one athlete is alike to another with respect to their level of performance and achievements.

Table No: V
Post-hoc Test of Significance for District, State and National Basketball Player’s Will to Win

Variables	AIU Players	State Players	District Players	MD	C.D
Will to Win	10.30	8.16		2.14	.000
	10.30		7.90	2.4	.000
		8.16	7.90	0.26	.000

Interpretation of findings: The mean difference value of AIU Basketball players and State Basketball Players (2.14), AIU Basketball players and District Basketball Players (2.4), State Basketball Players and District Basketball Players (0.26), revealed that there was significant difference in will to win between AIU, state and District basketball Players as the obtained mean difference value were found to be significant at 0.05 level of significance.

Table No: VI
Table showing Comparison of will to win between male and female
Basketball players of Punjab

Will To Win	Gender	Mean	S.D	Df	SE	't' Value
	Male	8.42	2.05	1	0.67	0.282**
	Female	8.23	1.93			

(P < 0.05) (1, 148) = 1.65* Significant ** not significant

Interpretation of Facts: Table no: VI showed that the mean of will to win was 8.42 and 8.23 for male & female respectively. The calculated t-value is 0.282, whereas the tabulated value is 1.65 at 0.05 level of significant. There is no significant difference exist between male & female with respect to their will to win. Hence the hypothesis is rejected and stated that male and female basketball players of Punjab have equal will to win.

Discussion:

Under the limitation of the study following conclusion were drawn:-

- Sociability- “Sports makes us social” which was being already proved by so many studies. In this study it was concluded that all basketball players’ male and female of Punjab have good sociability. It clearly showed that the personality of one athlete is alike to another with respect to their level of performance and achievements. On the basis of selected sample from the population from one sports (Basketball), it was concluded that All Basketball players of Punjab at different Level of performance have Different sports specific Personality; where other factors were assumed constant. It supports the study Ghosh and Majumdar (2013).
- The Dominance represents the normal tendency for one side of the brain to be more important than some times. The study has found that male and female basketball players of Punjab have good and equal dominance. It supports the study of Joshim M (2011).
- Extroversion type of people typically very open and great confidence person. The extroversion variable shows that all basketball players of Punjab good extroversion. It supports the study of Sahini and Singh (1998).
- Conventionality representing the quality or characteristics of being conventional in behavior, thinking etc. This study proved that the all-male or female basketball players of Punjab were conventional. It supports the study of Panda and Bawa (1989).

- Self-concept mean internal model which comprises self-assessment. In this study shows that all three levels of male and female basketball players of Punjab better self-concept. It supports the study of Ruhai and Chaudary (2011).
- Mental toughness was collection of attributes that allow a person to preserve through difficult circumstance. Such as difficult competitive situation in games. In this variable result shows that AIU basketball players have balanced mental toughness. It supports the study of Rambli (1989).
- Emotional stability was state of being able to have the appropriate feeling about the common experience. The study has found that basketball players of Punjab good emotional stability. It supports the study of Singh and Gaurav (2011).
- Will to win was intensity of the desire to defeat an opponent. In this study found that the all three level District, State, and AIU basketball players of Punjab have different level of will to win and male and female basketball players of Punjab have equal will to win. It may exist because of different social psychological background of the players. It supports the study of Kaur (2002).

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