

Comparative Study on Sports Specific Personality among Male Physical Education Students of Uttar Pradesh

Vivit Kumar Yadav, Mukul Pant

ABSTRACT

The present study was intended to compare the various sports specific personality (sociability, dominance, extroversion, conventionality, self-concept, mental toughness, and emotional stability) of physical education students of different universities (Agra University, Lucknow University, and Mahatma Gandhi Kashi Vidyapith University, Varanasi) of Uttar Pradesh using sports personality specific test developed by Dr. Agya Jit Singh and H.S. Cheema (2010). Descriptive research design was used in this study. For the purpose of the present study, a total of 90 physical education students were selected through random sampling. The collected data were analyzed using ANOVA. Level of significant was fixed at 0.05. The results of the study indicates that there was a significant difference on extroversion and self-concept between different university's physical education students, however, no significant difference was found on sociability, dominance, conventionality, mental toughness, and emotional-stability.

Keywords: Conventionality, Dominance, Extroversion, Mental toughness and emotional stability, Self-concept, Sociability
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INTRODUCTION

Sports and physical education are considered as the essential part of education. Sports and physical education play the key role for the progress of physical competence and physical ability to help youngsters to have an active lifestyle. The active and healthy youth are always interested for their study with special attention. Physical fitness, motor skills, and mental fitness can be developed through physical education and sports programs. The youths who play active roles in physical education and sports have less chances of being affected by some kinds of disease and have the capacity to overcome the disease. This also improves the level of mental health.^[1] Physical education is a branch of education which deals with the physical activity skills and required knowledge for a healthy and safe life. It educates the young people about the benefit of it and how to present yourself with other people. Sports and physical education activities, which are independent, which have a great importance in the society to develop it. Sports and physical education have an important influence on the development of society and social relationship.

Physical education is a process of pedagogical process which has the aim to make the generation healthy physically and mentally perfect and socially active. The physical education develops the physical and spiritual forever, strengthens the health conditions, enhances the capacity of work, and increases the duration of work under the condition fatigue. Physical education classes improve the body posture, develop physical qualities, and develop motor abilities and different skills. The productivity intensity and creativity of people can be developed through physical exercise. Mental ability can be developed through regular physical education courses. Deep thinking, auditory memory and visual memory, and sensorimotor reactions can be enhanced through regular physical exercise.^[2]

Sports personality is a theoretical and practical concept used to focus on the individual as on dynamic, integral, and staining organism. It links interaction of the individual also action, reaction, and all aspects of the behavior of human kinds. The nature of sports personality is both static and dynamic. Sports personality is the sum of several factors such as sociability: The word sociability refers to

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a person who is warm enough good in nature soft hearted; always present him or herself ready to cooperate others adaptable and trustful. For an athlete, it is important trust of personality. Dominance: The word dominance refers to a person who has self-assertiveness, self-assurance, hardness, and toughness. Dominance is characterized by desire to influence and control one's environment. Extroversion: The word extroversion refers to a person who is friendly in nature, participates in group activities and who has many social contacts. Conventionality: The word conventionality refers to a person who is realistic, dependable, and worried about problems. Self-concept: The word self-concept refers to a person what he perceives of himself and his achievement in his life is called self-concept. Mental toughness: The term mental toughness refers to person having tough minded, hard, and realistic in his appraisal of himself and can control his feeling in bad and good times. Emotional stability: The term emotional stability refers to a fundamental personality trait that has to do with being even tempered, particularly in the face of challenges and threats. All these traits are arranged in specific way to uniquely characterize an individual. Every personality is unique itself to many individuals. This includes reactions to conflicts, frustrations, defensive, and aggressive behavior and withdrawing or outgoing behavior toward other people as well as self also. There are some certain personality dimensions in the sportspersons. The certain personality dimensions are known as sports specific personality.

This includes sociability, dominance, extroversion, conventionality, self-concept, mental toughness, and emotional stability. All these certain dimensions of personality are necessary for a sportspersons.^[3]

To perform better, for a physical education students, the psychological fitness is important and it plays very vast role for the development of physical education. There are negative as well as positive impacts of the personality factors so it is very much important that the role of personality factors shall be asked for overall performance of the physical education students. It needs to maintain the balance in these all attributes so that they can assist to the physical education students and sportspersons for improving their performance.^[4] It has been noticed that the psychological conditions are the keys in many decisions, many studies have been conducted to find out the relationship between physical education students with their psychological status, still the researchers have only the incomplete understanding of the relation between these two in these contexts, the present investigation was carried out to investigate the comparison between sports specific personality among male physical education students of Uttar Pradesh.^[5]

The purpose of this study was to compare the different sports specific personality among male physical education students of Uttar Pradesh.

MATERIALS AND METHODS

Subjects

For the purpose of this study, a total of 90 male physical education students of different state universities. Agra University (30), Lucknow University (30), and Mahatma Gandhi Kashi Vidyapith Varanasi University (30) of ranged age between 20 and 25 years were selected as the subjects of the study. After taking their consent, orientation about the purpose of study and tool be used the data were collected.

Methodology

Questionnaire method was used to collect the data. Sports specific personality test developed by Dr. Agya Jit Singh and H.S. Cheema (2010). Sports specific personality test consists of total 100 items that measure the personality. There are seven subcategories of the sports specific personality in this test, that is, sociability, dominance, extroversion, conventionality, self-concept, mental toughness, and emotional stability. Only "Always," "Often," "Sometimes," and "Never" response option are there in this questionnaire and subject has to tick only one. Before filling up the questionnaire, necessary instructions were given and questions were explained to the subjects.

Statistical Analyses

For the analysis of collected data, various descriptive and inferential statistical techniques were applied. In descriptive statistics, mean, range, and standard deviation (S.D) were computed for selected psychological variables. To compare the different group's means in inferential statistics, one-way ANOVA was computed. To locate the pairwise significant difference, the *post hoc* test was applied. The level of significance was set at 0.05.

It is evident from Table 1 that mean and standard deviation of Agra University, Lucknow University, and M.G.K.V.P University,

male physical education students universities on sociability are 47.03 ± 4.02 , 46.20 ± 3.56 , and 46.30 ± 5.44 , respectively [Figure 1].

It is evident from Table 2 that mean and standard deviation of Agra University, Lucknow University, and M.G.K.V.P University, male physical education students universities on dominance are 43.06 ± 3.13 , 43.10 ± 2.77 , and 41.33 ± 4.03 , respectively [Figure 2].

It is evident from Table 3 that mean and standard deviation of Agra University, Lucknow University, and M.G.K.V.P University, male physical education students universities on extroversion are 40.16 ± 2.92 , 41.36 ± 3.48 , and 38.96 ± 3.84 , respectively [Figure 3].

It is evident from Table 4 that mean and standard deviation of Agra University, Lucknow University, and M.G.K.V.P University, male physical education students universities on conventionality are 40.83 ± 4.19 , 41.23 ± 2.40 , and 39.76 ± 4.23 , respectively [Figure 4].

It is evident from Table 5 that mean and standard deviation of Agra University, Lucknow University, and M.G.K.V.P University, male physical education students universities on self-concept are 43.90 ± 2.79 , 45.10 ± 2.82 , and 40.10 ± 3.05 , respectively [Figure 5].

It is evident from Table 6 that mean and standard deviation of Agra University, Lucknow University, and M.G.K.V.P University, male

Table 1: Descriptive statistics on sports specific personality (sociability) of male physical education students of Uttar Pradesh

University	N	Mean	SD	SE	Range	
					Minimum	Maximum
Agra University	30	47.03	4.02	0.73	37.00	54.00
Lucknow University	30	46.20	3.56	0.65	37.00	54.00
M.G.K.V.P University	30	46.30	5.44	0.99	31.00	59.00

Table 2: Descriptive statistics on sports specific personality (dominance) of male physical education of students Uttar Pradesh

University	N	Mean	SD	SE	Range	
					Minimum	Maximum
Agra University	30	43.06	3.13	0.57	35.00	48.00
Lucknow University	30	43.10	2.77	0.50	37.00	49.00
M.G.K.V.P University	30	41.33	4.03	0.73	35.00	49.00

Table 3: Descriptive statistics on sports specific personality (extroversion) of male physical education students of Uttar Pradesh

Group	N	Mean	SD	SE	Range	
					Minimum	Maximum
Agra University	30	40.16	2.92	0.53	34.00	45.00
Lucknow University	30	41.36	3.48	0.63	34.00	49.00
M.G.K.V.P University	30	38.96	3.84	0.70	29.00	45.00

Table 4: Descriptive statistics on sports specific personality (conventionality) of male physical education students of Uttar Pradesh

Group	N	Mean	SD	SE	Range	
					Minimum	Maximum
Agra University	30	40.83	4.19	0.76	31.00	47.00
Lucknow University	30	41.23	2.40	0.43	36.00	45.00
M.G.K.V.P University	30	39.76	4.23	0.77	29.00	48.00

Table 5: Descriptive statistics on sports specific personality (self-concept) of male physical education students of Uttar Pradesh

Group	N	Mean	SD	SE	Range	
					Minimum	Maximum
Agra University	30	43.90	2.79	0.51	40.00	52.00
Lucknow University	30	45.10	2.82	0.51	41.00	52.00
M.G.K.V.P University	30	40.30	3.05	0.55	34.00	47.00

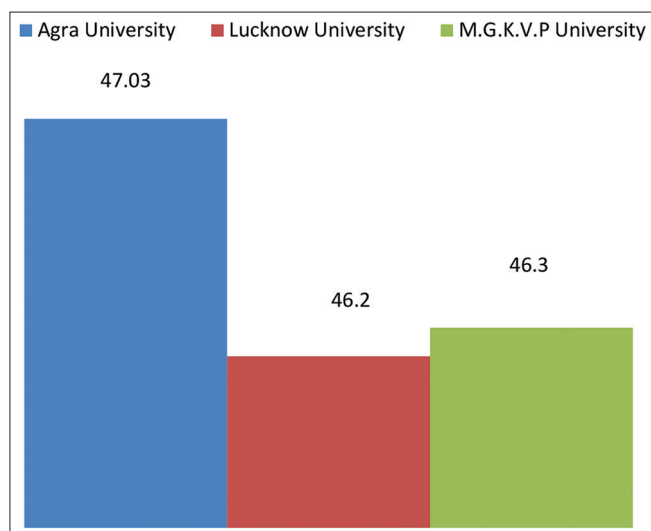


Figure 1: Graphical representation of mean sports specific personality (sociability) of different universities

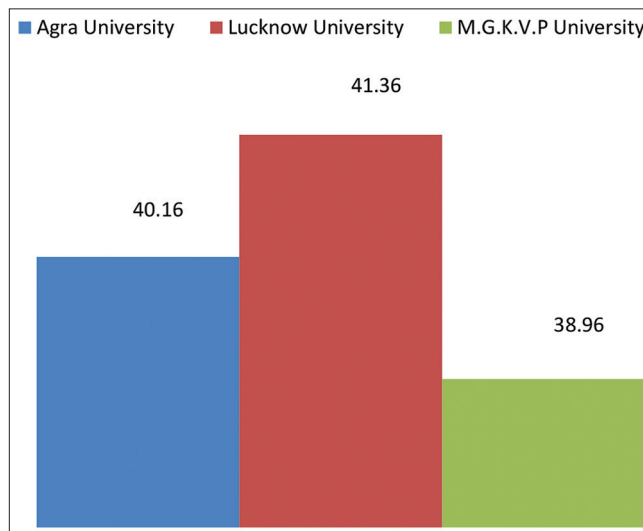


Figure 3: Graphical representation of mean sports specific personality (extroversion) of different universities

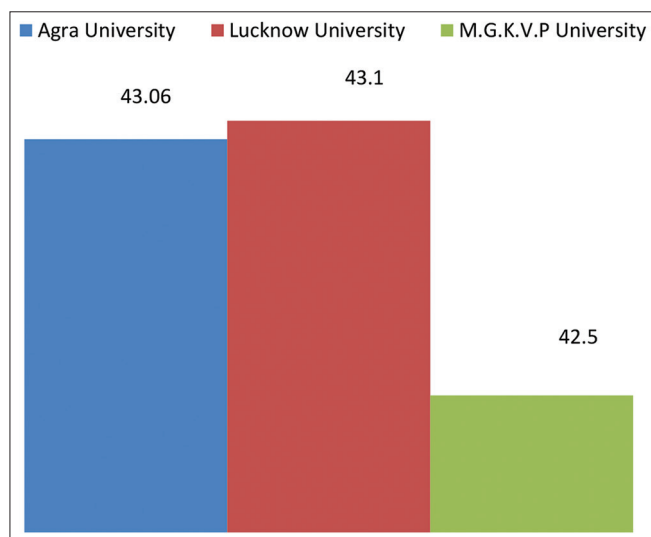


Figure 2: Graphical representation of mean sports specific personality (dominance) of different universities

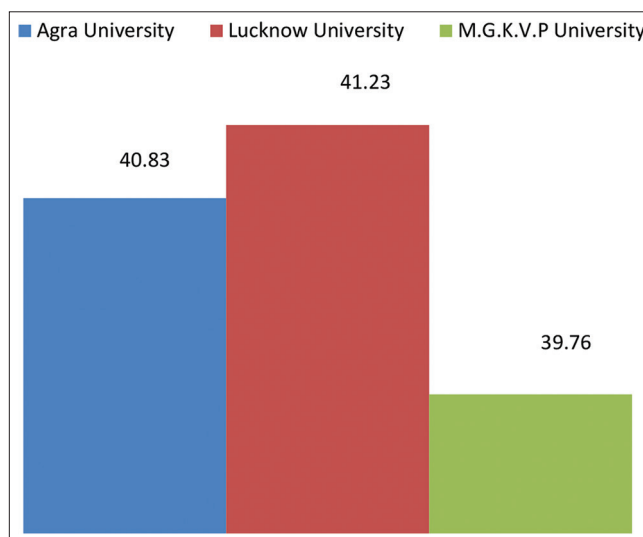


Figure 4: Graphical representation of mean sports specific personality (conventionality) of different universities

physical education students universities on mental toughness are 43.36 ± 4.49 , 43.16 ± 3.19 , and 41.76 ± 4.84 , respectively [Figure 6].

It is evident from Table 7 that mean and standard deviation of Agra University, Lucknow University, and M.G.K.V.P University, male physical education students universities on emotional stability are 43.70 ± 5.24 , 43.60 ± 3.56 , and 43.36 ± 4.68 , respectively [Figure 7].

Table 8 revealed that there is no significant difference among male physical education students Agra University, Lucknow University, and M.G.K.V.P University on sociability as obtained F-ratio is 0.318 which is lesser than the tabulated value of 3.09 required for F-ratio to be significant at 0.05 level with (2, 87) degree of freedom.

It is revealed that there is no significant difference among male physical education students Agra University, Lucknow University, and M.G.K.V.P University on dominance as obtained F-ratio is 2.716 which is lesser than the tabulated value of 3.09 required for F-ratio to be significant at 0.05 level with (2, 87) degree of freedom.

Table 6: Descriptive statistics on sports specific personality (mental toughness) of male physical education students of Uttar Pradesh

Group	N	Mean	SD	SE	Range	
					Minimum	Maximum
Agra University	30	43.36	4.49	0.82	33.00	55.00
Lucknow University	30	43.16	3.19	0.58	37.00	51.00
M.G.K.V.P University	30	41.76	4.84	0.88	34.00	51.00

It is revealed that there is a significant difference among male physical education students Agra University, Lucknow University, and M.G.K.V.P University on extroversion as obtained F-ratio is 3.649 which is greater than the tabulated value of 3.09 required for F-ratio to be significant at 0.05 level with (2, 87) degree of freedom.

It is revealed that there is no significant difference among male physical education students Agra University, Lucknow University, and M.G.K.V.P University on conventionality as obtained F-ratio is

1.253 which is lesser than the tabulated value of 3.09 required for F-ratio to be significant at 0.05 level with (2, 87) degree of freedom.

It is revealed that there is a significant difference among male physical education students Agra University, Lucknow University, and M.G.K.V.P University on self-concept as obtained F-ratio is 22.381 which is greater than the tabulated value of 3.09 required for F-ratio to be significant at 0.05 level with (2, 87) degree of freedom.

It is revealed that there is no significant difference among male physical education students Agra University, Lucknow University,

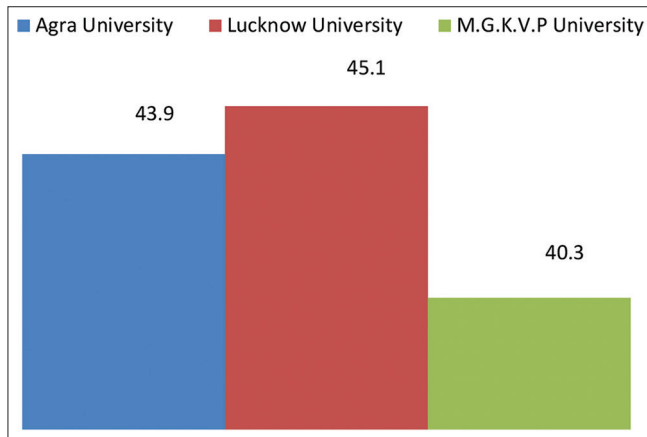


Figure 5: Graphical representation of mean sports specific personality (self-concept) of different universities

Table 7: Descriptive statistics on sports specific personality (emotional stability) of male physical education students of Uttar Pradesh

Group	N	Mean	SD	SE	Range	
					Minimum	Maximum
Agra University	30	43.70	5.24	0.95	28.00	53.00
Lucknow University	30	43.60	3.56	0.65	39.00	51.00
M.G.K.V.P University	30	43.36	4.68	0.85	35.00	58.00

and M.G.K.V.P University on mental toughness as obtained F-ratio is 1.270 which is lesser than the tabulated value of 3.09 required for F-ratio to be significant at 0.05 level with (2, 87) degree of freedom.

It is revealed that there is no significant difference among male physical education students Agra University, Lucknow University, and M.G.K.V.P University on emotional stability as obtained F-ratio is 0.042 which is lesser than the tabulated value of 3.09 required for F-ratio to be significant at 0.05 level with (2, 87) degree of freedom [Table 9].

It is evident from Table 3 that there is a significant difference on extroversion between Lucknow University and M.G.K.V.P University (MD = 2.40) (P = 0.008), which are greater than the required value to be significant at 0.05 level of significance. It is also evident from the table that there is no significant difference between Agra University and Lucknow University (MD = -1.20) (P = 0.180), Agra University and M.G.K.V.P University (MD = 1.20) (P = 0.180) as mean difference is lesser than required value to be significant at 0.05 level.

It is reveals that there is a significant difference on self-concept between Agra University and M.G.K.V.P University (MD = 3.60) (P = 0.000), Lucknow University and M.G.K.V.P University (MD = 4.80) (P = 0.000), which are greater than the required value to be significant at 0.05 level of significance. It is also evident from the table that there is no significant difference between Agra University and Lucknow University (MD = -1.20) (p = 0.112), as mean difference is lesser than required value to be significant at 0.05 level.

DISCUSSION OF FINDING

The result of the present study shows no significant difference between Agra University, Lucknow University, and M.G.K.V.P University of physical education students on sports specific personality. The variable wise analysis of the sports specific personality had been discussed as under –

The statistical analysis of data revealed the fact that there is a significance difference on sports specific personality test

Table 8: One-way ANOVA on personality among male physical education students of different universities of Uttar Pradesh

Variable	Source of variation	Sum of squares	Df	Mean square	F	Sig.
Sociability	Between groups	12.422	2	6.211	0.318	0.728
	Within groups	1698.067	87	19.518		
	Total	1710.489	89			
Dominance	Between groups	61.267	2	30.633	2.716	0.072
	Within groups	981.233	87	11.279		
	Total	1042.500	89			
Extroversion	Between groups	86.400	2	43.200	3.649	0.030
	Within groups	1030.100	87	11.840		
	Total	1116.500	89			
Conventionality	Between groups	34.489	2	17.244	1.253	0.291
	Within groups	1196.900	87	13.757		
	Total	1231.389	89			
Self-concept	Between groups	374.400	2	187.200	22.381	0.000
	Within groups	727.700	87	8.364		
	Total	1102.100	89			
Mental toughness	Between groups	45.600	2	22.800	1.270	0.286
	Within groups	1562.500	87	17.960		
	Total	1608.100	89			
Emotional stability	Between groups	1.756	2	0.878	0.042	0.959
	Within groups	1804.467	87	20.741		
	Total	1806.222	89			

F-ratio 0.05 (2, 87) = 3.09. *Significant at 0.05 level

Table 9: Post hoc (LSD) mean comparison of personality among male physical education students of different universities of Uttar Pradesh

Variable	University (I)	University (J)	M.D. (I.J.)	S.E.	Sig.
Extroversion	Agra University	Lucknow University	-1.20	0.88	0.180
	Agra University	M.G.K.V.P University	1.20	0.88	0.180
	Lucknow University	M.G.K.V.P University	2.40*	0.88	0.008
Self-concept	Agra University	Lucknow University	-1.20	0.74	0.112
	Agra University	M.G.K.V.P University	3.60*	0.74	0.000
	Lucknow University	M.G.K.V.P University	4.80*	0.74	0.000

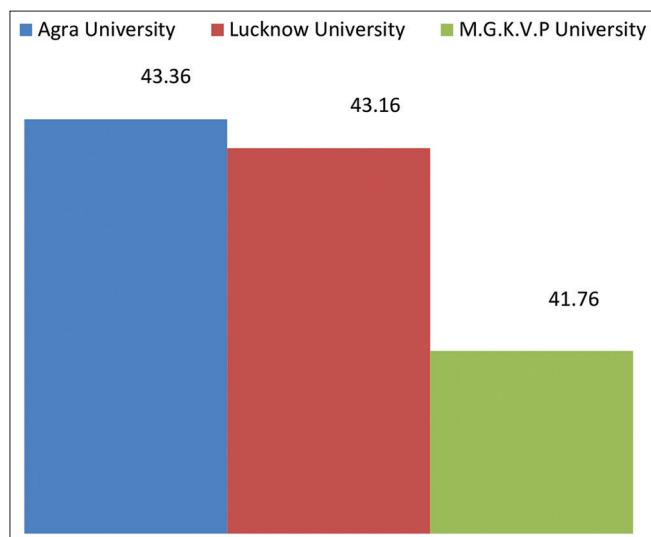


Figure 6: Graphical representation of mean sports specific personality (mental toughness) of different universities.

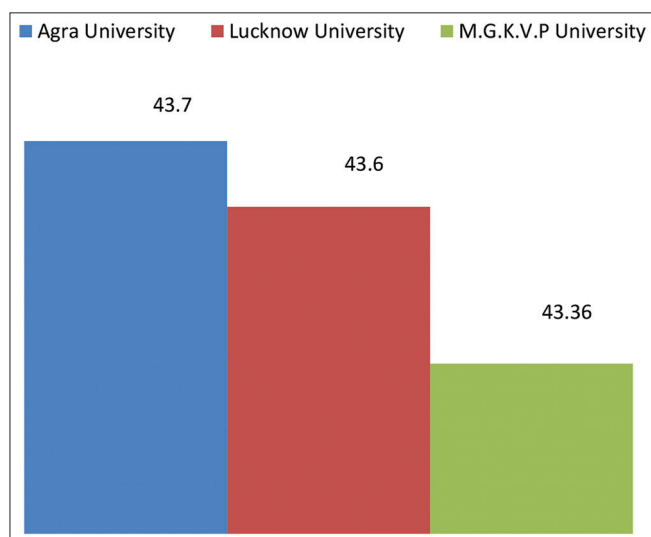


Figure 7: Graphical representation of mean sports specific personality (emotional stability) of different universities

for factors extroversion ($F = 3.649, P = 0.030$) and self-concept ($F = 22.381, P = 0.000$) and it also revealed that these are in significant factors such as sociability ($F = 0.318, P = 0.728$), dominance ($F = 2.76, P = 0.072$), conventionality ($F = 1.253, P = 0.291$), mental toughness ($F = 1.270, P = 0.256$), and emotional stability ($F = 0.042, P = 0.959$).

The statistical significance pertaining to sports specific factors such as extroversion and self-concept may be attribute to the fact

that act that since the subject of the study is physical education students belonging to different games and sports.

Sports personal be any game are sociable, friendly, outgoing, and always involved in group activities, the physical education curriculum multifarious is compressing of variety of activities which helps to trust these extroversion quality among them.

The comprehensive course curriculum of physical education having theory, practical's, and extra cocurriculum activities. We like intramural, extramural, camp, picnic educational tour, etc., enables the students to inculcate behavioral aspects such as sociability, cohesions, and team work.

There is also significant difference on self-concept among the physical education students because of the various games, sports, and physical activity involvement which faster the students to build self-confidence, self-constancy, self-assurance, self-esteem, and self-respect. Furthermore, these two variables are also permanent in other discipline student also with other discipline.

The statistical in significance pertaining to sports specific personality factors, namely, dominance, conventionality, mental toughness, and emotional stability may be attributed to the fact that since the subjects of the present study belong to various games and sports which have some psychological pre-request and characteristics such us dominance, mental toughness, and emotional stability inherent traits and are also developed with due course of time due to participation in rigorous training and competition.

Hence, other variables are having more or less similar friend as there are from physical education and sports other reasons of the funding could be the sample size the university set up, course curriculum run in their respective development.

The statistical significance sports specific personality factors, namely, extroversion and self-concept may be attributed to the multifarious activities being conducted by different universities based on their course curriculum.

There are variety of extra cocurricular activities such as leadership training camp, adventure camp, excursion, educational tour, picnic, summer and winter coaching camps, and other literary and cultural and through, these activities are part of every course curriculum of various universities such as Agra University, Lucknow University, and M.G.K.V.P. University. However, the ways mode of its execution may have certain variation the statistical significance on extraversion and self-concept could be due to dynamic nature of course curriculum.

Ajit Kumar *et al.* (2020) conducted a study on analysis of sports specific personality among sports persons. Significant differences were found for sport specific personality for individual and team sports players process high sports specific personality than individual sports.^[6]

Pampa Barik and Rajarshi Kar (2019) conducted a study on comparison of sports specific personality traits among invasion, target, striking/fielding, and net/wall games; no significant difference was found in sociability, dominance, extroversion, self-concept, and emotional stability. However, significant difference was found in conventionality and mental toughness.^[7]

Both the above studies have more or less similar findings than that of the present research work.

CONCLUSIONS

Based on analysis of data and results of the study, the following conclusion has been draw:

1. These are significant differences on sports specific personality factors extraversion and self-concept among physical education students of different universities, that is, Agra University, Lucknow University, and M.G.K.V.P. University.
2. These are no significance differences on sports specific personality test factors (sociability, dominance, conventionality, mental toughness, and emotional stability).

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