

# INDIAN STREAMS RESEARCH JOURNAL

## COMPARISON OF PERSONALITY TRAITS AND LOCUS OF CONTROL BETWEEN SCHOOL ATHLETES AND NON ATHLETES OF BUNDELKHAND REGION



**Rajesh Tripathi , 1 Sachin Gupta 2**

1Principal VNS College of Physical Education, Bhopal (M.P.)

2Research Scholar, Karpagam University, Coimbatore

### Abstract :

No two individuals are exactly alike. Psychology is the scientific study of human behavior and mind: how we think, feel, act and interact individually and in groups. Sports Psychology is a science in which we study about sports person by observing, measuring and testing, and then arriving at conclusions that are rooted in sound scientific methodology. Sports in the present day world have become extremely competitive. Sports psychology training is that enhances performance on the court and field. Winning is one of the main objective in sports but winning requires consistent performance at a high level. Mental proficiency helps ensure this consistency, guarding against fluctuations in performance. Considering the role of Psychology variables, the present study was undertaken.

**Purpose of the study :** The main purpose of the study was to identify the difference between personality traits and locus of control between school athletes and non athletes of Bundelkhand Region .

**Research Methodology :** The present study was conducted on 100 school boys athletes and non athletes of Bundelkhand Region to assess the selected psychological variables personality traits and locus of control. To assess the personality traits and locus of control Eysenck's and Dr. N. Hasnain, Dr. D.D. Joshi standardized questionnaire were used respectively. The collected data were analyzed using 't' test statistical technique at 0.05 level of significance.

**Conclusions:** The study clearly indicated that there is a significant difference in personality traits and locus of control between school athletes and non athletes of Bundelkhand Region. In neuroticism, extroversion and locus of control school athletes are better than non athletes in all the selected psychological variables.

**Key Words:-** Comparison Of Personality , Psychology, Measuring And Testing,

## Comparison Of Personality Traits And .....

### INTRODUCTION

No two individuals are exactly alike. Psychology is the scientific study of human behavior and mind: how we think, feel, act and interact individually and in groups. Sports Psychology is a science in which we study about sports person by observing, measuring and testing, and then arriving at conclusions that are rooted in sound scientific methodology. Sports in the present day world have become extremely competitive. Sports psychology training is that enhances performance on the court and field. Winning is one of the main objective in sports but winning requires consistent performance at a high level. Mental proficiency helps ensure this consistency, guarding against fluctuations in performance. For years sports psychologists have examined how psychological skills training, including mental skills training helps athletes improve performance. Sports psychology also can help athletes with problems off the court that may affect performance on court.

### RESEARCH METHODOLOGY

The present study was conducted on 100 school boys athletes and non athletes of Bundelkhand Region to assess the selected psychological variables personality traits and locus of control. To assess the personality traits and locus of control Eysenck's and Dr. N. Hasnain, Dr. D.D. Joshi standardized questionnaire were used respectively. The collected data were analyzed using 't' test statistical technique at 0.05 level of significance.

### RESULTS AND DISCUSSIONS

**Table 1**  
**Mean, Standard Deviation And 't' Value Of School Athletes And Non Athletes**

<i>Variables</i>	<i>Athletes</i>		<i>Non Athletes</i>		<i>'t' Value</i>
	<i>Mean</i>	<i>Standard deviation</i>	<i>Mean</i>	<i>Standard deviation</i>	
Extroversion	13.14	2.90	12.26	2.24	2.146*
Neuroticism	14.09	2.56	13.28	2.20	2.221*
Locus of control	59.46	5.45	55.28	4.48	2.387*

\*Significance at 0.05 level

It is evident from the table 1 that there is a significant difference between two groups. In Extroversion, athletes mean value is 13.14 with standard deviation is 2.90 and non - athletes mean value is 12.26 with standard deviation is 2.24 and the 't' value is 2.146. In Neuroticism, the athletes mean value is 14.09 with standard deviation is 2.56 and non - athletes mean value is 13.28 with standard deviation is 2.20 and 't' value is 2.221. In Locus of control, athletes mean value is 59.46 with standard deviation is 5.45 and non athletes mean value is 55.28 with standard deviation is 4.48 and 't' value is 2.387. The mean differences are found in all the groups and calculated 't' values are greater than the tabulated value i.e. 2.05. This shows that school athletes are better than the non - athletes in all the selected psychological variables.

### CONCLUSIONS

We can conclude from the above analysis that there is a significant difference in Psychological variables between school athletes and non - athlete. This shows that school athletes are better than the non - athletes in all the selected psychological variables. (Personality traits and Locus of control)

### REFERENCES

1. David, H. Clarke, and Helen M. Kchert(1985). Limits of Human Performance. Human Kinetic Publication Inc, New York.
2. Heidbreder, E., "Measuring introversion and extroversion", journal of Abnormal Social Psychology 21(1926):120-134.
3. Kamlesh M.L.,(2002) Psychology In Physical Education and Sports". Metro Politan Book Co. Pvt Ltd., New Delhi, India. P. 266.