

Vol 5 Issue 2 March 2015

ISSN No : 2230-7850

International Multidisciplinary
Research Journal

*Indian Streams
Research Journal*

Executive Editor
Ashok Yakkaldevi

Editor-in-Chief
H.N.Jagtap

Welcome to ISRJ

RNI MAHMUL/2011/38595

ISSN No.2230-7850

Indian Streams Research Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial board. Readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

International Advisory Board

Flávio de São Pedro Filho Federal University of Rondonia, Brazil	Mohammad Hailat Dept. of Mathematical Sciences, University of South Carolina Aiken	Hasan Baktir English Language and Literature Department, Kayseri
Kamani Perera Regional Center For Strategic Studies, Sri Lanka	Abdullah Sabbagh Engineering Studies, Sydney	Ghayoor Abbas Chotana Dept of Chemistry, Lahore University of Management Sciences[PK]
Janaki Sinnasamy Librarian, University of Malaya	Ecaterina Patrascu Spiru Haret University, Bucharest	Anna Maria Constantinovici AL. I. Cuza University, Romania
Romona Mihaila Spiru Haret University, Romania	Loredana Bosca Spiru Haret University, Romania	Ilie Pintea, Spiru Haret University, Romania
Delia Serbescu Spiru Haret University, Bucharest, Romania	Fabricio Moraes de Almeida Federal University of Rondonia, Brazil	Xiaohua Yang PhD, USA
Anurag Misra DBS College, Kanpur	George - Calin SERITAN Faculty of Philosophy and Socio-Political Sciences AL. I. Cuza University, IasiMore
Titus PopPhD, Partium Christian University, Oradea,Romania		

Editorial Board

Pratap Vyamktrao Naikwade ASP College Devrukh,Ratnagiri,MS India	Iresh Swami Ex - VC. Solapur University, Solapur	Rajendra Shendge Director, B.C.U.D. Solapur University, Solapur
R. R. Patil Head Geology Department Solapur University,Solapur	N.S. Dhaygude Ex. Prin. Dayanand College, Solapur	R. R. Yaliker Director Managment Institute, Solapur
Rama Bhosale Prin. and Jt. Director Higher Education, Panvel	Narendra Kadu Jt. Director Higher Education, Pune	Umesh Rajderkar Head Humanities & Social Science YCMOU,Nashik
Salve R. N. Department of Sociology, Shivaji University,Kolhapur	K. M. Bhandarkar Praful Patel College of Education, Gondia	S. R. Pandya Head Education Dept. Mumbai University, Mumbai
Govind P. Shinde Bharati Vidyapeeth School of Distance Education Center, Navi Mumbai	Sonal Singh Vikram University, Ujjain	Alka Darshan Shrivastava Shaskiya Snatkottar Mahavidyalaya, Dhar
Chakane Sanjay Dnyaneshwar Arts, Science & Commerce College, Indapur, Pune	G. P. Patankar S. D. M. Degree College, Honavar, Karnataka	Rahul Shriram Sudke Devi Ahilya Vishwavidyalaya, Indore
Awadhesh Kumar Shirotriya Secretary,Play India Play,Meerut(U.P.)	Maj. S. Bakhtiar Choudhary Director,Hyderabad AP India.	S.KANNAN Annamalai University,TN
	S.Parvathi Devi Ph.D.-University of Allahabad	Satish Kumar Kalhotra Maulana Azad National Urdu University
	Sonal Singh, Vikram University, Ujjain	

Address:-Ashok Yakkaldevi 258/34, Raviwar Peth, Solapur - 413 005 Maharashtra, India
Cell : 9595 359 435, Ph No: 02172372010 Email: ayisrj@yahoo.in Website: www.isrj.org



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

Rajesh Tripathi ,¹ Sachin Gupta²

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,

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

Variables	Athletes		Non Athletes		't' Value
	Mean	Standard deviation	Mean	Standard deviation	
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.



Rajesh Tripathi

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



Sachin Gupta

Research Scholar, Karpagam University, Coimbatore

Publish Research Article International Level Multidisciplinary Research Journal For All Subjects

Dear Sir/Mam,

We invite unpublished Research Paper, Summary of Research Project, Theses, Books and Book Review for publication, you will be pleased to know that our journals are

Associated and Indexed, India

- * International Scientific Journal Consortium
- * OPEN J-GATE

Associated and Indexed, USA

- Google Scholar
- EBSCO
- DOAJ
- Index Copernicus
- Publication Index
- Academic Journal Database
- Contemporary Research Index
- Academic Paper Database
- Digital Journals Database
- Current Index to Scholarly Journals
- Elite Scientific Journal Archive
- Directory Of Academic Resources
- Scholar Journal Index
- Recent Science Index
- Scientific Resources Database
- Directory Of Research Journal Indexing

Indian Streams Research Journal
258/34 Raviwar Peth Solapur-413005, Maharashtra
Contact-9595359435
E-Mail-ayisrj@yahoo.in/ayisrj2011@gmail.com
Website : www.isrj.org