

A comparative study of personality of urban and rural handball players representing all India inter university

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Abstract

This article was aimed to investigate the personality of Urban and Rural Handball Players representing All India Inter University and its relationship with sport performance. The method of the study is descriptive correlational. The data was collected using questionnaires and through field study procedure. The population of the study consisted of 324 urban and 176 rural Handball Players representing All India Inter University. Personality was assessed using the Personality questionnaire constructed by Eysenck's Maudsley Personality Inventory (MPI) questionnaire by S. S. Jalota and S. D. Kapoor (English version) (1959). T-test was used to compare the groups at 0.05 levels of significance. On the basis of result of the present study, it was concluded that urban handball players are more extrovert than rural handball players and rural handball players are more neurotic than urban handball players.

Keywords: urban, rural, extraversion, neuroticism, handball

1. Introduction

Physical fitness has been considered as one of the most important aspects of human existence. A sound body and an active mind are inter-related. No education is complete without sound physical health as it makes a person efficient and fit to work in any area of human endeavour. Sports all over the world have emerged as a very competitive area of human activity not only sports persons but also people from various walks of life have shown their interest in the world of sports. Sports persons have come forward with more enthusiasm and zeal their approach towards sport has become professional. Each and every nation wants to produce the best sports personalities. Besides these factors, psychology of a sports person plays an important role in clinching a medal. Various advanced countries have made efforts in the direction of mental development of their sports persons. Sport psychology has long been making its impact in the field of every sport for many years. Many teams around the world have been utilizing mental techniques in the improvement of athletic performance. Personality traits which are stated in this paper are extraversion and neuroticism. Extraversion indicates how outgoing and social a person is. They enjoy being with people, participating in social gathering and are full of energy. Extroverts prefer sports which are exciting, team sports, fast paced, high arousal levels, large, simple motor skills, low concentration. Neuroticism refers to general emotional instability and the individual's predisposition to neurotic breakdown under stress. It is an enduring tendency to experience negative emotional state, such as anxiety, anger, guilt and depression. Neuroticism makes people more susceptible to the negative emotions — anxiety, depression, irritability, anger.

The present study deals with a comparative study of Extraversion and Neuroticism psychological variables of

urban and rural Handball Players representing All India Inter University.

2. Review of related literature

Reviewing the relevant literature is essential to know the work done in the field of sports. Since effective research is based on past knowledge this helps to eliminate the duplication of what has been done and provide useful hypothesis and helpful suggestion for significant investigation. Further, various studies have been conducted on Personality, Aggression and Stress of sports participants and are already published in various books, Research Quarterly, International Abstracts and completed research etc.

Rogulj *et al.* (2006) ^[1] worked over the conducted research study entitled "Differences between competitively efficient and less efficient junior handball players according to their personality traits". Under the heading of methodology Eysenck's personality questionnaire were used for evaluating extroversion-introversion, neuroticism, Psychoticism and dissimulation was applied on the sample of 72 junior handball players, of age 17-18 yrs. with the purpose of establishing the differences between efficient and less efficient players according to their personality traits. Arjun Singh (2012) ^[2] conducted a research study entitled "A comparison of personality traits of team game women players and individual's game of women players". The study indicated that, Personality is sum total of one's behaviours and plays important role in sports training and competitions. The purpose of the study was to compare the personality traits of individual's game women players and team game women players with special reference extroversion and neuroticism. Eysenck's Personality Inventory was used to assess the two major personality traits viz. extroversion and neuroticism. Masoud Naderian, Zahra Morad Safavi (2015) ^[3] worked over

a research study. The aim of the study was to show the relation between personality aspects (introvert, extrovert) and hardness rate of professional athletes of football, handball and basketball teams of superior leagues of Isfahan Province. Milavic Boris, *et al.* worked over a study to determine the differences in basic personality dimensions between female players of different team situational efficiency. 151 young female volleyball players, aged averagely 13.89±1.17 years, filled out the Eysenck's junior personality questionnaire (EPQ-J), designed by Eysenck's & Eysenck's (1975, 1994) [4].

2.1 Objectives of the Study

The proposed objectives of the present research were follows.

1. To measure the Extraversion of Rural and Urban Handball players of AIU.
2. To measure the Neuroticism of Rural and Urban Handball players of AIU.

2.2 Research methodology

The present study in hand is a survey type research where the survey was conducted on Handball players, who were selected to represent their respective University in All India Inter University Handball Championship to collect data for the Extraversion and Neuroticism variables.

2.3 Samples

The population for the study were 324 urban and 176 rural Handball Players representing All India Inter University Handball tournament.

2.4 Tools used

For the collection of the data required for the study the investigator used the following tools to investigate the selected variables.

- 1) To measure the Personality, the Personality questionnaire constructed by Eysenck's Maudsley Personality Inventory (MPI) questionnaire by S. S. Jalota and S. D. Kapoor (English version) (1959) was administered.

2.5 Description of Test

A) Eysenck's Maudsley Personality Inventory (MPI) Questionnaire-The personality questionnaire that was administered is constructed by Eysenck's Maudsley, S. S. Jalota and S. D. Kapoor (English version). In pursuing the objective of the study, this test was used to measure personality of the male and female handball players participated in All India Inter University Handball championship. The questionnaire consists of 48 questions related to the personality of an individual to which they answered by making a tick mark (√) to the yes, (?) and no. It was emphasized that there would be correct assessment to right or wrong responses to these statements which were designed to study individual's reactions in different situations.

- a) It is to be pointed out that each item had to be responded

in positive, doubtful or negative terms. i.e. yes or (?) or no. No statements were left out.

- b) The instructions were made clear to the tester by printing on the test forms, thus questionnaires were administered.
- c) For completing the test, time limit was not fixed. Of course it was given freedom to the respondent to fill it with their requirement of the time. However, an individual took 10 to 15 minutes in completing the test form.
- d) Reliability of the test

The reliability of the personality test was found to lie between .85 and .90 for neuroticism scale and between .75 and .85 for extraversion scale. The test was validated on the coefficient of validity.

2.6 Scoring Method

The scoring method to measure personality was administered as follows:

Scoring was recorded according to key given in the respective manuals of the tools. The individual score of subject the statements were totalled to arrive at the total scores of subjects. For each item one of three responses was probable. i.e. i) 'Yes'; ii) '?'; iii) 'No'.

All items were scored according to the key proposed and recorded accurately. i.e. If the response indicated as 'yes', it was awarded the score of 2, If the response is kept in (?), the score was given 1 and. Whereas zero score was left to the response in 'no' (except for item no. 14, 16, 18, 22, 24, 30, 36 and 40 which were belong to extraversion dimension and reassigned score as 2 only. The sum of the entire responses would be the total personality score of the individual. Thus, In case of Neuroticism personality, the scoring was awarded as -

- i) Yes = 2
- ii) ? = 1
- ii) No = 0

In case of Extraversion personality, the scoring was awarded as -

- i) Yes = 0
- ii) ? = 1
- ii) No = 2

2.7 Statistical Procedure

Significant difference in Personality of Handball players representing their respective University to participate in All India Inter University Handball championship were determined through 't' test. T-test was used to compare the groups at 0.05 levels of significance.

3. Results and Discussion

The finding of the various parameters are discussed as under:-

Table 1: Comparison of urban and rural Handball players at the level of extraversion

Personality Traits	Area	N	Mean	SD	Calculated 't' value	Level of significance
Extraversion	Urban	324	26.73	11.20	4.225*	Sig.
	Rural	176	22.17	11.70		Sig.

*significant t_{tab} .

value at 0.05 level of significance =1.96

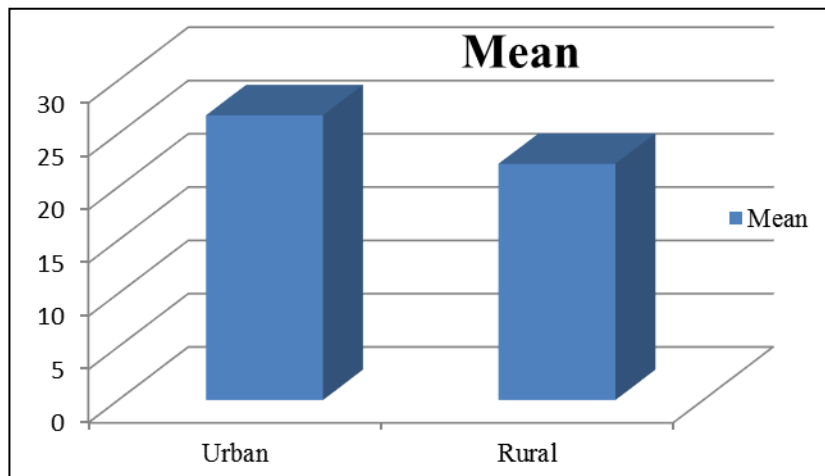


Fig 1: Graph of comparison of extraversion mean scores of urban and rural Handball players

The extraversion mean score (26.73) of urban handball players. and (22.17) of rural handball players. However, the t ratio is 4.225 which is significant at 0.05 level. It means that there exist significant difference at the level of extraversion

between urban handball players and rural handball players hence urban handball players are more extrovert than rural handball players. The results are represented in graphical form in figure 1.

Table 2: Comparison of urban and rural Handball players at the level of neuroticism

Personality Traits	Area	N	Mean	SD	Calculated 't' value	Level of significance
Neuroticism	Urban	324	20.79	12.13	2.365*	Sig.
	Rural	176	23.48	12.18		Sig.

*significant ttab.

value at 0.05 level of significance =1.96

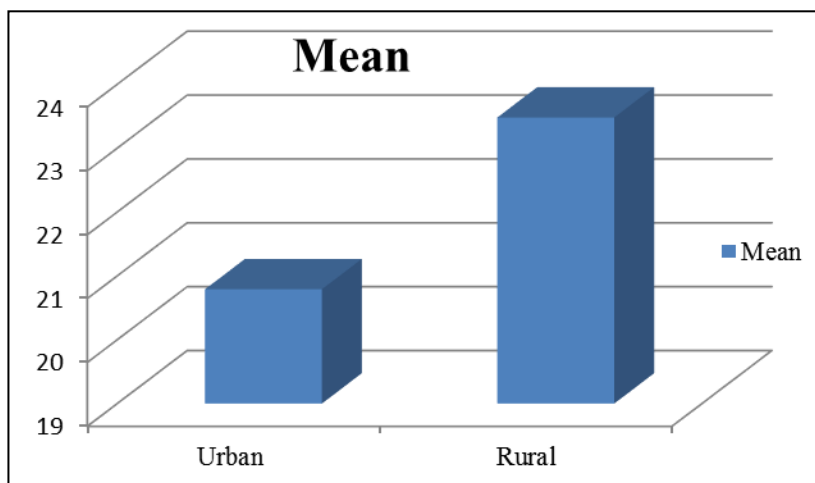


Fig 2: Graph of comparison of neuroticism mean scores of urban and rural Handball players

The neuroticism mean score (20.79) of urban handball players and (23.48) of rural handball players. However, the t ratio is 2.365 which is significant at 0.05 level. It means that there exist significant difference at the level of neuroticism between urban handball player and rural handball players hence rural handball players are more neurotic than urban handball players. The results are represented in graphical form in figure 2.

4. Conclusion

On the basis of result of the present study, we can conclude that urban handball players are more extrovert than rural

handball players and rural handball players are more neurotic than urban handball players. The result of this study indicates that identifying personality traits of players is very important. This study will help coaches and physical education teachers in selecting the good players. This will help physical education teachers and coaches in preparing training programme. This will lead to success in future planning. Also, by knowing players personality traits the coaches are able to control them during the games and proper selection of the players can be done. The result of the study will give the clear idea about personality traits of the rural and urban handball players.

5. References

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