

# Analysis of Performance Difference as an Individual or as A Team at College Level Using Parameters of Personality Traits and Self Concept



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## Abstract

Sports psychology is of recent origin. There is a great advancement of games and sports now-a-days which was not prevalent in the past. Cratty confirms that intellectual involvement and intelligent decision-making on the part of an athlete is a matter of experience.

Mc Clanney get two groups of college men, namely high fitness group and lower fitness group, on a comparison of their personality characteristics a measured by Cattell's sixteen personality factors questionnaire.

### Sample of study

Twenty male subjects were selected from S.G.G.S Khalsa College, Mahilpur (Pb). Ten subjects from individual games and ten from Team games who had represented state level in their respected games. The age level of the subjects ranged from 17 – 25 years.

### Hypothesis

It was hypothesized that there shall not be any significant differences between means of Self-Concept and Personality Traits among the individual and team games at the college level.

### Statistical Analysis

To compare the Self-Concept and Personality Traits among individual and team games players, mean, standard deviation and uncorrelated t-test was applied. The level of significance was set at 0.05 levels.

**Keywords:** Self-Concept , Personality Traits.

## Introduction

Sports psychology is of recent origin. There is a great advancement of games and sports now-a-days which was not prevalent in the past. The word sport was added to psychology. Sports scientists truly hold the belief that an individual is a thinking animal as well as a performing one. It should then follow that attempting to synthesize and analyze the interactions of various aspects of sports performance and the multi-dimensional nature of intelligent behaviour is a productive undertaking. Cratty confirms that intellectual involvement and intelligent decision-making on the part of an athlete is a matter of experience. Cratty says, "the fledging athlete may not be qualified and may be reluctant to offer intellectual input whereas the more seasoned performer may have been both qualified and useful as a thinker about the sport in which he/she is participating." It is believed that the most helpful type of intellectual behaviour in which an athlete may engage is intellectual flexibility, the willingness to cast off inappropriate but previously employed methods, strategies and skills.

Self Concept is learned by an individual inference from his unique experiences. The individual perceptions of feeling of others towards him strongly influence his self image. In turn, self concept may prove the most powerful motivation for specific behaviour.

To an ordinary person the word personality conveys the meaning of one's physical appearance, his habits, his ways of dressing up, his reputation, his manners and other similar characteristics. We often compliment an individual by saying 'What a wonderful personality he has' and convey our low opinion about him by saying 'he does not have a good personality' or 'he has a very poor personality'. This general concept of personality is much different from the one conceived by psychologists or 'personologists' who consider personality not as mere appearance of outward behaviour but much more beyond this.

**Review of Literature**

Clayton found several low but significant correlation between attitude towards physical activity and some of the personality factors and significant correlation between scores of the personality factors and three of the self-concept variables.

Mc Clanney get two groups of college men, namely high fitness group and lower fitness group, on a comparison of their personality characteristics a measured by Cattell's sixteen personality factors questionnaire. Self Concept and academic aptitude, he concluded that high fitness group appeared to be more dependent while the lower fitness group was more self-sufficient. Also the subjects high fitness group appeared to be more trusting free of jealousy. Where as those in the low fitness group seemed to be more suspicious and self appointed.

Koeing found that personality differs existed between athletes and non athletes with respect to sociability, group orientation and emotional control, both varsity team members and intramural players and higher self concept than non participants and with respect to sportsmanship, degree of faminity and family influence, there were no difference amongst the three groups.

Graves found relationship of speed with physical self, social self and total personality and strength with the physical self, while total score of physical attributes correlated with physical self, social self and total personality.

Floyed reported absence of significant (0.05 level) linear relationship between physical performance and self-concept. The result of the study also indicates that there was no significant relationship between physical.

Mason administered the "How I see my self scale" and unduly physical fitness test on white Indian and Black university women, results indicated that all groups were alike one feelings about themselves than they were different. All had positive feelings about themselves and were above average on physical fitness but physical fitness variable are not related to self-concept.

**Statement of the Problem**

The purpose of the study was to analysis of performance difference as an individual or as a team at college level using parameters of personality traits and self concept.

**Selection of Subjects**

Twenty male subjects were selected from S.G.G.S Khalsa College, Mahilpur (Pb). Ten subjects from individual games and ten from Team games who had represented state level in their respected games. The age level of the subjects ranged from 17 – 25 years.

**Criterion Measures**

The following criterion measures chosen to test the hypothesis were:

The self-concept scores of the subject were obtained by using Self-Concept Questionnaire (SCQ) by Dr. Raj Kumar Saraswat.

The personality traits scores of the subjects were obtained by using Personality factor (16 PF) Questionnaire developed by Raymond B.Cattel.

**Delimitations**

The study was delimited to the male college players with age ranging from 17 – 25 years.

The study was delimited to assessment of self concept by using Self-Concept Questionnaire of Dr, Raj Kumar Saraswat.

The study was delimited to assessment of personality traits by using 16 personality factors (16 P.F.) Questionnaire of Raymond B. Cathel.

The study was delimited to individual game (Yoga, Track & Field, Judo, Swimming, and Weightlifting) and team games (Football, Volleyball, Basketball, Cricket).

**Hypothesis**

It was hypothesized that there shall not be any significant differences between means of Self-Concept and Personality Traits among the individual and team games at the college level.

**Aim of the Study**

The findings of this study will be helpful for knowledge regarding the self concept among individual & tem games players.

It will also reveal to which extend an individual performance is influenced by self concept and personality traits.

The study may help the physical education teachers and coaches to understand the difference between the personality traits of individual and team games players.

The study may help the coaches in selection of the suitable activities for the players according to their level of self-concept and personality traits.

The study would be worthy for the sports psychologists to construct a specific pattern of psychological training for individual and team games players.

**Statistical Analysis**

To compare the Self-Concept and Personality Traits among individual and team games players, mean, standard deviation and uncorrelated t-test was applied. The level of significance was set at 0.05 levels.

**Discussion and Conclusion**

In order to determine the significance of difference on self concept between individual and team games subjects, t- test were applied. The result pertaining to the self concept has been presented in Table 1.

**Table 1**  
**Significance Difference of Self Concept between the Individual and Team Games Players**

	Mean	S.D.	D.M.	$\sigma$ DM	't' ratio
<b>Individual Games</b>	167.7	12.07	4.12	4.32	0.953
<b>Team Games</b>	163.6	17.95			

\* Significant  $t_{0.05} = 2.021$

Since the calculated t(0.953) is less than tabulated t(2.021) at 0.05 level of significance, thus it may be concluded that the self concept of individual and team games players are same.

Table 1 reveals that the significant difference of self concept between individual and team games players was 0.953, which is below the required value at 0.05 level of significance (t=2.021). It shows both the group having similar self concept.

To determine the significance of difference in the mean scores of the different personality dimensions among individual and team games players in each of personality traits, the t-test was applied.

The result pertaining to Factor C of personality traits have been presented in Table 2.

**Table 2**

**Significance Difference of Factor C (Affected by Feeling V/S Emotionally Stable) Between the Individual and Team Games Players**

	Mean	S.D.	D.M.	$\sigma$ DM	't' ratio
Individual games	4.56	0.897	0.04	0.216	0.185
Team Games	4.6	0.632			

\* significant  $t_{0.05}=2.021$

The continuum of this trait extended from lower ego strength, affected by feelings emotionally less stable and easily upset at the lower end. To higher ego strength, emotionally stable, faces reality,

calm and mature at the higher end on this factor profile. The mean scores of individual and team games players on this factor were 4.56 and 4.6 respectively.

From the above score it might be deducted that both the group fall under the lower profile i.e. to the lower ego strength, attached by feelings emotionally less stable and easily upset. Hence, the difference between mean scores was not found to be statistically significant.

#### References

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