

Self-Sufficiency among all India inter university men netball players

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Abstract

High scoring individuals on the dimension Self-Sufficiency prefer to be alone. They do not need the support of groups in describing themselves. They prefer to work alone and are good at problem solving by them. Low scoring individuals on Self-Sufficiency dimension are group dependent, who strongly value social approval and they are also fashionable. To compare Self-Sufficiency of all India Inter University Men Netball players, the comparison was made on the basis of zones, achievements and positions of play. To achieve the purpose of the present study, 218 all India Inter University South zone (SZ), North zone (NZ), East zone (EZ) and West zone (WZ) men netball players, who took part in all India Inter University Netball Championship men and women held at Punjab University Chandigarh during the year 2016 were assessed on Self-Sufficiency (Ss). Multi dimensional Assessment of Personality MAPS form-A was administered for all 218 men Netball players out of which 174 players scored 1-6 in validity index. These 174 players were selected as subjects for the study. The age of the subjects ranged between 18 to 28 years. Self-Sufficiency scores were analyzed by one way ANOVA. The level of significance was fixed at 0.05. When the obtained 'F' value was significant Post-hoc test was applied to find out the paired mean difference. The results revealed that Self-Sufficiency of all India Inter University men Netball players differ from zones, achievement level and among the positions.

Keywords: self-sufficiency, men, MAPS and netball

Introduction

Personality is the model of stable characteristics that produce consistency and individuality in a given person. Personality also encompasses the individuals behavior that makes them unique and also differentiate them from others. Personality also leads us to act consistently in different situations and over extended periods of time (Wani, 2016) [1]. Personality can be defined as a set of characteristics and central tendencies that determine those traits that are common and those which can differ in behaviour such as thoughts, feelings and emotions of a person that have sort of continuity in time and that may not be easily understood in terms of the immediate situation alone (Maddi, 1976) [2].

Personality is a psychological trait which contributes to an individual's enduring and distinctive patterns of doing things (Pervin & Cervone, 2010) [3]. Personality is the pattern of stable characteristics which can produce consistency and individuality in a given person. Personality encompasses the behaviors that make each of us unique and that differentiate us from others. Personality also leads us to act consistently in different situations and over extended periods of time (Wani, 2016) [1]. The human personality is a marvelously intricate structure; delicately woven of motives, emotions, habits and thoughts into a pattern that balances, however precariously, the pulls and pushes of the world outside (Singh *et al.* 2016) [5]. Personality is a whole man, his inherited aptitudes and capacities, all his past learning, the integration and synthesis of these factors into characteristic behaviour patterns, his ideas, values and expectations, "Adequate and proper development of an athlete's personality reinforces his/her

capacities and potentialities (Gangopadhyay, 2002) [6].

Personality traits are unique qualities or characteristics of an individual or a person. Traits are a readiness to think or act in a similar behavior in response to variety of different stimuli or situations. Traits are the relatively permanent aspects of each of us which are evidenced by the consistency in our interactions (Aurther, 2016) [7]. Personality is typically measured using a self-report questionnaire on which respondents indicate their feelings or behaviors, yielding measurements of traits such as neuroticism, anxiety, extraversion, dominance, assertiveness, sensitivity, conscientiousness, and agreeableness. Personality either predicts or is related to many things, including performance motivation (Judge & Ilies, 2002) [8]. Architecture of athletes' personality is significantly different as compared with non-athletes. But, it has not been confirmed that individuals who can possess a specific structure or specific set of personality traits more disposed to be successfully engaged in professional sports or a specific structure and organization of personality dispositions acquire and develop during long term participation in sports activities (Havelka and Lazarevic, 1981) [9]. Personality development is outcome of a process of communication between heritable inclinations and environmental conditions. Sports activities can affect the process of personality development in many ways. Social and environmental pressure, biological factors, tension and frustration in life are to be managed with full attention to develop mature form of personality (Biswas *et al.* 2015) [10]. Dobersek & Bartling, (2008) [11] studied the connection between personality type and sports. The study was to find out

the relationship between personality type and sport preference; why some people choose a particular sport, why some people prefer a team sport, and others prefer an individual sport. In this study, athletes from four different sports (three individual and one team sport) and non-athletes took part in this present study. Results showed that athletes in team sports are more neurotic than athletes who participate in an individual sport and who tend to be more stable.

Ilyasi & Salehian, (2011) [12] Compare personality traits between individual and team athletes. Results revealed that Individual sportsmen possess high degree of extraversion, openness and conscientious than team sportsmen, on other hand there are no significance differences found in agreeableness and neuroticism among individual and team sportsmen. Singer, (1988) [4] states that psychological constructs personality is perhaps the most important because it is an enduring variable that distinguish one individual from another.

Objectives

1. To study the Self-Sufficiency among men netball players with respect to their zones
2. To study the Self-Sufficiency among men netball players with respect to their achievement.
3. To study the Self-Sufficiency among men netball players with respect to their position.

Hypotheses

1. Self-Sufficiency of men netball players will significantly differ with respect to zones.
2. Self-Sufficiency of men netball players will significantly differ with respect to achievements.
3. Self-sufficiency of men netball players will significantly differ with respect to positions.

Psychological tool

MultiDimensional Assessment of Personality (MAP) series Form-A, standardized by Sanjay Vohra (2011) was used to assess the Self-Sufficiency qualities of Men netball players. The questionnaire consists of 147 items.

Methodology

To achieve the purpose of the present study, 218 all India Inter University South zone (SZ), North zone (NZ), East zone (EZ) and West zone (WZ) men netball players, who took part in all India Inter University Netball Championship men and women held at Punjab University Chandigarh during the year 2016 were assessed on Self-Sufficiency (Ss). Multidimensional Assessment of Personality MAPS form-A was administrated for all 218 men Netball players out of which 174 players scored 1-6 in validity index. These 174 players were selected as subjects for the study. The age of the subjects ranged between 18 to 28 years. Self-Sufficiency scores were analyzed by one way ANOVA. The level of significance was fixed at 0.05. When the obtained 'F' value was significant Post-hoc test was applied to find out the paired mean difference. The ANOVA was calculated for different Zones (South zone-52, North zone-56, East zone-25 & West zone-41) men netball players, different level of achievement (High-28, Medium-61, Low-85) and different playing positions of men Netball

players (Offence-78, Defence-69, Center-27) on Self-Sufficiency personality traits.

Results

Table 1: Mean, S.D., and f-value of Self-sufficiency of players with respect to their Zones

| Variable | Zones | N | Mean | S. D | F |
|------------------|-------|----|------|------|-------|
| Self Sufficiency | South | 52 | 7.25 | 1.90 | 3.28* |
| | North | 56 | 5.88 | 1.66 | |
| | East | 25 | 5.80 | 1.09 | |
| | West | 41 | 5.25 | 1.80 | |

*Significance at 0.05 level

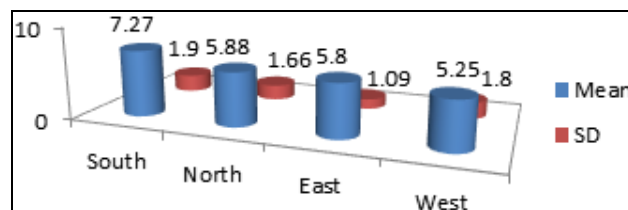


Fig 1: Graphical representation of mean and S.D of Self-sufficiency scores with respect to Zone

Table 2: Mean, S.D., and f-value of Self-sufficiency of players with respect to their Achievement

| Variable | Achievements | N | Mean | SD | F |
|------------------|--------------|----|------|------|--------|
| Self Sufficiency | High | 28 | 9.00 | 1.65 | 4.18** |
| | Medium | 61 | 5.98 | 1.35 | |
| | Low | 85 | 5.19 | 1.89 | |

**Significance at 0.01 level

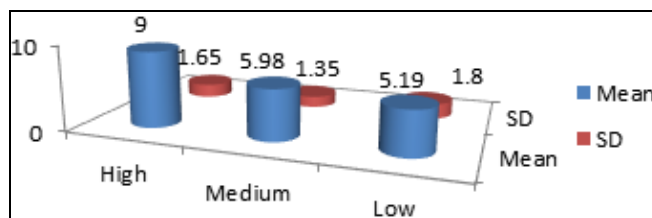


Fig 2: Graphical representation of mean and S.D of Self-sufficiency scores with respect to Achievement

Table 3: Mean, S.D., and f-value of Self-sufficiency of players with respect to their Position

| Variable | Positions | N | Mean | SD | F |
|------------------|-----------|----|------|------|--------|
| Self Sufficiency | Offence | 78 | 6.18 | 2.55 | 8.11** |
| | Defence | 69 | 7.21 | 2.06 | |
| | Center | 27 | 6.45 | 1.50 | |

**Significance at 0.01 level

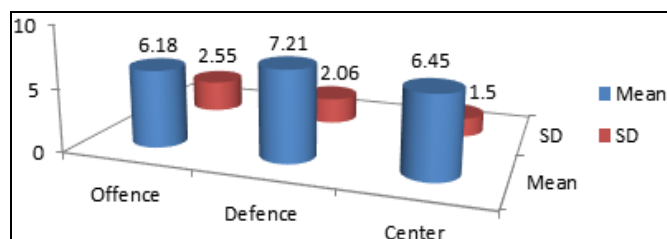


Fig 3: Graphical representation of mean and S.D of Self-sufficiency scores with respect to Position

Discussion

The present study aimed to find out the Self-sufficiency among all India Inter University men netball players. The purpose of the present study 218 all India Inter University South zone (SZ), North zone (NZ), East zone (EZ) and West zone (WZ) men netball players, who took part in all India Inter University Netball Championship men and women held at Punjab University Chandigarh during the year 2016 were assessed on Self-Sufficiency (Ss). Multidimensional Assessment of Personality MAPS form-A was administered for all 218 men Netball players out of which 174 players scored 1-6 in validity index. These 174 players were selected as subjects for the study. The age of the subjects ranged between 18 to 28 years.

The mean and SD values of different zone players (tab-1), different achievement level (tab-2) and different positions (tab-3) were shown above. The 'F' value for zones was 3.28 ($P>0.05$), achievement 4.18 ($P>0.01$) and positions 8.11 ($P>0.01$) respectively. The post hoc test reveals that south zone players were better on self-sufficiency than north, east and west zones. It was also found that north and east zones were also better than west zone netball players. Significant difference was found among different zone netball players; hence the first hypothesis is accepted. It was also found that high achievers are better on self-sufficiency than medium and low achievers so significant difference was found among different achievement level netball players, hence 2nd hypothesis is also accepted. The results also revealed that defence netball players on self-sufficiency are better than offence and center netball players. It was also found that offence netball players are better on self-sufficiency than center netball players; hence 3rd hypothesis is also accepted.

Conclusion

On the basis of the findings of the present study we may conclude that South zone netball players have higher self-sufficiency than the rest three zone and north zone netball players are also better than east and west zone netball players. On the other hand high achievers have higher self-sufficiency than medium and low achievers and it was also found that defence netball players are better than offence and center netball players on self-sufficiency.

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