



A correlation study of personality traits and aggressive behavior of group and individual games sportswomen

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Abstract

The purpose of the present research was to describe and compare the personality traits, aggressive behavior competitive in Group game and Individual sports women. The method of the study is descriptive analyses, total 200 (Each 100) samples representing both in individual and group game were selected women and to collect the data. Participating in level of participation of state, national, and all India university tournament, later 'correlation was applied to assess the significant difference in factor of personality traits aggressive behavior between sportswomen of individual and group game, the correlation was drawn that group game sportswomen have possessed the high women sports person and Group game men high possessed. Comparing to their counterpart, it was rationalized that nature of group participation develops and cultivates the social values and character among the participants.

Keywords: correlation study of personality traits and aggressive behavior of group and individual games sportswomen

Introduction

Sport psychology is the scientific study of people and their behaviors in sport contexts and the practical application of that knowledge. Sport psychologists identify principles and guidelines that professionals can use to help adults and children participation and benefit from sport and exercise activities in both team and individual environments. Sport psychologists have two objectives in mind: (a) to understand how psychological factors affect an individual's physical performance and (b) to understand how participation in sport and exercise affects a person's psychological development, health and well-being. Sport psychology is deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance.

In this modern era of competition the psychological preparation of a team is as much important as teaching the different skills of a game on the scientific lines. The teams are prepared not only to play the games, but to win the games. And for winning the game, it is not only the proficiency in the skills which bring victory but more important is the spirit of the players with which they play and perform their best in the competition. Within a short span of time, sports psychology has taken giant strides. Not it does claim to be a full-fledged discipline in the sense that no training of sportsman is considered complete without adequate emphasis on "psychological conditioning" which plays an extremely important role in competitive sports.

Personality Traits

Personality is one of those concepts that is familiar to everyone but is difficult to define, most people use the term,

"Personality" to identify the most obvious characteristics of a person, or to refer to that person's social skills.

Although the construct of personality has been defined in many ways, there is a general consensus on what personality is, Allport (1937) collected some more than 50 definitions of personality and also created one of his own, according to Allport Personality is dynamic organization within the individual of those psychophysical systems that determine his unique adjustments to his environment.

Operational definition of personality dimensions

1. **Sociability:** means a sociable person is warm, good-natured, easy going, ready to cooperate, attentive to people, kindly, trustful, soft-hearted, adaptable and warm-hearted.
2. **Dominance:** denotes self-assertiveness, self-assurance, hardness, and toughness, unconventionality and competitive aggressiveness, persuading, seducing or commanding others. Dominance is characterized by desire to influence and control one's environment and other people and is linked with ability for directing and controlling other people through subduing, persuading, seducing or commanding them.
3. **Extraversion:** means outgoing, uninhibited, impulsive, involved in group activities, sociable, being friendly, craving for excitement, and having many social contacts. They stick their necks out and take chances, act on the spur of the moment, are optimistic, aggressive, laugh a great deal, lose their temper easily and unable to keep their feelings under control.
4. **Self-concept:** reflects to several kinds of identifiable personality traits such as self-confidence, self-assurance,

self-assertiveness, self-esteem, self-regard, self-consistency, self-enhancement, self-respect. What a person perceives of himself and his achievement in life is called self-concept. Self-confidence and self-assurance in athletes are expressed in behavior as cheerful, resilience, toughness, placidity, experience, carelessness, vigor, energy, fearlessness and self-security.

5. **Conventionality:** denotes behavior such as being alert to proper way of doing things, being realistic, dependable. Sound, being concerned and worried about issues. Many researchers have found athletes to be highly conservative and conventional in the response to social situation.
6. **Mental Toughness:** indicates that mentally tough athletes can take rough handling they are not easily upset about losing, playing badly or being spoken to harshly, can accept strong criticism without being hurt and do not need too much encouragement from their coaches. This is also manifested in realistic, self-reliant, and cynical behavior. Cattell (1960) described the tough-minded individual as one who is emotionally mature, is independent in action and thought, is hard and realistic in his appraisal of himself and the world can overrule his feelings and does not show anxiety, about events occurring about him.

Emotional Stability: is characterized by maturity, stability quite realism, absence of neurotic fatigue, placidness, unaffectedness, optimism and self-discipline. While on the other hand, emotional instability is characterized by low tolerance of frustration, immaturity, unstableness, high excitability, and evasiveness, wordiness and neurotic fatigability. There is a high level of anxiety and apprehensiveness together with diminished activity, lowered self-confidence and a general loss of initiative

Aggressive Behavior

Three factors distinguish aggressive from non-aggressive behavior. The first is behavior selection. An aggressive act is an overt act that is either physical or verbal in nature and has the potential to physically or psychologically injure the target. The second distinguishing factor is that of intent. A person exhibiting aggressive behavior intends to injure the target. The final factor is that aggressive behavior is personal. It may be directed against the self or another animate being. Aggression directed against the self is often intro-punitive aggressive while aggression directed against others is extra-punitive aggressive. Aggressive behavior is categorized further according to the primary reinforcement sought via the aggression. Hostile aggression is exhibited with the intent to injure the target. Seeing this goal accomplished is reinforcing itself. Thus, hostile aggression is an end rather than a means. Instrumental aggression also involves the intent to injure. However, when instrumental aggression is exhibited, seeing pain or injury is not the primary reinforcement. In instrumental aggression, the aggressor desires to acquire some extraneous reward such as victory, money, or prestige. Thus, instrumental aggression is a means to an end. An important point to note is that whether hostile or instrumental aggression is being exhibited there is still intent to injure. They are both forms of aggression; the difference is in the primary reinforcement sought. In sport,

both forms of aggression occur. Often a player can exhibit a legal behavior such as a tackle in football with the intent to injure the ball carrier. The act of tackling is implicit in the sport of football. The intent to injure the opponent is outside of the constitutive boundaries of the sport.

Significance of aggression in sports has been traditionally focused around the usefulness in providing an outlet for suppressed and angry behavior, society wants to control violence in our society, Lorenz (1966) clearly opined that states that “the prime task of sports today falls in the cathartic discharge of angry drive” in sports today aggression plays important role, according to research it is apparent that sports is perhaps the only setting in which acts of interpersonal aggression are not tolerated, but enthusiastically applauded by large segments of society. Sports players have scripts for resolving problems arise, they immediately seek to act, aggressively if necessary another influence is the violence inherent in our society and the media.

1.1 Statement of the Problem

The personality is product of interaction between environment and heredity factor of sportsperson. Sports performance and selection of games and physical activities depends upon the nature of personality. Same time activities and Nature of participation also leads to determine the certain character and qualities of sportsperson, and continuous exposure to sports activities results in term of developing personality abilities and characteristics, hence researcher made a plan to know “A Correlation exist between personality traits and aggressive behavior of Group and individual games sportswomen”

1.2 Significance of the Study

1. The present study would acquaint physical education, experts, players and coaches with the psychological factors which are useful in the modern sports not only during the training period, But also during higher sports competitions.
2. The coaches will know about the importance of psychological training in ensuring the peak performance among the sports person.

1.3 Objectives of the Study

1. To find out the correlation exist between personality traits and aggressive behavior of Group and individual games sportswomen”

1.4 Hypothesis

1. It was hypothesized that there may be positive correlation between personality traits and aggressive behavior of Group and individual games sportswomen”

1.5 Limitation

1. The present study and personality traits aggressive behavior of Group and individual games sportswomen
2. Data was be collected by administering standardized scale and questionnaire on individual and group game level of participated at state, national and all India Inter University, sports participation of sportswomen.

1.6 Delimitations

1. The study is Delimited to the measuring the level of personality traits aggressive behavior individual and group game level of participated at state, national and all India Inter University, sports participation of sportswomen
2. The study sample is delimited to 200 players in various games.
3. Individual players 100 and Group game players 100

Hypothesis

There is no significant relationship between aggressive scores and component of personality traits scores (i.e. sociability, dominance, extroversion, conventionality, self-concept, mental toughness and emotional stability) between Group and individual sportswomen

To test and discusses the formulated hypothesis, the Karl Pearson’s correlation coefficient technique has been applied and the results are presented in the following table.

Table 1: Correlation coefficient between aggressive scores and component of personality traits scores of Group games sportswomen

Variables	Correlation coefficient between aggressive scores of Group games sportswomen with		
	r-value	t-value	p-value
Sociability	0.7651	14.4558	0.0001*
Dominance	0.8123	16.9426	0.0001*
Extroversion	0.8311	18.1786	0.0001*
Conventionality	0.0929	1.1351	0.2582
Self-concept	0.3060	3.9103	0.0001*
Mental toughness	0.1134	1.3879	0.1672
Emotional stability	0.8051	16.5125	0.0001*

*p<0.0

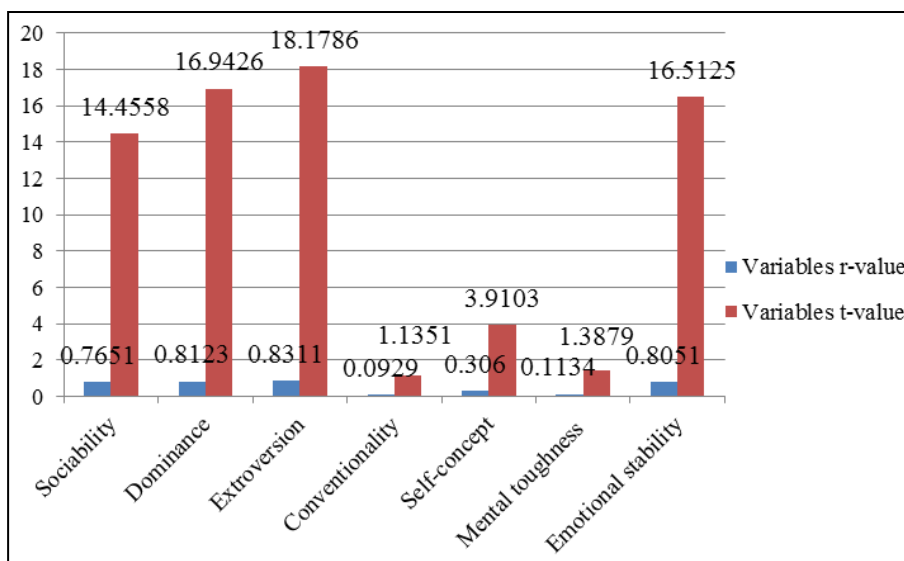


Fig 1

From the results of the above table it can be seen that,

- A significant and positive correlation was observed between aggressive scores with sociability scores of personality (r=0.7651, p<0.05) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the aggressive scores and sociability scores of personality of group game sportswomen are dependent on each other.
- A significant and positive correlation was observed between aggressive scores with dominance scores of personality (r=0.8123, p<0.05) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the aggressive scores and dominance scores of personality of group game sportswomen are dependent on each other.
- A significant and positive correlation was observed between aggressive scores with extroversion scores of

personality (r=0.8311, p<0.05) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the aggressive scores and extroversion scores of personality of group game sportswomen are dependent on each other.

- A non-significant and negative correlation was observed between aggressive scores with conventionality scores of personality (r=0.0929, p>0.05) at 5% level of significance. Hence, the null hypothesis is accepted and alternative hypothesis is rejected. It means that, the aggressive scores and conventionality scores of personality of group game sportswomen are independent on each other.
- A non-significant and negative correlation was observed between aggressive scores with self-concept scores of personality (r=0.3060, p>0.05) at 5% level of significance. Hence, the null hypothesis is accepted and

alternative hypothesis is rejected. It means that, the aggressive scores and self-concept scores of personality of group game sportswomen are independent on each other.

- A non-significant and negative correlation was observed between aggressive scores with mental toughness scores of personality ($r=0.1134$, $p<0.05$) at 5% level of significance. Hence, the null hypothesis is accepted and alternative hypothesis is rejected. It means that, the aggressive scores and mental toughness scores of personality of group game sportswomen are independent on each other.
- A significant and positive correlation was observed between aggressive scores with emotional stability scores of personality ($r=0.8051$, $p<0.05$) at 5% level of

significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the aggressive scores and emotional stability scores of personality of group game sportswomen are dependent on each other

Hypothesis

There is no significant relationship between aggressive scores and component of personality traits scores (i.e. sociability, dominance, extroversion, conventionality, self-concept, mental toughness and emotional stability) of Individual games sportswomen

To achieve this hypothesis, the Karl Pearson’s correlation coefficient technique has been applied and the results are presented in the following table.

Table 2: Correlation coefficient between aggressive scores and component of personality traits scores of Individual games sportswomen

Variables	Correlation coefficient between aggressive scores of Individual games sportswomen with		
	r-value	t-value	p-value
Sociability	-0.0258	-0.3136	0.7543
Dominance	0.0596	0.7260	0.4690
Extroversion	-0.0100	-0.1212	0.9037
Conventionality	-0.1267	-1.5537	0.1224
Self-concept	-0.1526	-1.8788	0.0622
Mental toughness	-0.0619	-0.7550	0.4515
Emotional stability	0.1600	1.9714	0.0505

From the results of the above table it can be seen that,

- A non-significant and negative correlation was observed between aggressive scores with sociability scores of personality ($r=-0.0258$, $p>0.05$) at 5% level of significance. Hence, the null hypothesis is accepted and alternative hypothesis is rejected. It means that, the aggressive scores and sociability scores of personality of individual game sportswomen are independent on each other.
- A non-significant and positive correlation was observed between aggressive scores with dominance scores of personality ($r=0.0596$, $p>0.05$) at 5% level of significance. Hence, the null hypothesis is accepted and alternative hypothesis is rejected. It means that, the aggressive scores and dominance scores of personality of individual game sportswomen are independent on each other.
- A non-significant and negative correlation was observed between aggressive scores with extroversion scores of personality ($r=-0.0100$, $p>0.05$) at 5% level of significance. Hence, the null hypothesis is accepted and alternative hypothesis is rejected. It means that, the aggressive scores and extroversion scores of personality of individual game sportswomen are independent on each other.
- A non-significant and negative correlation was observed between aggressive scores with conventionality scores of personality ($r=-0.1267$, $p>0.05$) at 5% level of significance. Hence, the null hypothesis is accepted and alternative hypothesis is rejected. It means that, the aggressive scores and conventionality scores of personality of individual game sportswomen are independent on each other.

- A non-non-significant and negative correlation was observed between aggressive scores with self-concept scores of personality ($r=-0.1526$, $p>0.05$) at 5% level of significance. Hence, the null hypothesis is accepted and alternative hypothesis is rejected. It means that, the aggressive scores and self-concept scores of personality of individual game sportswomen are independent on each other.
- A non-significant and negative correlation was observed between aggressive scores with mental toughness scores of personality ($r=-0.0619$, $p>0.05$) at 5% level of significance. Hence, the null hypothesis is accepted and alternative hypothesis is rejected. It means that, the aggressive scores and mental toughness scores of personality of individual game sportswomen are independent on each other.
- A non-significant and positive correlation was observed between aggressive scores with emotional stability scores of personality ($r=0.1600$, $p>0.05$) at 5% level of significance. Hence, the null hypothesis is accepted and alternative hypothesis is rejected. It means that, the aggressive scores and emotional stability scores of personality of individual game sportswomen are independent on each other.

Conclusion

The most of the personality factor and level of sports participation have positive correlation with each factors of personality traits, if assertive traits increases the dominance nature and performance is increased, and aggressive s increases competence and self-confidence also increases, it means positive correlation has exist between personality traits and sports behavior of sportswomen.

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