



To study the selected psycho-social predictors of sports persons

Dr. Aman Singh Sisodiya¹, Sita Kumari²

¹ Director Phy. Edu, J. N. V. University, Jodhpur, Rajasthan, India

² Research Scholar, J. N. V. University, Jodhpur, Rajasthan, India

Abstract

Objective: To determine the significance difference of Psycho-Social Predictors of Personality and Emotional Intelligence in Sports Persons.

Methods: A total of 200 subjects (100 subjects from urban, while another 100 subjects were from rural), who were selected randomly from the various games available across both urban and rural areas school students of Jodhpur (Rajasthan). Therefore, the sample of the present study is comprised of students of different schools located in Jodhpur. The age of the players ranged between 15 to 18 years.

Results: Insignificant difference was found between the means scores of male and female in relation to Neuroticism and Extraversion of urban and rural locality, as the tabulated t. value found to be less than the required value.

Insignificant difference was found between the means scores of male and female in relation to Intra-personal awareness (knowing about one's own emotions, knowing about other's emotions, managing one's own emotions) and total Emotional Intelligence Inventory of urban and rural locality, as the tabulated t. value found to be less than the required value.

Keywords: psycho-social, personality, emotional intelligence

Introduction

Emotional intelligence is discovered as a result of series of studies undertaken by researchers and psychologists with an attempt to understand why people who were intellectually the most intelligent are often not the ones who are the most successful in life. It is the ability to sense, understand and effectively apply the power and acumen of emotions as a source of human energy, creativity, innovation, cooperation, communication, collaboration, information and influence (Cooper and Sawaf, 1997) [1].

Emotional intelligence plays a very important role in our emotional social and personal life. By developing EI in childhood stage, one can make a happier and more successful adult. During stressful and terrible situations "emotionally intelligent" people manage their emotions better and react with clearer, more rational minds and make better decisions. In difficult situations, transmitting positive emotions can help people cope with negative circumstances. EI moderates conflict by promoting understanding and relationships, and fostering stability, continuity and harmony. It also links strongly with concepts of love and spirituality. EI adds emotional stability that makes us more capable and efficient in establishing successful interpersonal relationships as, it is a requirement for dispute resolution.

Each person is unique and complex with his/her own characteristics, abilities, preferences, opinion etc. which comprises a personality. "A personality is a product of the dynamic and characteristic organization within the individual of psychological structures, or system and their interaction with the environment (Allport, 1961) [2]. It is a two-way process dynamically relating the person and his environment.

Hence, it can be meaningfully interpreted as not only individual characteristic but also as interplay between the person and his environment (Satapathy and Nanda, 2010) [3]. Personality is a successful predictor of many human attributes because it refers to traits within the individual that determine or affect one's behaviour. Modern personality psychologists preferred to study personality in terms of personality traits. The trait of extraversion-introversion is a central dimension of human personality. The terms extraversion and introversion were first proposed by Carl Jung (1921) [4]. Further, comprehensive models of personality include these concepts, for e.g. Eysenck's three factor model, Cattell's 16 personality factors, and more recently the big five personality traits. Eysenck (1947) [6] views personality as organized in hierarchy. He found two basic dimensions of personality referred as "extraversion- introversion" and "neuroticism-stability". These two dimensions of personality are statistically independent of each other. Extraversion and introversion are viewed as a single continuum, which means high on one is necessarily to be low on the other. Similarly neuroticism and stability are also viewed as a single dimension, low on one meant to be high on another.

Extraversion

Extraversion is characterized by positive emotions, urgency and the tendency to seek out stimulation and the company of others. It is marked by pronounced engagement with the external world. Extraversion is the act, state or habit of being predominantly concerned with and obtaining gratification from what is outside the self. Extroverts enjoy being with people, and are often perceived as full of energy. They tend to

enjoy human interactions and are generally enthusiastic, talkative, assertive and gregarious. Moreover, they take pleasure in activities that involve large social gatherings, community activities and public demonstrations. An extraverted person is likely to enjoy time spent with people and find less reward in time spent alone. They are likely to be attracted to ‘people work’ jobs, given the dimension’s characteristics of activity, social involvement, warmth and positive affect. Positive affect refers to feelings of contentment and satisfaction and can be viewed as a component of extraversion (Costa and McCrae, 1980). A typical extravert person is sociable, takes chances, acts on the spur of the moment, impulsive, likes challenges and optimistic. Presumably, extraverts tend to emerge as informal group leaders because they are relatively assertive, more interactive with others and slightly more popular.

Introversion is the tendency of toward being predominantly concerned with and interested in one’s own mental life. Introverts lack the social exuberance and activity levels of extraverts. They are relatively quiet and introspective and tend to be deliberate and less involved in social world. They are more reserved and less outspoken in large groups. An introvert person likes a well ordered mode of life, taking pleasure in solitary activities such as reading, writing, and music, along with some more reserved outdoor activities such as fishing and hiking. They prefer to concentrate on a single activity at a time and like to observe situations before they participate, especially observed in developing children and adolescents. Introverts are easily overwhelmed by too much stimulation from social gatherings and engagement, and are more analytical before speaking (Laney, 2002) [8]. Extraverts are action oriented, while introverts are thought oriented. Eysenck (1967) has suggested that this difference between introverts and extraverts depends on a part of the brain called the ascending reticular activating system (ARAS), which is responsible for activating and deactivating higher parts of the brain (i.e. cerebral cortex). When the ARAS is functioning at a high level the person feels sharp and alert; when it is functioning at a low level, the person feels drowsing. Eysenck proposed that the typical levels of ARAS activity among introverts are higher than those of extraverts. Introversion-extraversion is closely linked to levels of cortical arousal. Introverts are characterized by higher levels of activity than extroverts and so are chronically more cortically aroused than extroverts.

Selection of the subjects

For the purpose of this study it was decided to go in for a sample from the population of the school students were randomly selected from the various games available across both urban and rural areas of Jodhpur (Rajasthan).Therefore, the sample of the present study is comprised of students of different schools located in Jodhpur. The age of the players ranged between 15 to 18 years. These schools were located in rural and urban areas of Jodhpur and are affiliated to Rajasthan Board of Secondary Education and Central Board of Secondary Education. Regarding the selection of urban and rural subjects, one thing was most efficiently kept in mind that those subjects were considered as urban and rural who were engaged in physical activities. Therefore the subjects were

equally selected from both the urban and rural areas for the purpose of data collection.

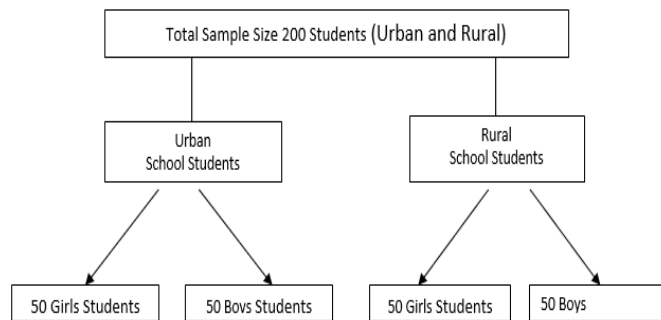


Fig 1: sample size & its distribution

Criterion Measure

Personality and emotional intelligence characteristics among the subjects were assessed by using standard questionnaires responded by the subjects.

Table 1

	Variable	Name of Questionnaire	Author
1.	Personality	Maudsley Personality Inventory (MPI)	H. J. Eysenck
2.	Emotional Intelligence	Emotional Intelligence Inventory (EII)	Mangal

Findings

The results pertaining to mean, standard deviation and ‘t’ test have been presented in table No.1 to 8. In the first part ‘A’ descriptive statistics was provided in relation to each of urban and rural locality. Secondly, comparison of male and female was provided living in urban and rural locality. In the last part ‘B’ Path Analysis using AMOS software was provided to predict the each dimension of Emotional intelligence using independent variables.

Part-A

Table 1.1: Descriptive Statistics of subjects in relation to Neuroticism (Personality Inventory) of Urban and Rural locality (n=100)

	Range	Minimum	Maximum	Sum	Mean	Std Dev
Urban	38	10	48	2754.00	27.54	7.01
Rural	45	3	48	2644.00	26.44	9.21

The above table reveals the range of Urban and Rural (38; 45), Minimum (10, 3), Maximum (48, 48), Sum (2754, 2644.00), Mean (27.54, 26.44) and Standard deviation (7.01, 9.21)

Table 1.2: Comparison of Male and Female in relation to Neuroticism (Personality Inventory) of Urban locality (n=50)

	Mean	Std	‘t’	df	sig	Mean Difference
Male	27.84	6.66	-0.43	98	0.67	-0.60
Female	27.24	7.39				

In Urban Locality, the table No.1.2 shows that the mean and standard deviation of Male (27.84; 6.66) & Female (27.24; 7.39). The difference mean in male and female was -0.60. This shows that no significant difference was found in case of male and female in relation to NEUROTICISM (t=-0.43, df=98, p=0.67)

Table 1.3: Comparison of Male and Female in relation to Neuroticism (Personality Inventory) of Rural locality (n=50)

	Mean	Std	't'	df	sig	Mean difference
Male	27.34	9.81	-0.98	98	0.33	-1.80
Female	25.54	8.58				

In Rural Locality, the table No.1.3 shows that the mean and standard deviation of Male (27.34; 9.81) & Female (25.54; 8.58). The difference mean in male and female was -1.80. This shows that no significant difference was found in case of male and female in relation to NEUROTICISM (t=-0.98, df=98, p=0.33)

Table 2.1: Descriptive Statistics of subjects in relation to Extraversion (Personality Inventory) of Urban and Rural locality (n=100)

	Range	Minimum	Maximum	Sum	Mean	Std Dev
Urban	26	7	33	2244.00	22.44	5.21
Rural	27	9	36	2056.00	20.56	4.79

The above table reveals the range of Urban and Rural (26; 27), Minimum (7, 9), Maximum (33, 36), Sum (2244, 2056.00), Mean (22.44, 20.56) and Standard deviation (5.21, 4.79)

Table 2.2: Comparison of Male and Female in relation to Extraversion (Personality Inventory) of Urban locality (n=50)

	Mean	Std	't'	df	sig	Mean Difference
Male	22.60	4.94	-0.31	98	0.76	-0.32
Female	22.28	5.51				

In Urban Locality, the table No.2.2 shows that the mean and standard deviation of Male (22.60; 4.94) & Female (22.28; 5.51). The difference mean in male and female was -0.32. This shows that no significant difference was found in case of male and female in relation to EXTRAVERSION (t=-0.31, df=98, p=0.76)

Table 2.3: Comparison of Male and Female in relation to Extraversion (Personality Inventory) of Rural locality (n=50)

	Mean	Std	't'	df	sig	Mean difference
Male	19.90	5.15	1.38	98	0.17	1.32
Female	21.22	4.35				

In Rural Locality, the table No.2.3 shows that the mean and standard deviation of Male (19.90; 5.15) & Female (21.22; 4.35). The difference mean in male and female was 1.32. This shows that no significant difference was found in case of male and female in relation to EXTRAVERSION (t=1.38, df=98, p=0.17)

Table 3.1: Descriptive Statistics of subjects in relation to Emotional Intelligence, Intra-personal awareness (knowing about one's own emotions) of Urban and Rural locality (n=100)

	Range	Minimum	Maximum	Sum	Mean	Std Dev
Urban	15	8	23	1612.00	16.12	3.32
Rural	15	6	21	1327.00	13.27	4.07

The above table reveals the range of Urban and Rural (15; 15), Minimum (8, 6), Maximum (23, 21), Sum (1611.9999999999998, 1327.00), Mean (16.12, 13.27) and Standard deviation (3.32, 4.07)

Table 3.2: Comparison of Male and Female in relation to Emotional Intelligence, Intra-personal awareness (knowing about one's own emotions) of Urban locality (n=50)

	Mean	Std	't'	df	sig	Mean Difference
Male	15.98	3.43	0.42	98	0.68	0.28
Female	16.26	3.22				

In Urban Locality, the table No.13.2 shows that the mean and standard deviation of Male (15.98; 3.43) & Female (16.26; 3.22). The

difference mean in male and female was 0.28. This shows that no significant difference was found in case of male and female in relation to PART1_EII (t=0.42, df=98, p=0.68)

Table 3.3: Comparison of Male and Female in relation to Emotional Intelligence, Intra-personal awareness (knowing about one's own emotions) of Rural locality (n=50)

	Mean	Std	't'	df	sig	Mean difference
Male	12.42	3.92	2.12	98	0.04	1.70
Female	14.12	4.08				

In Rural Locality, the table No.13.3 shows that the mean and standard deviation of Male (12.42; 3.92) & Female (14.12; 4.08). The difference mean in male and female was 1.70. This shows that significant difference was found in case of male and female in relation to PART1_EII (t=2.12, df=98, p=0.04)

Table 4.1: Descriptive Statistics of subjects in relation to Emotional Intelligence, Inter-personal awareness (knowing about other's emotions) of Urban and Rural locality (n=100)

	Range	Minimum	Maximum	Sum	Mean	Std Dev
Urban	20	4	24	1507.00	15.07	3.77
Rural	14	6	20	1265.00	12.78	3.22

The above table reveals the range of Urban and Rural (20; 14), Minimum (4, 6), Maximum (24, 20), Sum (1507.0000000000002, 1265.00), Mean (15.07, 12.78) and Standard deviation (3.77, 3.22)

Table 4.2: Comparison of Male and Female in relation to Emotional Intelligence, Inter-personal awareness (knowing about other's emotions) of Urban locality (n=50)

	Mean	Std	't'	df	sig	Mean Difference
Male	15.34	3.82	-0.71	98	0.48	-0.54
Female	14.80	3.75				

In Urban Locality, the table No.14.2 shows that the mean and standard deviation of Male (15.34; 3.82) & Female (14.80; 3.75). The difference mean in male and female was -0.54. This shows that no significant difference was found in case of male and female in relation to PART2_EII (t=-0.71, df=98, p=0.48)

Table 4.3: Comparison of Male and Female in relation to Emotional Intelligence, Inter-personal awareness (knowing about other's emotions) of Rural locality (n=50)

	Mean	Std	't'	df	sig	Mean difference
Male	12.24	3.00	1.65	97	0.10	1.06
Female	13.30	3.36				

In Rural Locality, the table No.14.3 shows that the mean and standard deviation of Male (12.24; 3.00) & Female (13.30; 3.36). The difference mean in male and female was 1.06. This shows that no significant difference was found in case of male and female in relation to PART2_EII (t=1.65, df=98, p=0.10)

Table 5.1: Descriptive Statistics of subjects in relation to Emotional Intelligence, Intra-personal management (managing one's own emotions) of Urban and Rural locality (n=100)

	Range	Minimum	Maximum	Sum	Mean	Std Dev
Urban	17	6	23	1662.00	16.62	3.46
Rural	134	7	141	1773.00	17.73	12.95

The above table reveals the range of Urban and Rural (17; 134), Minimum (6, 7), Maximum (23,141), Sum (1662.0000000000009, 1773.00), Mean (16.62, 17.73) and Standard deviation (3.46, 12.95)

Table 5.2: Comparison of Male and Female in relation to Emotional Intelligence, Intra-personal management (managing one’s own emotions) of Urban locality (n=50)

	Mean	Std	‘t’	df	sig	Mean Difference
Male	17.06	3.05	-1.28	98	0.21	-0.88
Female	16.18	3.81				

In Urban Locality, the table No.15.2 shows that the mean and standard deviation of Male (17.06; 3.05) & Female (16.18; 3.81). The difference mean in male and female was -0.88. This shows that no significant difference was found in case of male and female in relation to PART3_EII (t=-1.28, df=98, p=0.21)

Table 5.3: Comparison of Male and Female in relation to Emotional Intelligence, Intra-personal management (managing one’s own emotions) of Rural locality (n=50)

	Mean	Std	‘t’	df	sig	Mean difference
Male	18.54	18.07	-0.62	98	0.53	-1.62
Female	16.92	3.36				

In Rural Locality, the table No.15.3 shows that the mean and standard deviation of Male (18.54; 18.07) & Female (16.92; 3.36). The difference mean in male and female was -1.62. This shows that no significant difference was found in case of male and female in relation to PART3_EII (t=-0.62, df=98, p=0.53)

Table 6.1: Descriptive Statistics of subjects in relation to Emotional Intelligence, Intra-personal management (managing one’s own emotions) of Urban and Rural locality (n=100)

	Range	Minimum	Maximum	Sum	Mean	Std Dev
Urban	18	6	24	1569.00	15.69	3.26
Rural	16	7	23	1387.00	13.87	2.60

The above table reveals the range of Urban and Rural (18; 16), Minimum (6, 7), Maximum (24, 23), Sum (1568.999999999998, 1387.00), Mean (15.69, 13.87) and Standard deviation (3.26, 2.60)

Table 6.2: Comparison of Male and Female in relation to Emotional Intelligence, Intra-personal management (managing one’s own emotions) of Urban locality (n=50)

	Mean	Std	‘t’	df	sig	Mean Difference
Male	15.70	2.88	-0.03	98	0.98	-0.02
Female	15.68	3.63				

In Urban Locality, the table No.16.2 shows that the mean and standard deviation of Male (15.70; 2.88) & Female (15.68; 3.63). The difference mean in male and female was -0.02. This shows that no significant difference was found in case of male and female in relation to PART4_EII (t=-0.03, df=98, p=0.98)

Table 6.3: Comparison of Male and Female in relation to Emotional Intelligence, Intra-personal management (managing one’s own emotions) of Rural locality (n=50)

	Mean	Std	‘t’	df	sig	Mean difference
Male	12.64	2.44	5.36	98	0.00	2.46
Female	15.10	2.14				

In Rural Locality, the table No.16.3 shows that the mean and

standard deviation of Male (12.64; 2.44) & Female (15.10; 2.14). The difference mean in male and female was 2.46. This shows that significant difference was found in case of male and female in relation to PART4_EII (t=5.36, df=98, p=0.00)

Table 7.1: Descriptive Statistics of subjects in relation to total Emotional Intelligence Inventory of Urban and Rural locality (n=100)

	Range	Minimum	Maximum	Sum	Mean	Std Dev
Urban	50	34	84	6346.00	63.46	10.02
Rural	43	37	80	5630.00	56.30	9.22

The above table reveals the range of Urban and Rural (50; 43), Minimum (34, 37), Maximum (84, 80), Sum (6346.0000000000018, 5630.00), Mean (63.46, 56.30) and Standard deviation (10.02, 9.22)

Table 7.2: Comparison of Male and Female in relation to total Emotional Intelligence Inventory of Urban locality (n=50)

	Mean	Std	‘t’	df	sig	Mean Difference
Male	64.08	10.63	-0.62	98	0.54	-1.24
Female	62.84	9.44				

In Urban Locality, the table No.17.2 shows that the mean and standard deviation of Male (64.08; 10.63) & Female (62.84; 9.44). The difference mean in male and female was -1.24. This shows that no significant difference was found in case of male and female in relation to TOTAL_EII (t=-0.62, df=98, p=0.54)

Table 7.3: Comparison of Male and Female in relation to total Emotional Intelligence Inventory of Rural locality (n=50)

	Mean	Std	‘t’	df	sig	Mean difference
Male	53.22	8.58	3.53	98	0.00	6.16
Female	59.38	8.88				

In Rural Locality, the table No.17.3 shows that the mean and standard deviation of Male (53.22; 8.58) & Female (59.38; 8.88). The difference mean in male and female was 6.16. This shows that significant difference was found in case of male and female in relation to TOTAL_EII (t=3.53, df=98, p=0.00)

Part-B

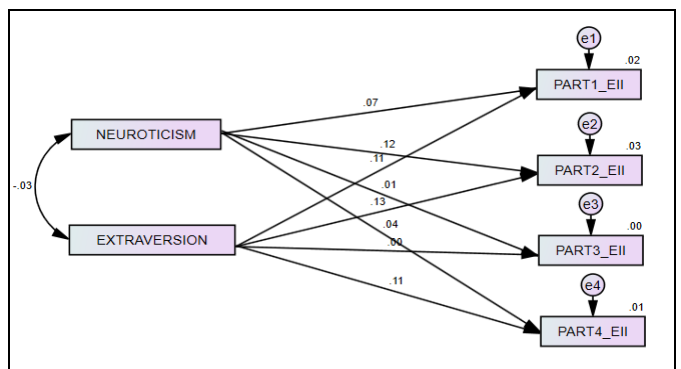


Fig 9: Path Analysis of Personality as a predictor on Emotional Intelligence different parts

Table 8: Regression Weights: (Personality - Default model)

EI		Personality	Estimate	S.E.	C.R.	P	Std Reg Wt.	Square multiple correlations	
Part1	<---	Neuroticism	.036	.034	1.040	.298	.073	Part 4= .012	1.2%
Part2	<---	Neuroticism	.052	.031	1.652	.099	.115		
Part3	<---	Neuroticism	.006	.082	.079	.937	.006		
Part4	<---	Neuroticism	.014	.027	.530	.596	.037		
Part1	<---	Extraversion	.086	.055	1.561	.119	.110	Part2=.028	2.8%

Part2	<---	Extraversion	.091	.051	1.789	.074	.125		
Part3	<---	Extraversion	.000	.132	.000	1.000	.000	Part1=.017	1.7
Part4	<---	Extraversion	.064	.043	1.505	.132	.106		

The above table reveals that no significant effect was found on emotional intelligence part by the two type of personality as the value of P Label was greater than .05.

Discussion of findings

Present study showed that no significant difference was found in the personality of the male and female urban and rural Rajasthan. This shows that the male or female whether living in rural or urban region are exposed to same type of environment. Even the governments policies are also working to reduce the gender disparity of both urban and rural Rajasthan.

Secondly, Personality has a very less impact on the emotional intelligence of the subject. It was found that part1 shows only 1.7% of variance, part2 showed 2.8%, part 4 shows no variance and part4 showed 1.2% of variance. This may be because of the cultural factors. It is well known that Rajasthan is very famous of its cultural integrity.

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.

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 word outside. Personality is the total sum of his ‘being’ and includes physical, mental, social, emotional and intellectual aspects. One’s personality reflects his perception, imagination, attitude, instincts, habits, values, interests and sentiments about himself and his self-worth. Intelligence, achievement, motivation, modes of adjustment all these and much more constitute human personality.

Morton Prince described, “Personality is the sum total of all the biological innate dispositions, impulses, tendencies, attitudes and instincts of the individuals and the dispositions and tendencies acquired by experiences. Gordon W. Allport said “Personality is the dynamic organization within the individual of those psycho-physical systems that determine the individuals unique adjustment to the environment”.

Personality Traits – In everyday life no one, not even psychologists doubt that underlying the conduct of a mature person there are characteristic disposition in traits. We usually think personality as being made up of traits. Psychologists have defined traits as a mode of behaviour. Traits are not creations in the mind of the observer, nor are they verbal fictions; they are accepted biophysical facts, actual psychological dispositions. There are specific qualities of behaviour or adjustable pattern, such as reactions to frustration, ways of meeting problems, aggressive or defensive

behaviour and outgoing or withdrawing behaviour in presence of others. The traits are outward signs of dynamic forces that act and interact in an infinite number of ways. That is why the integration of these traits or personality is never the same in any two individual.

Cattell postulated that human behaviour is a result of interaction between external situations and individual traits. He has further divided personality traits into three categories on the basis of qualities of personality, temperamental traits (being persistently irritable, easy going or bold), ability traits (such as intelligence and skill, while dealing complex situations), and dynamic traits (such as motivation, interest and attitude). He further sub divided traits into attitudes, sentiments and urges.

Personality is a product of biological and culture heritage. A child is born with some biological heritage, while the culture environment moulds and shapes his personality. Personality is in fact a product of the interaction of a biological organism with social environment. In order words, personality is the way an individual adjusts with his external environment, it is the way of responding to the environment. Therefore, the key to personality development is socialization where biology and culture merge. In everyday life, no one, not even psychologists, doubt that underlying the conduct of a nature person there are characteristic dispositions or traits. We usually think of personality as being made up of traits. Psychologists have defined a trait as a mode of behaviours. Traits are not creations in the mind of the observer, nor are they verbal fictions; they are accepted biophysical facts, actual psychological dispositions. There are specific qualities of behaviours of adjustive patterns, such as a reaction to frustrations, ways of meeting problems, aggressive or defensive behevious, and outgoing or with drawing behaviour in the presence of others. The traits are outward signs of dynamic forces that act and interact in an infinite number of ways. That is why the intergration of these traits – or personality is never the same in any two individuals.

Personality assessment is the most important aspect of sports psychology. Each individual is born with a blue print of basic traits. The behavior of the individual lies in the blue print. This may also fix the boundaries to the development of some traits. Certain personality traits can be learnt while participating in any Endeavour, including teachers, sports and military persons but this acquisition is dependent on a highly complex interaction between each individual’s genetic endowment his behavior, current environment and his own particular behavior patterns.

The human personality is a marvelously intricate structure delicately woven of movies, emotions, habits and thoughts in to a pattern that balances, however precariously, the pulls and pushes of the world outside. Personality is the total some of his ‘being’ and includes physical, mental, social emotional and intellectual aspects. One’s personality reflects his perception, imagination, attitude instincts, habits, values interests and sentiments about himself and his self-worth Intelligence, achievements motivation modes of adjustment,

all these and much more constitute human personality.

The sum total of an individual's characteristic patterns of behavior and the stable and enduring organization of character, temperament, intellect and physique that contributing to that person's uniqueness.

Personality is described in terms of an individual's behaviour, his actions, postures, words, and attitudes and opinion regarding his external world.

Personality assessment is the most important aspect of sports psychology. Sports allow the athletes to use his natural aggression, it builds character, it makes him a competitor, it promotes the development of leadership potential, sportsmanship and good citizenship.

"Personality is the more or less stable and enduring organization of persons character, temperament, intellect and physique which determines his unique adjustment to the environment"

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