

COMPARISON OF PERSONALITY TRAITS OF JUDO AND WRESTLING PLAYERS OF MAHARSHTRA

Dr. Shekhar N. Shirsath

College Director of Physical Education
M. S. P. Mandal's Deogiri College, Aurangabad
Email- shekhar_shirsath@yahoo.com

Abstract

The purpose of the present investigation was to assess the personality traits of Judo and Wrestling players Maharashtra. The study conducted on sixty samples, consisting of thirty Judo and thirty Wrestling players Maharashtra. Personality traits were obtained by administering R. B. Cattell's Sixteen Personality Factor questionnaire. The data collected through this test were analyzed with respect to personality traits i.e. extraversion, anxiety, tough poise, dependence and control. 'T' test was applied to compute the significance of differences among two groups. The significance of data was judged at .05 levels. The result of the study indicates that personality traits of Wrestling players and Judo players were different.

Key words: Personality Traits, *Judo, Wrestling, Players.*

Introduction

The sports personality is a marvelously intricate structure delicately woven of motives, emotions, habits and thoughts into a pattern that balances, however precariously, pulls and pushes of the world outside. It is the total sum of his being and includes physical, mental, social, emotional and intellectual aspect. Sports personality is a product of biological and cultural heritage. It reveals the psychological makeup of an individual through his behaviour. In fact, it is the quality of a person's total behaviour. It is a dynamic and continuous process of learning in which the individual acquires typical modes of responses.

Sports Personality is defined as the whole person, his external appearance and behaviour, his inner awareness of self and his unique pattern of measurable traits which are fairly permanent. There are individual differences in personality noticeable from birth; biological predispositions are in evidence. Sports personality is one area in which the biological, social, and applied aspects of psychology come together giving us a picture of individual's general pattern of behaviour. An individual's sports personality is evaluated by observing his normal ways of adjusting to the situations that life presents. It has a quality of uniqueness: no sports person is quite like another. Formally then, we define sports personality as the whole person, his external appearance and behaviour, his inner awareness of self and his unique pattern of measurable traits which are fairly permanent.

The sports personality is a marvelously intricate structure delicately woven of motives, emotions, habits and thoughts into a pattern that balances, however precariously, pulls and pushes of the world outside. It is the total sum of his being and includes physical, mental, social, emotional and intellectual aspect.

Hendry conducted two personality studies dealing with swimmers and swimming coaches. In one study, Hendry administered the Cattell Sixteen Personality Factors Questionnaire to 126 swimmers and fifty six coaches.

Kane (1964) who reviewed the literature pertaining to personality and physical ability came to the conclusion that a positive relationship exists between athletic ability and stability as opposed to anxiety, various personality needs, adjustment and attitudes. Further athletic ability and extroversion as opposed to introversion. Kane also examined the relationships between various physical abilities, personality factors, physique and sociometric status.

Tattersfield (1971) has provided longitudinal evidence that athletic participation before maturity has a developmental effect upon personality specifically. Tattersfield monitored the personality profile of boys participating in an age group swimming program across a five year framing period.

Kang G.S. (1991) compared sports persons and non-sports person with respect to their personality needs, adjustment and attitudes. The study concluded that significant differences exist between sportsmen and non-sportsmen as well as non-sportsmen regarding, differences also exist between individuals and team game sportsmen and sportswomen.

Objectives of the study:

1. To compare mean scores of extraversion of judo and wrestling players of Maharashtra.
2. To compare mean scores of anxiety of judo and wrestling players of Maharashtra.
3. To compare mean scores of tough poise of judo and wrestling players of Maharashtra.
4. To compare mean scores of control of judo and wrestling players of Maharashtra.
5. To compare mean scores of adjustment of judo and wrestling players of Maharashtra.

Hypotheses:

1. There would be significant difference in extraversion among judo and wrestling players of Maharashtra.
2. There would be significant difference in anxiety among judo and wrestling players of Maharashtra.
3. There would be significant difference in tough poise among judo and wrestling players of Maharashtra.
4. There would be significant difference in control among judo and wrestling players of Maharashtra.
5. There would be significant difference in adjustment among judo and wrestling players of Maharashtra.

Materials and Methods:

To achieve the purpose of this study, thirty judo and thirty wrestling players were selected as subjects participated in Maharashtra State Wrestling Championship held at Pune in the year 2019-20 & Maharashtra State Judo Championship held at Pune in the year 2019-20.

The player's ages ranged from 18 to 27 years. Random Sampling Technique was employed to select the subjects. The researcher will use survey research methodology for the study. R. B. Cattell's Sixteen

Personality Factor Test has been taken to assess the personality traits. This questionnaire consists one eighty seven statements.

Analysis of Data:

The collected data were tabulated to find out the difference of personality characteristics among two groups. Student's T test has been applied to find out the significant differences among two groups at 0.05 level of significance. The data collected on personality traits factors between Judo and Wrestling players were analysed and the results were presented in Table- I

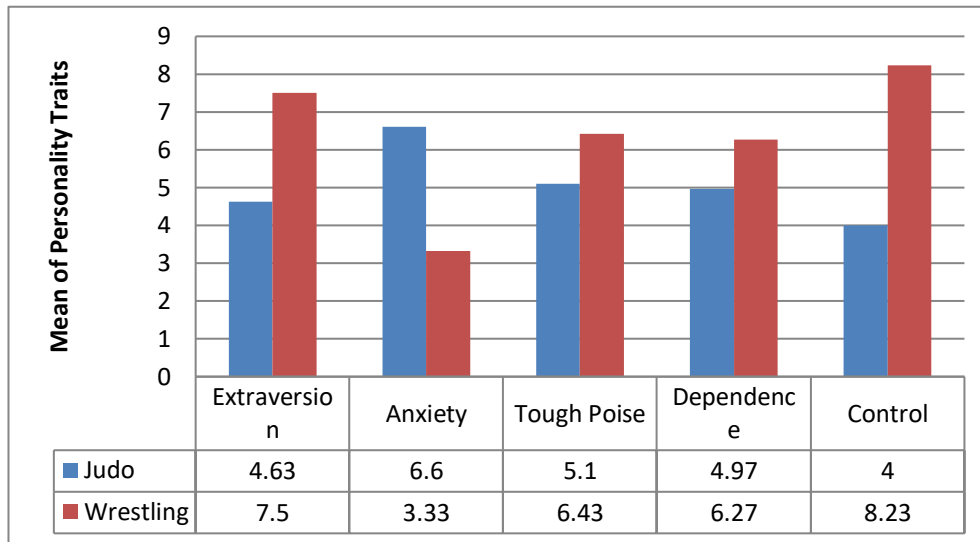
Table I
Means, Std. Dev. & T ratios of Personality traits of Judo and Wrestling players

Sr. No.	Personality Traits	Judo players		Wrestling Players		T - ratio
		Mean	S. D.	Mean	S. D.	
1.	Extraversion	4.63	1.10	7.5	1.04	10.37*
2.	Anxiety	6.60	1.00	3.33	1.06	12.25*
3.	Tough Poise	5.10	1.27	6.43	1.28	4.05*
4.	Dependence	4.97	1.27	6.27	1.14	4.16*
5.	Control	4.00	0.95	8.23	1.45	13.32*

*Significant at .05 level of confidence

T-ratio regarding the level of significance was calculated at 0.05 level of significance for personality traits. It was inferred that the differences of means of judo and wrestling player were significant for extraversion, anxiety, tough poise, dependence and control for personality traits. Hence the two groups of players differ in personality trait factors.

Fig. 1: Personality Traits of Judo and Wrestling Players.



Results And Discussion:

The mean values obtained by Extraversion, Anxiety, Tough Poise, Dependence and Control of Judo and Wrestling players are 4.63 & 7.5, 6.6 & 3.33, 5.1 & 6.43, 4.97 & 6.27 and 4 & 8.23 respectively. The Standard Deviation value obtained by Extraversion, Anxiety, Tough Poise, Dependence and Control of Judo and Wrestling players are 1.10 & 1.04, 1.00 & 1.06, 1.27 & 1.28, 1.27 & 1.14 and 0.95 & 1.45 respectively.

Conclusions:

- 1) There was a significant difference among the means of extraversion of Judo and Wrestling players of Maharashtra.
- 2) There was a significant difference among the means of anxiety of Judo and Wrestling players of Maharashtra.
- 3) There was a significant difference among the means of tough poise of Judo and Wrestling players of Maharashtra.
- 4) There was a significant difference among the means of dependence of Judo and Wrestling players of Maharashtra.
- 5) There was a significant difference among the means of control of Judo and Wrestling players of Maharashtra.

References:

1. Parikh Jagdish C., Personality Through Perception, Delhi, Friends Publications, 1993.
2. Robert E. Silverman, Essentials of Psychology, Library of Congress Cataloging in Publication data, 1971.

Research paper © 2012 IJFANS. All Rights Reserved, [UGC CARE Listed \(Group -I\) Journal Volume 11, Iss 12, Dec 2022](#)

3. Sandhu G.S. and Mann N.S., Sports Excellence, Delhi, Friends Publications, 2000.
4. Bills Peter, Sports viewers Guide Wrestling, London, David and Charles Publisher, 1999.
5. Camaione David and Tillman Kenneth, Teaching and Coaching Wrestling, New York, John Wiley and Sons Publisher, 1980.
6. Singh Harphool, Encyclopaedia of Wrestling, Delhi, Discovery Publishing House, 2001.