



## A STUDY ON COMPARISON OF PERSONALITY TRAITS AND SELF CONCEPT BETWEEN MALE ATHLETES AND NON MALE ATHLETES OF LUCKNOW DISTRICT

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### ABSTRACT

**P**psychology is the scientific study of the mind and behavior including conscious and unconscious phenomena as well as feeling and thought. In some ways we are all the same. We all have the same human nature. We all have human bodies, human minds, human thoughts and human feelings. But in some ways we are totally different and unique. Personality is about our different ways of being human. No two individuals are exactly alike. Psychology is the scientific study of human behavior and mind: how we think, feel, act and interact individually and in groups. Sports Psychology is a science in which we study about sports person by observing, measuring and testing, and then arriving at conclusions that are rooted in sound scientific methodology. Sports in the present day world have become extremely competitive. Sports psychology

training is that enhances performance on the court and field. Winning is one of the main objective in sports but winning requires consistent performance at a high level. Mental proficiency helps ensure this consistency, guarding against fluctuations in performance. Considering the role of Psychology variables, the present study was undertaken.

**Purpose of the study :** The main purpose of the study was to identify the difference between personality traits and self concept between male athletes and non male athletes of Lucknow District.

**Research Methodology :** The present study was conducted on 100 male athletes and non male athletes of Lucknow District to assess the selected psychological variables personality traits and self concept. To assess the personality traits and self concept Eysenck's and Swatah Bodh Parikshan made by G.P. Sherry, R.P. Verma and P.K. Goswami standardized questionnaire were used respectively. The collected data were analyzed using 't' test statistical technique at 0.05 level of significance.

**Conclusions:** The study clearly indicated that there is a significant difference in personality traits and self concept between male athletes and non male athletes of Lucknow District. In neuroticism, extroversion and self concept male athletes are better than non male athletes in all the selected psychological variables.

**KEYWORDS:** Sports psychology, human nature.

### INTRODUCTION

Psychology is the scientific study of the mind and behavior including conscious and



unconscious phenomena as well as feeling and thought. It is a science in which we study about human behavior. In some ways we are all the same. We all have the same human nature. We all have human bodies, human minds, human thoughts and human feelings. But in some ways we are totally different and unique. Personality is about our different ways of being human. No two individuals are exactly alike. Psychology is the scientific study of human behavior and mind: how we think, feel, act and interact individually and in groups. Sports Psychology is a science in which we study about sports person by observing, measuring and testing, and then arriving at conclusions that are rooted in sound scientific methodology. Sports in the present day world have become extremely competitive. Sports psychology training is that enhances performance on the court and field. Winning is one of the main objective in sports but winning requires consistent performance at a high level. Mental proficiency helps ensure this consistency, guarding against fluctuations in performance. For years sports psychologists have examined how psychological skills training, including mental skills training helps athletes improve performance. Sports psychology also can help athletes with problems off the court that may affect performance on court.

### RESEARCH METHODOLOGY

The present study was conducted on 100 male athletes and non male athletes of Lucknow District to assess the selected psychological variables personality traits and self concept. To assess the personality traits and self concept Eysenck's and Swatah Bodh Parikshan made by G.P. Sherry, R.P. Verma and P.K. Goswami standardized questionnaire were used respectively. The collected data were analyzed using 't' test statistical technique at 0.05 level of significance.

### RESULTS AND DISCUSSIONS

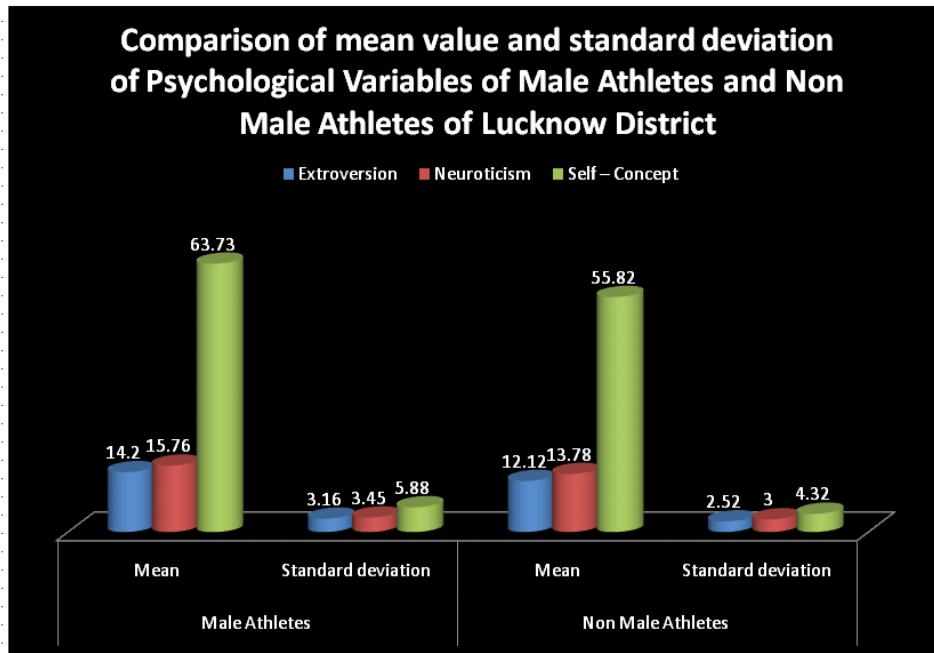
**Table 1**  
**Mean, Standard Deviation And't' Value Of male Athletes And Non male Athletes**

<i>Variables</i>	<i>Male Athletes</i>		<i>Non Male Athletes</i>		<i>'t' Value</i>
	<i>Mean</i>	<i>Standard deviation</i>	<i>Mean</i>	<i>Standard deviation</i>	
Extroversion	14.20	3.16	12.12	2.52	2.184*
Neuroticism	15.76	3.45	13.78	3.00	2.211*
Self – Concept	63.73	5.88	55.82	4.32	2.386*

\*Significance at 0.05 level

It is evident from the table 1 that there is a significant difference between two groups. In Extroversion, male athletes mean value is 14.20 with standard deviation is 3.16 and non – male athletes mean value is 12.12 with standard deviation is 2.52 and the't' value is 2.184. In Neuroticism, the male athletes mean value is 15.76 with standard deviation is 3.45 and non – male athletes mean value is 13.78 with standard deviation is 3.00 and't' value is 2.211. In Self Concept, male athletes mean value is 63.73 with standard deviation is 5.88 and non male athletes mean value is 55.82 with standard deviation is 4.32 and't' value is 2.386. The mean differences are found in all the groups and calculated values are greater than the tabulated value i.e. 2.05. This shows that male athletes are better than the non male athletes in all the selected psychological variables.

Graphical Representation of mean value and standard deviation of Psychological Variables of Male Athletes and Non Male Athletes of Lucknow District is presented in figure 1.



**CONCLUSIONS**

We can conclude from the above analysis that there is a significant difference in Psychological variables between male athletes and non male athletes. This shows that male athletes are better than the non male athletes in all the selected psychological variables. (Personality traits and Self Concept)

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