

## **ANALYSIS ON PERSONALITY TRAITS AMONG DIFFERENT SKILL LEVEL OF MEN CRICKETERS**

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### **Abstract:**

The aim of this study was Positional wise Analysis of personality traits among different level of Indian men cricketers. The investigator has selected 184 Cricket players in India were classified in to three groups: 1) league players 2) players represented state at various levels (Under 16, Under 18, Under 22 and Under 25), 3) elite group consisting of players played Ranji, Indian Premier League and represented India under 19 and senior level. The age of the subjects ranged between 18 to 25 years. MAP series (adaptability, academic achievement, boldness, competition, creativity, enthusiasm, excitability, general ability, guilt proneness, individualism, leadership, innovation, maturity, natural health, morality, self control, sensitivity, self sufficiency, social warmth and tension). In this study, static group comparison design has been used. It involves three categorical variables such as elite, state & league players. MAPS (personality factors) as stated earlier were taken into consideration for statistical analysis. One way analysis of variance of independent group was applied to determine significant variation, if any, for different level of cricket players such as batsman, bowler, keeper and all rounder, on selected MAPS (personality factors). The level of confidence was fixed at 0.05 for significance. Scheffe's test was applied as a post hoc test, if they obtained F – ratio was found to be significant.

**Key words: MAPS (Personality factors), Elite, State & League Players**

### **Introduction:**

The winner of four gold medals in Tokyo Olympics, Don Schollander stated that winning is 20% physical and 80% mental. So, mental strength is a must for better performance. Bull et al., (1996) felt that mental training is very important aspect for the athletes, coaches, managers to achieve top level performance. It has also been found that the right kind of personality trait combination makes the athlete more successful. When an athlete is more sociable, more communicative, less anxiety prone, has the capacity to withstand the strain and is less affected by crowd reactions, his performance is better and success is assured.

The impact of mental toughness is well illustrated when we compare the careers of Marcus Trescothick, a former England cricket player and Sourav Ganguly a former Indian cricket player. The former was better equipped technically and physically to play the game better than the later. But due to lack of mental strength or toughness Marcus could not succeed and perform as much as Sourav. Marcus retired prematurely as he could not handle the pressure as well as Saurav. But Sourav thrived on pressure situations and with his superior mental strength; he could deliver the goods and perform better.

Tendulkar (2002), wrote on effects of positive thinking during his debut tour of Pakistan, that he was too young at sixteen to be frightened by anything. He went out to play as hard as he could. He dreamed of being the best player in the world. He simply wanted to score more runs than anybody else. He had learnt that mental discipline could improve performance of any

player. The ability to think differently and to generate energy in the right direction and at the right time was very crucial for success. He also added that though everybody was trying hard, the players who succeeded were the ones who pushed themselves a bit harder both, physically and mentally.

All sportspersons including cricketers at some stage in their career experience the phase of a lean patch. They experience self doubt; they are short of confidence and are very nervous during such times. That is more due to the psychological effect on their performance than any other factor.

The main aim of training is to prepare cricketers for outstanding performance in competition. Nowadays, technico-tactical training has become highly scientific and systematic.

Both physical and mental fitness demonstrate influential role in performance. In the eighty's fitness in cricket was not given due consideration. But result oriented one-day cricket has developed vastly in the last two decades due to which the overall standard of the game has improved tremendously. The improvements in fielding abilities and high scoring rates are simple example of it.

The progress and prosperity of a country are the sum total of the achievements of the people in all spheres of life. Man's insatiable desire for achievement leads him towards the path of progress. This desire for achievements, in turn leads to even higher levels of aspirations so that people work harder and as a result progress further. People who have an intense longing for achievement are not satisfied by success by mere chance. They, instead, prefer the challenge of working at problem which involves risk-taking and accepting the personal responsibility for success or failure. Therefore, the level of one's achievement depends on the magnitude of challenges faced. In physical education and sports the need has now arisen for the physical educationists, coaches to identify specific personality factors that are associated with individuals at various levels and the positions they are preferred in their sports participation.

Personality traits of the sportsmen have strong bearing on their performances. High level sports performance need to learn the complex motor movements. As quickly and thoroughly movements are learned as swiftly and confidently they can be applied during the competition. Sports performance, of individuals is believed to be influenced by physical fitness on the other. So far as the successful sportsmen are concerned for the high level achievement in competitive sports they need to be physically and mentally well balanced. For success in international sports competition today, the focus is on both physiological and psychological aspects of the athletes. The psychological aspects such as interest, motivation, attitude, anxiety, aggression, emotionality, and personality are given emphasis.

Having rightly identified the personality structure of players at various levels of participation and positions, the player performance can be enhanced which results in achieving the goal in time. With this perspective, the present study has been carried out titled "Positional wise Analysis of personality traits among different level of Indian men cricketers"

### Methodology:

The aim of this study was Analysis of personality traits among different level of Indian men cricketers. The investigator has selected 184 Cricket players in India were classified in to three groups: 1) league players 2) players represented state at various levels (Under 16, Under 18, Under 22 and Under 25), 3) elite group consisting of players played Ranji, Indian Premier League and represented India under 19 and senior level. The age of the subjects ranged between 18 to 25 years. The selected subjects were in the following categories.

### Position:

Batsman	-	28
Bowler	-	48
Keeper	-	17
All rounder	-	91
<b>Total</b>		<b><u>184</u></b>

### Tools Used in the study

The excellent performance of the present day athletes depends upon the complex blend of physical, physiological, anthropometric and psychological traits.

Physical traits and psychological traits go hand in hand. So, modern sports are laying greater emphasis on work of preparing the athletes psychologically and physically because both play significant role. Several investigations in this regard have revealed that psychological makeup among the players has made them come out with flying colors.

Singh, H. (1982) opines that “The performance is not only the result of motor abilities and skills but also of the psychological and social capabilities of the sportsman. The ideas, beliefs, interests, motivation, moral qualities and personality traits, are important as motor abilities and skills in achieving performance. The sports performance is the result and expression of the total personality of the man”.

No single aspect of personality is considered as isolated entity and nor considered more important than others. The dynamic connotation of personality is, that if the individual is not conscious of himself, his strive towards improving his personality will not have any meaning. Self consciousness helps to evaluate oneself, whether one is superior or inferior in one’s own estimation in relation to one’s previous status or that of others. Self consciousness gives raise to traits like dominance, self-esteem and pride. This may lead to self realization and self analysis which are very helpful to the individual in the long run for making good adjustment in life. It helps to develop one’s personality in various ways acceptable to the society.

Hence the research can conclude that, higher level of performance depends upon the psychological makeup of the athletes. So psychological traits dominates. If a player has acquired the required level of personality traits, he would be psychologically fit for the game. After analyzing the various factors associated with the problem personality traits. MAPS (adaptability, academic achievement, boldness, competition, creativity, enthusiasm, excitability, general

ability, guilt proneness, individualism, leadership, innovation, maturity, natural health, morality, self control, sensitivity, self sufficiency, social warmth and tension) were selected as dependent variables for this study.

## Results

Structural equation modeling is a family of statistical models that seek to explain the relationships among the multiple variables. In doing so, it examines the structure of relationships expressed in a series of equations similar to a series of multiple regression equations. The equations depict all the relationships among dependent and independent variables among the variables.

In this research the personality traits taken in to study were simplified in to four Efficacy Factor, Self-Construction, Disparity and Optimistic Attitude in the earlier section. Now the interest is to find out which of this factors taking the impact of other factors influencing the dependent variable representation. To find out the inter relationships between the variables and ultimately which influence the dependent variables representation SEM technique is applied.

The following table gives the regression weights for the factors under study and their significance.

### REGRESSION WEIGHTS

	Estimate	S.E.	C.R.	P
Representation <--- Efficacy Factor	.036	.012	2.915	.004
Representation <--- Self-Construction	-.018	.014	-1.217	.223
Representation <--- Disparity	-.003	.011	-.251	.802
Representation <--- Optimistic Attitude	-.031	.020	-1.586	.113

### STANDARDIZED REGRESSION WEIGHTS

	Estimate
Representation <--- Efficacy Factor	.219
Representation <--- Self-Construction	-.092
Representation <--- Disparity	-.018
Representation <--- Optimistic Attitude	-.116

The covariances among the factors and their significances are given in the following table.

### COVARIANCES

	Estimate	S.E.	C.R.	P
Efficacy Factor <--> Self-Construction	5.678	1.659	3.422	.000
Self-Construction <--> Disparity	1.177	1.725	.682	.495

			Estimate	S.E.	C.R.	P
Disparity	<-->	Optimistic Attitude	-.306	1.226	-.250	.803
Efficacy Factor	<-->	Optimistic Attitude	1.068	1.145	.932	.351
Efficacy Factor	<-->	Disparity	1.150	1.979	.581	.561
Self-Construction	<-->	Optimistic Attitude	-2.161	1.009	-2.142	.032

### SQUARED MULTIPLE CORRELATIONS

	Estimate
Representation	.053

$X^2$  test for model validity: (Goodness and fit)

Number of variables in your model: 6

Number of observed variables: 5

Number of unobserved variables: 1

Number of exogenous variables: 5

Number of endogenous variables: 1

	Weights	Covariances	Variances	Means	Intercepts	Total
Fixed	1	0	0	0	0	1
Labeled	0	0	0	0	0	0
Unlabeled	4	6	5	0	0	15
Total	5	6	5	0	0	16

### Notes for Model

#### Computation of degrees of freedom

Number of distinct sample moments: 15

Number of distinct parameters to be estimated: 15

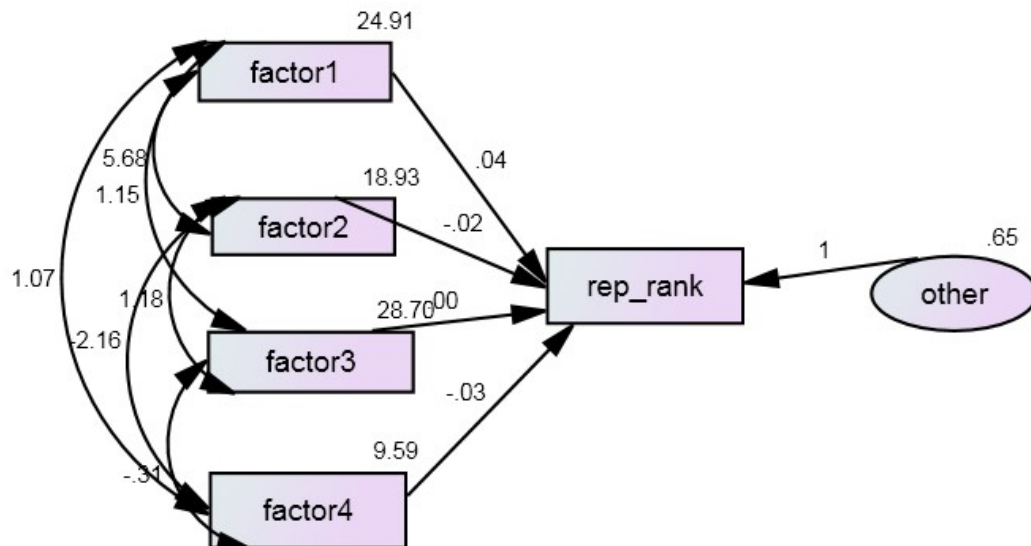
Degrees of freedom (15 - 15): 0

### Result

Minimum was achieved

Chi-square = .000

$X^2 = .000$  which indicates that the model that has been fitted is good. The model is



Where

- FACTOR 1 Efficacy Factor  
 FACTOR 2 Self-Construction  
 FACTOR 3 Disparity  
 FACTOR 4 Optimistic Attitude

$$\text{Rep} = 0.04 \text{ Efficacy Factor} - 0.02 \text{ Self-Construction} - 0.03 \text{ Optimistic Attitude}$$

It is observed from the model and the structural equation taking the impact of other factors, factor1 influences representation more.

This indicates that the personality factors maturity, mental health, leadership, morality and individualism constituting the Efficacy Factor plays vital role in achieving the representation.

### Findings and discussion:

Personality studies on sports men seem to have become very popular, all over the world, probably from the early part of the nineteenth century. While the interest has developed in an enormous proportion from around 1970 onwards. In India studies could be traced from 1972. Though there are only a few experimental studies conducted in personality area, other types of studies include longitudinal studies, comparative studies and predictive studies.

Many a studies support the view that the individual and team sports participants showed a differentiating pattern of personality adjustment. However, a few other investigations contradict the view. Team sports athletes were found to be average in social adjustment and natured when compared to individual sports participants.

The high achieving sportsmen were better adjusted than low achievers. They were found to be extroverts, dominant, aggressive and independent. Similarly the successful sportsmen were better adjusted. The achievement levels and the success factor, of sportsmen also revealed a pattern of their adjustment. When the achievement level was considered the high achievers scored higher in adjustment, they were found to be better adjusted, extroverts, dominant, aggressive and independent. Keeping this in mind, the researcher made an attempt in find out the difference between national level and state level hockey players on personality traits.

Physical education trainers show a higher level of social adjustment, than general education trainees. Physical fitness training has strong implications not only for physical health but also for social and emotional adjustment. The sportsmen differ from non-sportsmen in adjustment areas like health, social and emotional stability. They are found to be slightly superior in personality adjustment.

The champion athletes show extreme aggression, generalized anxiety, high level of intellectual aspiration, self-assurance and ability to concentrate on the personality resources upon desired objectives. The results of the present study indicate that state level athletes were significantly better than the national level athletes on adaptability, academic achievement, maturity and morality. Top level athletes are straight forward, sociable, realistic, tough minded, willing to help and resist.

When the sportsmen's personality is considered on the basis of their achievement levels, the outstanding performers have strong drive, self-discipline, initiative and are aggressive, independent, less anxious and less neurotic, straight forward, sociable, realistic, tough minded, willing to help and have resistance, emotional stability, socially bold and are self-confident.

It is found that the players/ respondents differs significantly in the following personality trait levels: 1) Enthusiasm 2) Excitability, 3) Morality, 4) Social Warmth and 5) Leadership.

In the other cases 1) Adoptability, 2) Academic Achievement, 3) Boldness, 4) Competition, 5) Creativity, 6) General Ability, 7) Guilt Proneness, 8) Individualism, 9) Innovation, 10) Maturity, 11) Mental Health, 12) Self Control, 13) Sensitivity, 14) Self Sufficiency and 15) Tension there is no significant difference.

### **Conclusion:**

From the findings and discussions the following are concluded:

- 1) All rounders possesses the following personality traits at higher level.
  - a) Adoptability
  - b) Excitability
- 2) Batsman possesses the following personality traits at higher level.
  - a) Competition
  - b) Creativity
- 3) Bowler possesses the following personality traits at higher level.
  - a) Maturity



- b) Sensitivity
- 4) Keeper possesses the following personality traits at higher level.
  - a) General Ability
  - b) Self Sufficiency

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