

# A Comparative Study of Personality of Men and Women Handball Players representing All India Inter University

Dr.Amarjeet Singh

Assistant Professor, Department of Physical Education, Sant Baba Bhag Singh University (Jalandhar)

## ARTICLE DETAILS

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## ABSTRACT

The present study was aimed to investigate the Personality of Men and Women Handball Players representing All India Inter University and its relationship with sport performance. The method of the study is descriptive correlational. The data was collected using questionnaires and through field study procedure. The population of the study consisted of 250 men and 250 women Handball Players representing All India Inter University. Personality level of players was assessed by using the Personality questionnaire constructed by Eysenck's Maudsley Personality Inventory (MPI) questionnaire by S.S.Jalota and S.D. Kapoor (English version)(1959). T-test was used to compare the groups at 0.05 levels of significance. On the basis of result of the present study, it was concluded that Men Handball players were more extraverts and were lesser neurotics than the women urban Handball players.

## 1. Introduction

The term '**Personality**' is derived from the word '*persona*', which was a mask in Greek drama. This implies that a person may give the appearance of being unlike their true self, which makes the assessment of personality difficult. Sport psychology researchers have been interested in how athletes' psychological and characteristics influence performance. From this point, it is clear that psychological characteristics differ between more and less effective athletes and teams. Moreover, the ability to mentally prepare is considered a key component of such difference[1]. Personality refers to an individual's characteristic patterns of thought, emotion, and behaviour, together with the psychological mechanisms hidden or not behind those patterns[2]. **Extraversion**, deals with an individual's tendency toward being either extraverted or introverted and, therefore, whether a person is talkative, assertive, sociable, or not. Whereas, **Neuroticism** reveals an individual's emotional stability and their tendency to experience distress and to be able to effectively handle, emotionally, any such stressful situation.

## 2. Review of related literature

Reviewing the relevant literature is essential to know the work done in the field of sports. Since effective research is based on past knowledge this helps to eliminate the duplication of what has been done and provide useful hypothesis and helpful suggestion for significant investigation.

**Dyadechko, Klochkovskaya(2011)** worked over a research study entitled "Features manifestations of personality traits in men handball players of different sexes". Main purpose of the study was to manifest the features of personality trait developed in team Handball players of both sex. To achieve its main purpose and to have comparison between the both sexes, the researcher had also set the special type of objectives. The presented paper shows that, peculiarities of personality traits of men and women volleyball teams establishes the same training conditions cause different level

of manifestation of personality traits in men and women revealed that the handball players dominate personality traits such as emotional and sensory reactions, artistry, mood changes, and other harmful. At the same time, specific games in the handball forms 'masculine' personality traits, those were essential to success in the game. These qualities are as follows: composure, obstinacy, aggressiveness, propensity to take risks, etc. Coaches are encouraged to identify and take into account the quality of individual players, especially in the competitions[3].

**Arjun Singh (2012)** conducted a doctoral research study entitled "A comparison of personality traits of team game women players and individual's game of women players". The study indicated that, 'Personality' is sum total of one's behaviours and plays important role in sports training and competitions. The purpose of the study was to compare the personality traits of individual's game women players and team game women players with special reference to extraversion and neuroticism. Statistical procedure such as mean, S.D. and 't' test was applied to data available from the test. For this purpose, 40 team game players (handball and footballs) and 40 individuals' game players (athletics and fencing) were selected from Guru Ghasidas University (campus), Bilaspur and affiliated Colleges of Education and Physical Education. Purposive sampling method was used to select the sample. Eysenck's Personality Inventory was used to assess the two major personality traits viz. extraversion and neuroticism. The result of the study showed that there was significant difference in the extraversion and neuroticism of team game women players and individual game women players and team game women players were more neuroticism than individual game women players[4].

**M. Avala et al. (2013)** worked over a research study with an aim to establish the structure and the differences of morphological features and personality traits between different age groups of women cadet handball players grouped by their playing quality and playing positions. Further on, the research was done on 70 handball players aged 15, 31 on average, who were grouped according to their positions on goalkeepers,

outside players, wings and pivots. Furthermore, according to the quality of playing, they were divided in two quality groups of players, those from the wider cadet national team, thus characterised as top femen players in Croatia, and those who had never been invited into the cadet national team and thus can be referred to as low-quality, i.e. average femen handball players. The structure of predictor variables has indicated the existence of general morphological factor assessing the players' constitution and two personality factors – neuroticism and extraversion. The variance analysis showed no statistically significant differences of somatotype variables with relation to quality and playing position. By observing basic personality traits, a statistically significant difference was confirmed only in introversion-extraversion with a lower score in goalkeepers than in other positions, which indicates a higher level of introversion in this playing position. Such result was expected since this particular position abounds in specific tasks and demands in the game in relation to all other playing positions. Further on, it has been concluded that the selection of players must not be based only on the stated physical and psychological characteristics, but on relevant anthropological complexes determining performance and sport achievement [5].

**Milavic Boris, et al. (2015)** worked over a study to determine the differences in basic personality dimensions between femen players of different team situational efficiency. 151 young femen volleyball players, aged averagely  $13.89 \pm 1.17$  years, filled out the Eysenck's junior personality questionnaire (EPQ-J), designed by Eysenck's & Eysenck's (1975, 1994). The study establishes that the relation between the measured personality dimensions was not completely orthogonal because there was significant correlation between the dimensions of Psychoticism and introversion-extraversion. Statistically significant differences were found by One-way ANOVA between the groups of players of different team situational efficiency in dimensions of neuroticism ( $F=8.57, p=0.00$ ) and introversion-extraversion ( $F=3.70, p=0.03$ ). This finding was also confirmed by multivariate discriminate analysis ( $R_c=0.40, p=0.00$ ). A group

of players with the highest team efficiency is characterized by the lowest degree of the neuroticism dimension, and a group of players with moderate team efficiency is characterized by the lowest degree of the introversion-extraversion dimension. The obtained results partially confirm the findings in literature about the influence of personality dimensions on efficiency in sports competitions [6].

**2.1 Research methodology**

The present study in hand is a survey type research where the survey was conducted on Handball players, who were selected to represent their respective University in All India Inter University Handball Championship to collect data for the measurement of stress level of players.

**2.2 Samples:**

The population for the study were 250 men and 250 women Handball Players representing All India Inter University Handball tournament.

**2.3 Tools used:**

For the collection of the data required for the study the investigator used the following tools to investigate the selected variables.

- 1) To measure the Personality, the Personality questionnaire constructed by Eysenck's Maudsley Personality Inventory (MPI) questionnaire by S.S. Jalota and S.D. Kapoor (English version) (1959) was administered.

**2.5 Statistical Procedure :-**

Significant difference in Personality of men and women Handball players representing their respective University to participate in All India Inter University Handball championship were determined through 't' test. T-test was used to compare the groups at 0.05 levels of significance.

**3. Results and Discussion**

**Table - 1**  
**Table showing, Personality of Men and Women in regards the Extraversion and Neuroticism traits**

Personality Traits	Gender	N	Mean	SD	Calculated df 't' value
Extraversion	Men	250	26.37	11.53	2.368*
	Women	250	23.96	11.57	
498					
Neuroticism	Men	250	19.45	11.28	4.029*
	Women	250	23.43	12.50	

\*Significant

t<sub>tab.</sub> value in 0.05 level of significance = 1.96

To compare Men and Women Handball players with respect to their personality in terms of Extraversion and Neuroticism traits, table No.1 reveals as follows-

Now, table No.1 reveals that, with respect to the Extraversion trait, comparable combined mean-scores of Men and Women Handball players are ( $26.37 \pm 11.53$ ) & ( $23.96 \pm 11.57$ ) and obtained t ratio is 2.368, which is higher than the tabulated t ratio 1.96 in 0.05 level of significance. Similarly, with respect to the neuroticism trait, comparable combined mean

score of Men and Women Handball players are ( $19.45 \pm 11.28$ ) & ( $23.43 \pm 12.50$ ) and obtained t ratio is 4.029 which is higher than the tabulated t ratio 1.96 in 0.05 level of significance. It indicates that, Men Handball players were more extravert than Women Handball players, whereas, Men Handball players were lesser neurotics than Women Handball players.

Hence, it resulted that, with respect to the extraversion and neuroticism traits, Men and Women Handball players' differ

significantly. It meant that there exists significant difference in the personality of Men and women Handball players.

Scores of gender-wise personality, with regards the extraversion and neuroticism of Handball players, shown in table-1, are also depicted graphically in figure-1, which is given below.

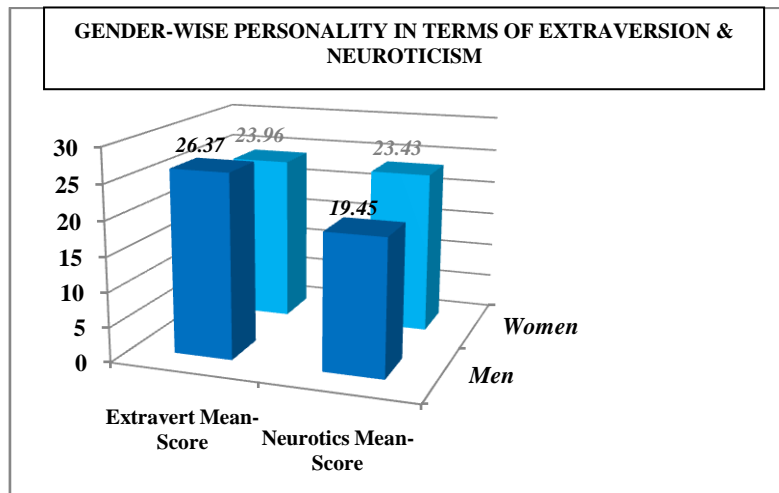


Figure-1 :Graph showing, comparison between Men & Women in regards with Extraversion and Neuroticism of Handball Players

**4. Conclusion**

From table-1, it was observed that, within the zone Men were more extraverts and were lesser neurotics than the women. This was the indication that with respect to the personality men are taking more advantages during the tournament. Because they were seems to be much better in social nature, likes to take chances and generally quite active in compare to women Handball players. This may be because of, social and family background of the women players than

they are to face many of family matters, not only this they are facing social botheration also. Many times family do not support the female children to participate in the games, they may not be ready to support financially and morally. Further because of the female factor parents are more worried about unwanted problems of sexual hazards and other problems. Thus, within the zones and zone to zone, there was significant difference in personality of men and women Handball players played in AIIU Handball Tournament (2016).

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