



A Comparative Study of Sports Accomplishment to Motor Fitness, Personality Tendencies and Sociability of Individual and Team Sports in Men's Category of Jharkhand State

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ORIGINAL ARTICLE



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Received on : 23/05/2022

Revised on : -----

Accepted on : 30/05/2022

Plagiarism : 09% on 26/05/2022



Plagiarism Checker X Originality Report

Similarity Found: 9%

Date: Monday, May 23, 2022

Statistics: 247 words Plagiarized / 2724 Total words

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A Comparative Study of Sports accomplishment to Motor fitness, Personality tendencies and Sociability of Individual and team sports in Men's category of Jharkhand state
Narendra Kumar Singh Researcher, Physical Education Ramchandra Chandravansi University Dr. Pran Mahto Research Guide Abstract In modern competitive sports the individual and team sports person are prepared not only play the game, but also win the games.

ABSTRACT

In modern competitive sports the individual and team sports person are prepared not only play the game, but also win the games. Today's winning the game not only depends upon the proficiency of the skills, tactics, physical proficiency and knowledge of rules of game which bring victory but more important is the mental preparation, the sport spirit and the attitude of the athletes with which they play and perform the best in the competition. Over the past few years, there has been a growing body of literature revolving around the psychology of excellence in sport. Both advances have come about mainly due to the striving towards peak performance. The modern world appears to be much more concerned about sports. The hold of the sports has grown very strong on the mind of an individual in society. Sportsmen and spectators are very clear about the value and significance of sports and there is hardly an individual who has been left out of its impact. At present, winning competition involves national prestige as each nation strives to win. Certain nations even try to project the superiority of their political and social systems through achievement in the field of sports. They bring name, fame and laurels for their countries and raise their prestige high in the world.

KEYWORDS

Sport Accomplishment, Motor fitness, Personality tendencies, Sociability, Individual & team sports.

INTRODUCTION

Sport's unique and universal power to attract, motivate and inspire makes it a highly effective tool for engaging and empowering individuals, communities and even countries to take action to improve their health. In order to give the best possible performance at any of the competition, the assistance of scientific disciplines is sought. Induction of the basic principles of science, physical education and sports has become a subject of scientific research. Now various special branches of science such as biomechanics, physiology of exercise, psychology of sports, sociology of sports, test and measurements etc. have been established which are connected with the physical education and sports.

Sociability is the youngest of the recognized social sciences. Auguste Comte, a French Philosopher coined this term in 1839. The term sociology is the combination of Latin word 'societus' meaning science or study. Thus the etymological meaning of sociology is the study of society and man's behavioral pattern that enables a person to get along with his/her personal, academic, social adjustment and emotional demands of the society settings.

Personality is an explicit construct which is invoked to explain behavioral consistency within a person and behavioral distinctiveness between persons (Webster, 2002). Personality is the inner experience that is reflected in the characteristics of individual's mind. The key goal of the individual is to understand the needs and conflicts residing in his own unconscious behavior and to integrate this understanding into conscious behavior.

Personality usually refers to the distinctive patterns of behavior including thoughts and emotions that characterize each individual's adaptation to the situations of life. It is an individual's enduring, persistent response patterns across a variety of situations which are comprised of relatively stable patterns of action often referred to as traits, dispositional tendencies, motivations, attitudes and beliefs which are combined into a more or less integrated self structure and that determine those commonalities and differences in the psychological behavior (thoughts, feelings and actions) of people that have continuity in time and that may or may not be easily understood in terms of the social and biological pressures of the immediate situation alone.

Review of Related Literature

A summary of the writing of recognized authorities and of previous evidence with what is already known and what is still unknown and untested. Since effective research is based upon past knowledge, this step will help to eliminate the duplication of investigation. A careful review of research, journals, books, dissertations, thesis and other sources of information on the problem to be investigated is one of the most important steps in the planning of any research study. The investigator acquaints himself with the studies done in India and abroad directly or indirectly concerned with the variables of socio psychological differentials between team and individual sports person. Hence an effort has been made to make a review of pertinent studies dealing with Motor fitness, Personality tendencies and Sociability of team and individual sports person.

Statement of the Problem

The purpose of the study is to differentiate the team and individual sports person on selected Sports accomplishment variables namely motor fitness, personality tendencies and sociability. Therefore the study has been stated as "A Comparative Study of Sport accomplishment to Motor fitness, Personality tendencies and Sociability of Individual and team sports in Men's category of Jharkhand state."

Objectives of the Study

The following objectives have been formulated for conducting the present investigation:

1. To access and compare the inter university rural team sports person and inter university rural individual sports person on 'neuroticism' component of personality.
2. To access and compare the Sports accomplishment to Motor fitness rural team sports person and inter university rural individual sports person.
3. To access and compare the Sports accomplishment to personality tendencies rural team sports person and inter university rural individual sports person.
4. To access and compare the Sports accomplishment to Sociability rural team sports person and inter university rural individual sports person.
5. To access and compare the personality tendencies to Motor fitness rural team sports person and inter university rural individual sports person.
6. To access and compare the personality tendencies to Sociability rural team sports person and inter university rural individual sports person.
7. To access and compare the Motor fitness to Sociability rural team sports person and inter university rural individual sports person.
8. To access and compare the Sports accomplishment to Motor fitness personality tendencies and Sociability rural team sports person and inter university rural individual sports person of Urban area.
9. To access and compare the Sports accomplishment to Motor fitness personality tendencies and Sociability rural team sports person and inter university rural individual sports person of Rural area.

Hypothesis

The following null hypothesis have been tested in the present study:

1. There will be no significance difference between Motor fitness and personality tendencies rural team sports person.
2. There will be no significance difference between Motor fitness and Sociability rural team sports person.
3. There will be no significance difference between Sociability and personality tendencies rural team sports person.
4. There will be no significance difference between Motor fitness and personality tendencies rural team sports person between rural and urban area.
5. There will be no significance difference between Motor fitness and Sociability rural team sports person rural and urban area.
6. There will be no significance difference between Sociability and personality tendencies rural team sports person rural and urban area.

Significance of the Study

It is evident that a few studies have been conducted on Sports accomplishment variables of sports person in different sports of Jharkhand. But no study has been undertaken in Jharkhand on sport accomplishment variables of Motor fitness, Personality tendencies and Sociability individual and team sports person. It was thought worthwhile in this view to undertake the present problem for investigation. On the basis of such investigation appropriate changes may be induced in coaching and training programme for developing desirable sport accomplishment differentials among sports person or some

efforts can made to adopt coaching methodology according to sport accomplishment differentials between sports person.

Delimitation

1. The study has been confined to only four variables namely Sports accomplishment to Motor fitness personality tendencies and Sociability of team and individual sports person.
2. The investigation was delimited to the sports person representing Jharkhand in team and individual sports events.
3. The study has been delimited to rural and urban, team and individual sports person.
4. The study has been delimited to 180 rural and urban, team and individual sports person.
5. The study has been delimited to 180 male participants, team and individual sports person.

Definition of Important Terms

1. **Motor fitness:** Motor fitness is a term that describes an athlete's ability to perform effectively during sport or other physical activity. An athlete's motor fitness is a combination of five different components, each of which is essential for high level of performance. Improving fitness involves a training regimen in all five.
2. **Personality tendencies:** Personality tendencies reflect people's characteristics pattern of thoughts, feeling, and behaviors. Personality tendencies imply consistency and stability and stability-someone who scores high on specific tendencies like Extraversion is expected to be sociable in deferent situations and over time.
3. **Team Events:** Sports in which a specific number of players/athletes compete collectively against equal number of opponents.
4. **Individual Events:** It refers to the players who participate in individual sports events.
5. **Sociability:** Sociability is determined by how adequately the individual plays the social role that is expected from him and personal satisfaction he derives from playing this role. It is needed at every age, and influenced by social maturity of the person. Maturity in social relationships mean establishment of good relations with family, neighbors, playmates, classmates, teachers and other members of the society. A socially mature person behaves in accordance with social norms, customs and traditions and possesses social qualities as patience, kindness, sympathy, cooperation, courtesy, cheerfulness, and respect for others' opinion, self confidence and self control.

Procedure and Methodology

As per the objective of the study, the investigator had to plan the entire process of research work in terms of research design suited to present study. The present chapter describes the detailed method of sampling, tests for collecting data of sport accomplishment differentials of individual and team sports person and statistical employed for analyzing data. This chapter includes the selection of subjects, selection of tests, reliability of the tests, description of tools and devices used along with their reliability and validity. The research design has been systematically presented and exhibited in this chapter under the following headings:

1. Research method.
2. Population.
3. Sample.
4. Tools used for collection of data.
5. Data collection procedure.
6. Statistical technique used.

Research Method

For conducting any research, it becomes inevitable to select appropriate research method. Depending upon the objectives of the study the descriptive survey strategy was deemed appropriate and suitable. The intention in employing the research strategy may be either to find out the nature of existing conditions or to identifying standard against which existing conditions can be compared or to determined the relationship that exist between specific events.

Population

In the present study rural and urban, team and individual sports person who participate in inter university, state level and National level tournaments in different games and sports served as population of the present study.

Sample

The sample for the present study includes rural and urban, individual and team sports person who were selected to represent Jharkhand State level tournaments in various team and individual sports events. The sample includes 70 rural and urban team sports person and 110 rural and urban individual sports persons for two years i.e. 2019-20 and 2020-21. Urban individual sports persons are less in number as needed to be included in the total sample so that next year participants has included to equalize the whole sample.

The sample selected for the present study is given below:

Table No 1: The Number of and National level sports person, Team and Individual Sports person in the sample who represented Jharkhand State

Sr. No	Representative Sports persons	No of Sports person represented
1	Inter-University level	60
2	State level	60
3	National level	60
	Total	180

(Source : Primary Data)

For the purpose of analysis of data using the technique of 't' test, it was thought worthwhile to make four groups of sports person equal in number. For this purpose 50 sports person were selected randomly from each of the four groups of sports persons. Thus the final sample for the purpose of analysis of data included 180 inter-university, state level and national level team and individual sports persons.

Systematic representation of sample is given below:

Table No 2: The Number of inter-university, state level and national level Team Sports person in the Sample who Represented Jharkhand State.

S No.	Team Sports Events	No of Sports person represented
1	Football	12
2	Cricket	12
3	Volleyball	12
4	Basketball	12
5	Hockey	12
	Total	60

(Source : Primary Data)

The table no 2 indicates that in present study 30 rural team sports persons represented Jharkhand State. Further to equalize the whole sample out of these 30 rural team sports person, 50 rural team

sports person were selected randomly for the present study.

Table No 3: The Number of inter-university, state level and national level Individual Sports person in the Sample who Represented Jharkhand State

S. No	Individual Sports Events	No of Sports person represented
1	Boxing	10
2	Weight lifting	08
3	Table Tennis	04
4	Judo	07
5	Badminton	06
6	Athletics	09
7	Cross country	09
8	Wrestling	07
	Total	60

(Source : Primary Data)

The table no 3 indicates that in present study 60 inter-university, state level and national level individual sports persons represented Jharkhand State. Further to equalize the whole sample out of these 60 rural individual sports person, 50 inter-university, state level and national level individual sports person were selected randomly for the present study.

Table No 4: The Number of inter-university, state level and national level Team Sports person in the Sample who Represented Jharkhand State

S. No	Team Sports Events	No of Sports person represented
1	Handball	12
2	Kabaddi	12
3	Volleyball	12
4	Basketball	11+1*=12
5	Hockey	12
	Total	60

(Source : Primary Data)

The table no 4 indicates that in present study 60 team sports persons represented Jharkhand State. Further to equalize the whole sample out of these 60 inter-university, state level and national level team sports person, 60 team sports person were selected randomly for the present study.

Tools used for Collection of Data

“The selection of suitable instrument or tool is of vital importance for successful research. Different tools are suitable for collecting various purposes. For any research one or more of the tools in combination can be used” Sukhia (1977). The success of research is largely dependent upon the tools which are used for the data collection. For collecting desired data for the present study the investigator has employed questionnaire of four sport accomplishment variables. These variables are personality, aggression, intelligence and adjustment. These questionnaires are personally administered by researcher before or after the commencement/completion of the tournaments. Before administration of the questionnaire the investigator explained the purpose of the questionnaire and remove all the queries raised by the subjects.

Statistical Technique used

In the present study the statistical technique ‘t’ test were employed for the analysis of data. Procedure of computing ‘t’ test consist of the following steps:

The 't' test

In order to make comparison among groups statistical techniques of 't' test was used to find out the significance of difference in the mean score. The following formula was used for computation of 't' value.

$$t = \frac{M_1 - M_2}{\sqrt{\frac{(SD_1)^2}{N_1} + \frac{(SD_2)^2}{N_2}}}$$

M_1 = Mean score of the first group.

M_2 = Mean score of the second group.

SD_1 = Standard deviation of the first group.

SD_2 = Standard deviation of the second group.

N_1 = Number of cases in the first group.

N_2 = Number of cases in the second group.

The significance of 't' test was found with the help of table of 't' value which indicates the critical value of 't' ratio necessary to reject the null hypothesis at selected level of significance with a particular df (degree of freedom).

CONCLUSION

The conducted research proved that the distribution levels of personality traits depend on the sport discipline and the champions are distinguished from the remaining team sports players (aged between 20 and 29) by a low level of neuroticism and a high level of extraversion and openness to experience. Therefore, an important role must be assigned to those mental training techniques that promote emotional balance, team communication, and tactical thinking skills, and are manifested in triggering start-up readiness.

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