



PERSONALITY PROFILES COMPARISON BETWEEN UNDERGRADUATE, POSTGRADUATE AND M.PHIL. SCHOLARS

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ABSTRACT

Sports Psychology is a branch of sports science defined as the scientific study of human behavior in sports and games. Here we can briefly discuss the fundamental concepts of sports psychology such as skill acquisition, feedback, anticipation, psychological preparation, attention, attitudes, emotional health, anxiety management, stress and tension management.

According to Potkay and Allen "Personality is the total quality of an individual, so here in UG, PG and scholars, we observe the above mentioned personality traits, but their quantity may be varied according to their psychological maturity. Here we should discuss about introverts and extroverts in some cases we observe these. These traits are must for every personality, but these traits are based on the area where the person living, environmental circumstances, childhood, school and college friends, rivals etc. actually sports performance is based on the physical fitness of the individual here physical fitness implies that physical and psychological fitness in some cases neuroticism also observed means low self confidence and high in anxiety. A study conducted for IAAF women are less anxiotic and psychologically less emotional compared to men in sports so sex is also a variant in psychology.

Introduction

Physical Education is an educational process that has as its aim the improvement of human performance through the medium of physical activities selected to realize this outcome. Physical education includes the acquisition and refinement of motor skills, the development of maintenance of fitness for optional health and well being, the attainment of knowledge and the growth of positive attitudes towards physical activity. Physical education is not only concerned with the physical outcomes that accrue from participation in activities but also the development of knowledge and attitudes conducive to life long learning and participation, Literally means knowledge of the soul PSYCHE means SOUL, LOGUS means SCIENCE. The term should not satisfactorily be explained. So psychology was defined as the science of mind. This too raised several doubts, to the question 'what is mind' some replied 'never mind'. Some psychologist analyzed the mind and would that the mind could think, feel and act. These are the states or structures of the mind. This is the view of a separate school of psychology. "Structuralization developed by Edward Bradford Titcher. Director of Corel University, the mind was regarded as consciousness, which could be studied by



introspection that is looking within. Psychology thus came to be defined as science of consciousness. The most accepted definition for behavior adjustments all the three essential sides of human development namely COGNITIVE, CONATIVE AND EFFECTIVE domains must be taken care of SPORTS PSYCHOLOGY.

Sports psychology has emerged as a legitimate field of scientific inquiry a with all scientific endeavours. Sports psychology share the same basic goals of science the observation of events the description of phenomena the explanation of factors that influence events in a systematic and reliable explanations and ultimately, the control of events or contingencies that result in expected out comes.

Importance of Psychology in Sports

National and international sports psychology conference usually focus on subjects such as motivation aggression anxiety and personality. Of these, personality has received the most attention in recent years researches. Many psychologists and coaches say that in a competition. "Competition is ten percent physical and ninety percent mental." The word personality and its root. "person" have long held fascination for students or psychology. In English the term personality is more or less equivalent to the French word "personality". According to Potkay and Allen "personality is the total quality of an individual". It is impossible to think of human personality apart from group to which one belongs. An individual's personality depends to a large extent on how he acts and reacts in a social groups. Personality of an individual is a set of points filling along several behavioural dimensions each corresponding in a trait resulting in a unique profile different from that of other individual. Personality has certain dimensions. Some visible and some abstracts or hidden. Each dimension has its specific purpose as well as area of operation. 'The series of maturational changes which an individual undergoes, during his life time, determine the extent to of his personality potential comes. Some sports psychologist believes that extent to of his personality traits were developed by participating in sports and games.

Sportsman and Personality

Every player has his unique personality. Different sports require some specific personality traits. It has been observed that some personality traits have been quite useful to achieve better performance in particular sports. High level sports performance need to learn the complete motor movements.

The Significance of The Study

Physical education major students at undergraduate level are exposed to different sports environment and compete in the intramural and extramural competition. It is possible that their specializing in physical education may have influenced some changes in their personality.



Methodology

Extroversion – Introversion

Characteristics of individual, psychological difference whose extreme poles correspond to personality's dominant orientation either towards the world of external objects or towards one's own subjective world.

Neuroticism

A state characterized by emotional instability anxiety, low self respect and vegetative disorders, neuroticism should not be identified with neurosis since neurotic symptoms may be shown by healthy individuals too.

Conclusion

This study concludes that UG, PG and M.Phil. scholars have different psychological variables and physical growth is perfect that means after 18 and below 212 the anxiety and emotional balance is fluctuate after 22 that means scholars the emotional balance will be rigid and they re psychologically strengthly.

Reference Books:

Personality Theory Research and Application (Author: Charles R.Potkay and Bem P. Allen.

Foundation of Physical Education and Sports (Author: Charles A. Bucher.

Psychological Foundations of Sports (Author: John M. Silva and Roberts Wein Berg.