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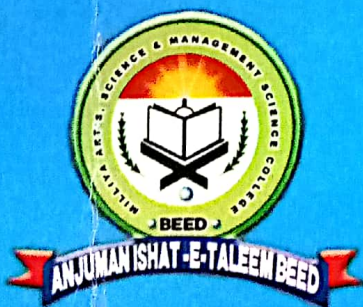
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Affecting the Development Factors of Personality

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Introduction

Woodworth says, "Personality development is clearly influenced by both biological and sociological factors". Biological factors refer to the fixed, the rigid and the raw material, the sociological to the modifiable and the modifying element. Physical structure, contours, chemique, to some extent, intelligence etc. are the raw materials of personality which the individual inherits from his parents, grandparents and so on. These traits can neither be wholly modified nor wholly changed. They will be modified or developed only within certain biological limits. Environmental factors include the climate, cultural patterns, social codes, customs, traditions, religious practices, socio economic conditions, and political philosophy, historical background of the race or the ethnic group and the like. A normal personality should have normal biological inheritance and generally good environment so that its growth and development proceed on a natural course,

Heredity and Personality

Heredity denotes trait combination from the mother and the lather. Nature's method of sexual reproduction guarantees superlatively novel genetic equipment for every mortal that is born. Theoretically half of man's inheritance comes from the Mother Aad half from the father. Think first the uniqueness of mating One particular male from a billion plus in the world Dates with one particular female from a billion plus. No other combination would produce this particular double source of inheritance. Further chance also does play the part in the combination; the number of combinations of human genes with their possible mutations is vastly greater than the number of atoms in the entire universe. Obviously only an infinitesimal Action of the possible gene combinations are, even can be, realized anywhere in the world every human being is, then. The carrier of a unique 'genotype' These impressive facts reveal that no two human beings 'with the possible exception of identical twins have even the potentiality of developing alike specially where all these genetic differences that will occur in the environments and experiences of each mortal person. Biological scientists more than half way, emphasize that hereditary factors play a great role in determining what personality characteristics one is likely to have. It may be a truism since such as height, intelligence. All port includes intelligence among raw materials of personality, because intelligence is in some closely related to the central nervous system, is as much a matter of native

endowment as the neuro glandular system underlying body-build and temperament. Underlying body-build and temperament.

Speed, agility, physiological functioning etc. are directly inherited by the individual and, by no way, can be modified or substituted. "What we are, we are", is the contention of those who believe in Determinism. To a great extent, the behavior of an individual at school, on the athletic track and in general public is greatly influenced by these factors though experience may modify it later on. Although there is always an effort on the part of most educationists to maximize the positive and minimize the negative effects of heredity traits yet the value of certain innate tendencies such as aggression, self-preservation, pugnacity etc. cannot be underestimated in the growth of human personality. These inherited tendencies are the bed-rock of behavior and behavior is personality in action an athlete who does not possess "the killing instinct" may never prove to be an outstanding competitor. Sheldon's Constitutional psychology characteristically takes into account biological inheritance of traits and qualities. Jung is also of the opinion that each individual has a background of "ancestral experiences". By this, he means that each child is born with certain traits, tendencies, pre-dispositions and instinctive inclinations, and his behavior, right from the very beginning of life, is destined to follow those tracks although some modifications may be caused at certain levels of growth and development. This hints at the biological determinism. Not only 'fixed' but also the 'dynamic' traits of personality are inherited. Jung refers to "arch-types" considered as the strings of destiny that are pulled by the "invisible & lone so that the 'individuality' acts in ways which are different from those of others. That way, each individual not only inherit the physical constitution from his parents and fore-fathers but also certain mental, intellectual, emotional and temperamental traits which, in more than one way, are associated with the type of physical constitution. Sheldon specifies that all individuals can be classified into Mesomorphs, Endomorphs and Ectomorphs. Each of these three categories have their respective traits associated with corresponding temperamental tendencies which in the long run, determine one's behavior the mainstay of personality in action. Mesomorphy is related to Somatonia i.e. assertiveness, love of physical adventure, vigorous energeticness, need for exercise, love of dominance, love for taking risk chance, directness of manner, courage, genera) noisiness, need for action when in trouble etc. Endomorphy is related to Visceortonia i.e. love of comfort, slow reaction, relaxation, love of eating, sociability, complacency, affectionateness etc. Ecto-morphy is related to Cerebrotonia i.e. restraint, in posture and movement, rapid reaction, over tension anxiety, secretiveness inhibition of action, introverted ness in thought, need for loneliness etc. Sheldon's theoretical views have catalyzed many anthropometrics like Carter, Health etc to perfect the body classification technique but the attempts of the psychologists to verify the relationship between physique and temperament are still 'way. The Doctrine of three Gunas—Sattva, Rajas, and Tamas-of the Hindu Philosophy, perhaps, best fits in the theory of inheritance of traits as propound by Sheldon. It is usually found that children with healthy body are more active physically sad mentally. Those who have poor physical constitution are more introverted, less active

and less intelligent. Dollard and Miller have suggested that "the behavior of all individuals is, to great extent, predetermined since they are already equipped with certain behavioral mechanism consisting of (i) specific responses to highly specific stimuli; (ii) innate hierarchies of response patterns which are elicited only by certain stimulations, and (iii) a set of primary drives, seen as stronger internal stimuli, connected to known physiological functions". Charles Darwin exclaimed, "The whole subject of inheritance is wonderful", this seems very true when we come to analyze human heredity, and especially to personality with its complex traits of laziness, ambition, courage and many others.

Biological science, though it is not as helpful in detail as we could wish, contains a basic point of view of profound relevance to the theory of personality the evolutionary point of view. Just as organisms take on the form of some species, each of which represents a successful mode of survival in the evolutionary struggle, so do individuals within the human species. Gaining personality as the form of survival most suitable to particular needs within particular environment framework, Dr. Radhakrishnan says: "Heredity means the transmission of physical form and biological characteristics from a previous life.

A lion generates a lion, not a horse or a tiger. Things transmitted are not only physical and biological but psychical also, mental powers and tendencies".

Thus my personality is the unique *modus Vivendi* that I have arrived at in my own peculiar struggle for survival. Personality is to the individual what species is to all living phyla. This, in one sense, should prove the point that athletic ability i.e., tendency to become a great sports competitor is, perhaps, a matter of inheritance to an extent. No doubt, the urge for physical activity is latent in the human organism but how strong it is in certain individuals and how poor it is in others, virtually depends upon what they have inherited from their family. Bouchard Malina vouched that "high performance (in sport) is also related to a favorable genotype training interaction", however. Carter summed up: "Recent evidence indicates that research on the genetics of high level performers must consider not only their superior genotypes, but also their response to training."

Environment and Personality

Environment consists of natural as well as social factors which aid the development of inherited potential. Society recognizes individual's personality. The overt attributes of personality are developed only in the social atmosphere. Non-days more and more importance is being attached to social factors which comprise personality on the premise that inherited traits can be over-shadowed by environmental factors, Social psychology points out that a man is what his society makes him. Hence the touch-stone of individual's personality must not be genetic make-up but the existing circumstances, social standards and norms. No body is a thief or a convict by birth. Circumstances make him so. His personality is the result of how his genetic-make up interacts with the environment.

Alderman asserts: "Man is thought to recognize his own personality mainly as he *relates to others*, through being socially co-operative and competitive with others and by eventually placing social welfare above his own selfish instincts. Any

understanding of personality, then, must always be considered in the light of a person's social background, his social environment, and the current social processes which are operating in his society," Olympic records have revealed that apart from inheritance, good environment and better training, have been responsible for producing giant athletes. Countries that stood where in sports competitions twenty five years ago are now excelling even the greatest powers that be in sports. Leaving the natural factors such as water, air, terrain, mountains, rivers, deserts, nutrition etc social determinants such as customs, traditions, attitudes etc. are proving to be more potent forces in determining and developing personality not only of sportsmen that of the people in general. Family traditions, taboos, inter-personal relationship between various members of a family or a community affect profoundly an individual's attitudes, interests, learning, knowledge and the like. Nature provides *m* material of human personality; it is the community, teachers, the parents, the coaches, the leaders who carve out personalities using their skill and knowledge: in fact, they are the engineers of human personality. The purpose of personality development is inherent in social concepts and ideals. When desire their sons and daughters to become good sports-they give them opportunities of learning techniques and lit related facilities: so sports become a social fervour, a tradition and a social objective. But when parents want their sons Hid daughters to become doctors and engineers, they subject torn to rigorous and vigorous study: this is how attitudes, interests, values etc. prevalent in a society help build up personify. Desirable traits of personality are developed in an individual only when he is in society. Personality has a social purpose and function. No individual personality can be discussed without reference to the society in which opportunities are liven for its development. For instance, every child is born with some intelligence but whether he is to become an engineer if; doctor, or a policeman or a sportsman will depend upon what his environment is to offer to him by way of education and other facilities.

In many ways, social psychologists do not See eye to eye with the biologists: this is true in case of the structure, function and development of personality. For example, the attitude of the society amongst which a person is brought up, what role u an individual he is expected to play and what group forces want him to do etc. are some of the basic points of disagreement However, it is out of the biological determinism and social dynamics that there emerges a personality with its various hues and shades, uniqueness and commonality. To consider a single trait of personality to be exclusively hereditary or environment is simply preposterous scientifically. One cannot say that even blue eyes are inherited but a coat of tan is acquired, for nutrition in childhood may affect eye color and tan would not occur at all unless pigments in the skin were prepared by nature to respond to the sun rays. We cannot even say that a dog's bark is inherited but its response to its name is learnt. Reared in isolation, a dog may fail to bark: and unless an inherent teach ability exists, no dog will learn to come when called. Then, it must be assumed that personality = heredity x environment. The two casual factors are not added together but are related as a multiplier and multiplicand. If either were zero there could be no personality.

However, it would be unwise to determine the quantum of either factor for the development of a good personality. It seems that a person's innate neural and glandular equipment contributes more to his intelligence, temperament and physique than do his vocabulary, ideology, or cultural conformity. In short, some of the content of personality is more and some less subject to environmental influence and learning. We learn certain attitudes and cultural practices more easily than others do simply because we have genetic bents that make us do so. *Ease of learning* provides a fair definition of heredity.

Personality and sports

Sports are a biological necessity and a social institution. A sportsman is a beautiful blend of the two. If he possesses distinctive biological potentiality, he also is subjected to social attitudes, practices and pressures. Body (biological inheritance) demands activity and society, performance and achievement. Sports traditions are built-up and so are athletic personalities. Nations like East Germany, U.S.S.R. etc. do not accept the superiority of inherited traits in comparison to environmental factors: they firmly believe that athletes are produced and not born. Vigorous training, scientific coaching, Diet controls, proper motivation etc. can go to produce athletes in quality as well as in quantity. Sullivan says, "Personality is only a hypothetical construct having no form of its own other than as what occurs in inter-personal relationships." The inter-action between the individual and his environment (external forces) is of no mean value. The type of children, their manners, etiquettes, methods of play and behavior the type of school ordinary, public, convent etc. are basically responsible for carving out certain images of personality. Similarly the groups social, religious, political too have their part to play in the development of personality. Likewise the personality of a sportsman carries with it an indelible imprint of his team mates, the physical education teacher, the coach, the trainer etc. who are not only responsible for grooming him into a skilled performer but also guiding him in personal matters such as morality, ethics, sex etc. Similarly a sportsman helps in modifying the behavior of others. His excellence in sports is a great motivating force. In his performance he reveals his true self his true personality. In fact, environment nurtures what an individual athlete already possesses by way of inheritance A coach cannot alter any athlete's genetic make-up but he can provide him congenial environment in which' his potentialities can develop to an optimal level.

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