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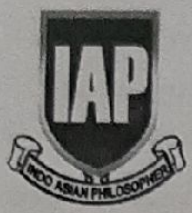

Research Paper 7 Physical Edu.

Analysis of personality and self confidence among teenage and adult sports persons

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Introduction

Personality may be described as the most characteristic integration of an individual's structure, modes of behavior attitudes, capacities, abilities and aptitudes. Most theorists agree that personality is an internal, mental and emotional pattern of response to the environment – a pattern of thought, feeling and behavior that affects every aspect of a person's life. Personality can also be defined in terms of characteristics (traits) of the individual which are directly observable in the behavior. It is quality that makes a person stand out from other; it is what ever makes a person unique.

Sixteen personality factor test:

In a rapidly developing psychological field, different psychologists on diverse fields, e.g. clinical, experimental, educational, interpersonal, occupational and vocational many other have made different, temporary and semi popular factor analytical experiments for misusing personality of person. Technically accurate and widely repeated experiments of this kind are necessary to demonstrate that the separate traits or dimensions of personality which test scales measure correspond too uniquely, functionally unitary and psychologically significant course traits. One of them is the 16 P.F which is not a questionnaire compared of as fitrary scales, but consists of scales carefully oriented and groomed to basic concepts in human personality structure research, its publication was under taken to meet the demand of research psychologists for personality – measuring instrument duly validated with respect to the primary personality factors, and rooted in basic concepts in general psychology. The 16 PF test is a multidimensional

set of sixteen questionnaire scales, arranged in omnibus form. It is designed to make available, in a practicable testing time, information about an individual's standing on the majority of primary. Personality factors twenty three of them, if we count the 16 PF supplement out of, perhaps. Thirty or so covered by existing research on the total human personality rheum, as defined by cattell's operational concept (1964 a, 1964 b). As regards the 16 PF it self, one should note that it covers, in addition to the sixteen primaries, some eight derivatives there from as second stratum, higher over, broader reconditions.

Basavanna (1971) studied self confidence as an attribute of self concept. An inventory developed for the purpose of measuring self confidence was standardized by using traditional psychometric procedures on a group of 300 college students. The self confidence inventory was later administered to 800 male students studying in various classes and courses in the constituent college of Dr. Babasaheb Ambedkar Marathwada University, Aurangabad from whom three samples of twenty five each were randomly drawn from various levels of score distribution to represent high, moderate and low levels of self confidence respectively. All the seventy five subjects belonging to the three samples were individually tested to obtain a measure of their risk taking behavior, a measure of their intellectual level, a measure of their level of aspiration, and a measure of their speed of conflict resolution. Further, they were given a Q-sort test individually under four instructional sets to obtain a self sort, an ideal self sort, and other person sort and an ideal other person sort. Major findings of the study; 1 Persons, who perceived themselves as having high self confidence, had higher general mental ability than those who perceived themselves as lacking in self confidence. 2. Persons with high self confidence were capable of taking fairly higher risk in predicting the outcome of their performance in an intellectual activity than those who lacked self confidence. 3. Persons with high self confidence had higher self regard than those who lacked self confidence. 4. There were no significant differences between the persons with high and low self confidence in their level of aspiration behavior. 5. The groups with high and low confidence did not differ significantly with regard to their speed of conflict resolution. 6. The people with high and low confidence did not differ significantly with respect to their regard for others. Dipika, Shah and Manivannan (2003) made a study of the self confidence of visually impaired children in integrated and special schools in Tamil Nadu. A sample of 320 visually impaired children was selected as the sample through stratified random sampling procedure. The tools used students self confidence scale (SCS) based on the Likert scale of summated ratings. Major findings of the study were: 1. there was no significant difference between the scores of visually impaired children in self confidence on between the scores of visually impaired children in self confidence on the basis

of the gender. 2. There was no significant interaction between independent variables gender and nature of impairment as far as the scores of visually impaired children in self confidence are concerned is tenable. 3. There was no significant interaction between independent variables gender and nature of schools as far as the scores of visually impaired children in self confidence are concerned. 4. There was no significant interaction between independent variables such as gender nature of impairment and nature of schools as far as the scores of visually impaired children in self confidence are concerned.

Statement of the Problem of the Study:

The problem formulated for the present study was to find out the difference of personality traits and self confidence among teenage sportspersons and adult sportsperson.

Hypothesis:

1) There is a significant deference in personality traits among teenage sportsperson and adult sportspersons.
2) There is a significant difference in self confidence level among teenage sportspersons and adult sportspersons.

Sample:

The sample of the study consists of total 100 male sportspersons drawn randomly made two age groups one teenage group and adult group equally in Aurangabad District. There were an equal numbers of samples. The respondents were administered 16 personality factors scale and self confidence scale to determine the extent of personality and self confidence levels between the teenage group and adult group of sportspersons.

Tools:

Following standardized questionnaires were used in the present study to measure personality traits,

1) Chattel's 16 PF questionnaire consist of 105 items.
2) Self confidence scale

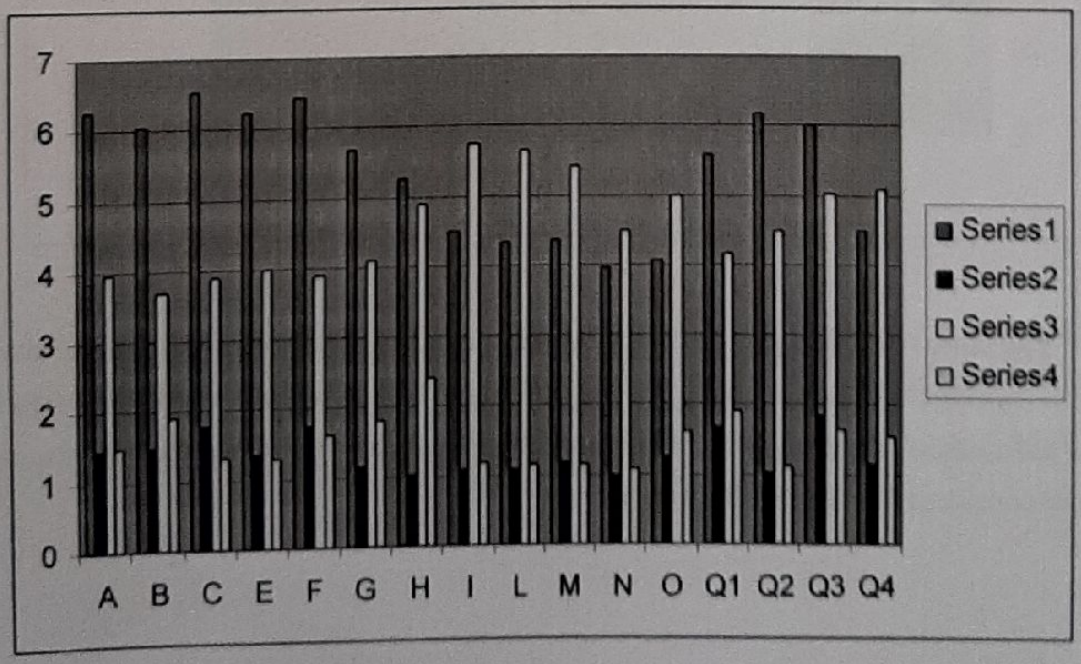
Data Analysis

Table No 1

Personality factors of teenage and adult of Aurangabad District

Factors	Teenage		Adult		t-value
	M	SD	M	SD	
A	6.26	1.44	3.95	1.47	8.31**
B	6.03	1.5	3.71	1.91	7.4**
C	6.53	1.79	3.88	1.32	8.68**
E	6.25	1.36	3.98	1.28	9.01**
F	6.45	1.75	3.9	1.61	7.83**
G	5.68	1.17	4.1	1.8	5.79**
H	5.26	1.02	4.9	2.42	1.04*
I	4.5	1.09	5.73	1.2	5.68**
L	4.33	1.09	5.66	1.14	6.1**
M	4.35	1.2	5.43	1.14	6.02**
N	3.96	1	4.5	1.09	312**
O	4.06	1.25	4.98	1.61	3.31**
Q1	5.58	1.69	4.15	1.92	5.54**
Q2	6.16	1.04	4.5	1.12	7.2**
Q3	6	1.85	5.03	1.65	3.59**
Q4	4.48	1.15	5.1	1.55	2.46**

Significant level 0.01 level

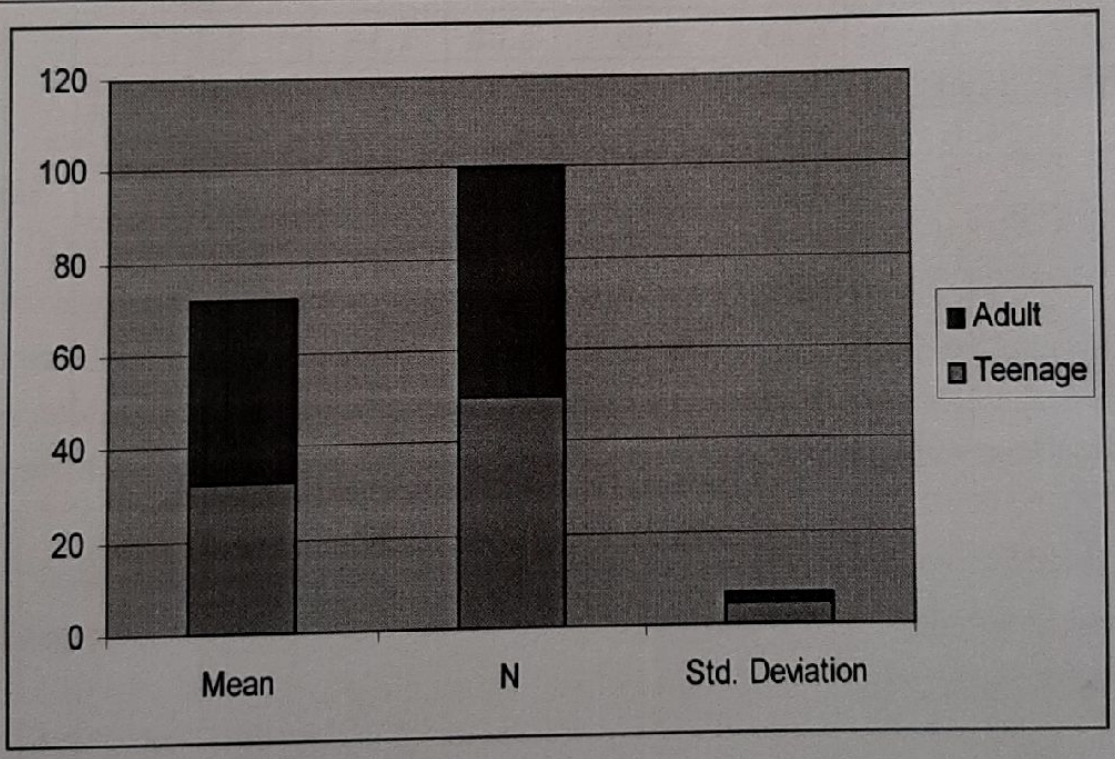


The table No. 1 and graph indicates that teenage sportsperson have relatively high school than the adult sportspersons significant at 0.01 level. This says that teenage sportspersons are out going, worm, easygoing, are kind, participative and likes people, abstract tinkers, trusty, balance minded, relaxed, practical, hard to tool dominative good leadership than adult sportspersons.

Table No. 2

Self confidence levels sports persons

Groups	Mean	N	Std. Deviation	t-value
Teenage	32.40	50	4.54456	8.97**
Adult	39.30	50	2.33212	



The table No. 2 and graph shows that the teenage sports persons are score low and the adult sportspersons are score higher than teenage players but low score indicates high level of self confidence and high score indicates low self confidence, so the teenage sportspersons are more confident then the adult sportspersons.

Conclusion:

The following conclusions:

1) There is significant difference in the personality traits among teenage and adult sportspersons of Aurangabad District.
2) There is significant difference in self confidence level among teenage adult sportspersons.

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