

INFLUENCE OF THE PERSONALITY TRAITS ON THROWING ABILITY OF THE INTER UNIVERSITY HANDBALL PLAYERS

Vishwanatha.C.N¹ Dr. S Suthakar²

¹Research Scholar, Karpagam University, Karpagam academy of Higher Education, Coimbatore-641021

²Research Guide, Head, Dept. of Physical Education, Karpagam University, Karpagam academy of Higher Education, Coimbatore- 641021.

ABSTRACT - Within the constraints of the ability, an athlete's performance is significantly related to his or her psychological functioning. It is true that athletes react to the competitive situation differently depending upon their personality structure, early life experiences, level of training, competitive experiences etc. The search for ideal athletic personality and ideal competitive factors and situations is still continuing. Handball is a strenuous Olympic team sport that places emphasis both on the fitness and skill. Personality of an individual plays an important role in the handball, as in all the sports. Purpose of the study is to find out the influence of the personality traits on throwing ability of the Inter University handball players. To achieve this purpose, handball players from Mysore, Kuvempu, Mangalore and Rani Chennamma University are selected as the subjects. Personality trait is tested with the help of Eysenck Personality Inventory. Accuracy throw test is conducted to measure the throwing ability. The data are statistically analyzed. The results reveal that there is a significant influence of the personality on the throwing ability of the Inter University Handball Players.

Keywords: Personality, Handball, Influence, Psychology.

1. INTRODUCTION

Sports Performance is both Physical as well as Psychological Competitive sports aim to measure and enhance the human potentiality and performance. All other things are equal with the two opponents in sports, the one with better psychological training or mental conditioning will always have an upper edge over the other. Personality is a very important aspect of psychology.

Personality is a dynamic concept. Personality is a 'sum total of various aspects of human behaviour. Precisely personality may mean as the total Bio-Psycho-Social make up of an individual i.e., his appearance, his anatomy, the way he thinks, acts and behaves in life situations.

Handball is a strenuous Olympic game that places emphasis on the fitness and skill. In all the competitive sports, personality plays a prominent role as well as in handball too. Hence the researcher is motivated to find

out the influence of personality traits on throwing ability of the Inter University Handball Players.

2. STATEMENT OF THE PROBLEM

The Purpose of the study is to find out the Influence of personality Traits on Throwing Ability of the Inter University Handball Players.

3. HYPOTHESIS

It was hypothesized that Personality Traits would significantly influence on the skill performance variable (Throwing ability) of the Inter University Level Handball Players.

4. REVIEW OF RELATED LITERATURE

Sylvian et al observe that the personality traits of an individual have a substantial effect on the performance of the sports person. He also finds that the positive approach of an individual has greater effect on the athletes than the group games. The effect of anxiety level on performance of the sports persons with respect to gender, regular practice and professionalism is analyzed by Erdi Kaya. It is identified from the results that there is no significant difference between the trait anxiety levels of the students in terms of their gender and regular practice. Macovei et al conduct studies on the manifestation of personality traits on the Karate players. The research outcomes state that the player's personality traits represent a valuable documentation for both the training process and improving their performance.

5. METHODOLOGY

5.1. Selection of subjects and variables

The subjects considered for the present study are handball players who have represented Kuvempu University, Mysore University, Rani Chennamma University and Mangalore University. The sample sizes considered for the study is 90 handball players and are selected from Kuvempu University, Mysore University, Rani Chennamma University and Mangalore University who have represented as the respective of the

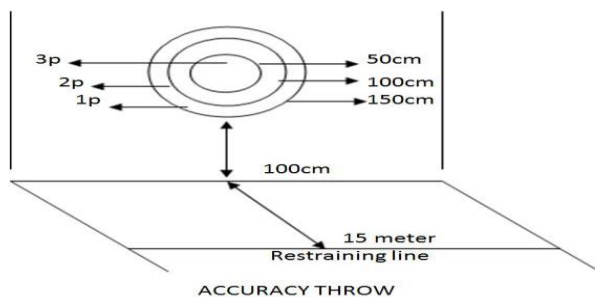
Universities. The investigator select 22 subjects from Rani Chennamma University and Mangalore University and 23 subjects from Kuvempu University and Mysore University to analysis the skill performance variable of the Throwing Ability which is considered as a variable of this study, it is tested by the Accuracy Throw. The detailed explanation of these tests is explained in the later stages.

5.2. Personality traits Questionnaire

This test is conducted by giving a questionnaire to the individuals which consists of 57 questions in total. The questionnaire is given by the Eysenck Personality Inventory in which the subjects should answer in either Yes or No. The questionnaire is divided mainly into 3 sectors i.e. personality traits (24 questions), emotional level (24 questions) and lie scores (9 questions). Personality traits are further divided into extrovert, introvert and ambivert. If the personality traits value is 17 and above then the subject is considered to be an extrovert and if the score is 7 or below then the subject is considered as an introvert and remaining subjects as an ambivert. If the lie score is 5 and above then the data obtained by those subjects are rejected.

5.3. Accuracy Throw Test

Throwing capacity of the individual subject is conducted by the standard accuracy throw test to measure the accuracy of a player in throws at the target in the team handball. Each subjects are awarded with ten throws and all must be executed from behind the restraining line. The target is circular with three concentric circles separated by two cm wide white or black lines, the ball may be caught and thrown by one armed overhand throw. The points scored by the each throw are recorded and then added to arrive at a score of that trial. The score is total of ten throws which will be considered for the further statistical analysis.



5.4. Statistical Technique:

One-way Analysis of Variance (ANOVA) is used to find the significant difference in the Throwing Ability of the Inter University level Handball players among the different personality traits. The Scheffe’s Post Hoc test is used to find the significant difference in the paired means.

6. RESULTS

The One-way ANOVA (F test) results on Throwing Ability scores among the Inter University level Handball players with different personality traits.

Table-1

The Table shows One-Way ANOVA Results on the Throwing Ability scores among the Inter University level Handball players with different personality traits

Skill Performance Variable	Groups	Sum of Squares	df	Mean Squares	F Value	Level of Sig.
Throwing Ability	Between Groups	93.086	2	46.543	5.65	**
	Within Groups	716.870	87	8.240		
	Total	809.956	89			

(Introvert, Extrovert and Ambivert).

Groups: Introvert=12, Extrovert=15; Ambivert=63.

*Table value at 0.05(df-2, 87) =3.10

**Table value at 0.01(df-2, 87) =4.85

The table-1 shows that the obtained ‘F’ value 5.65 which is greater than the table value of 4.85 for the df ‘2 and 87’ which is required for the significance at 0.01 level of confidence. The results of the study indicate that there is a significant difference in the Throwing Ability

Skill Performance	Personality Traits			Mean Difference	Confidence Interval
	Introvert	Extrovert	Ambivert		
Throwing Ability	15.333	18.733		3.400*	2.768
		18.733	16.301	2.432*	2.053
	15.333		16.301	0.968	2.251

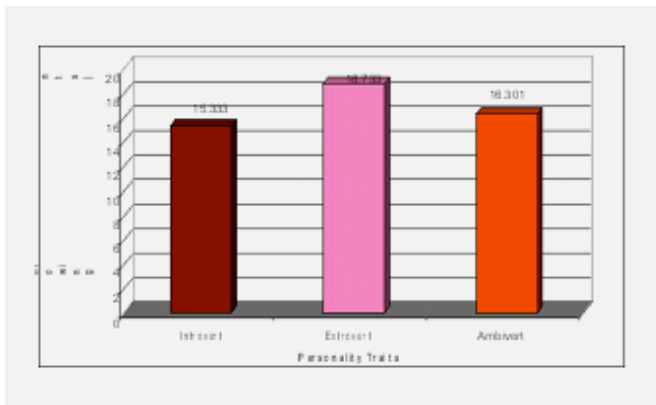
among the Inter University level Handball players with different personality traits (Introvert, Extrovert and Ambivert). Hence, the stated hypothesis is accepted. To determine the significant difference in the Throwing Ability among the paired mean scores, the Scheffe’s test is applied as the Post hoc Analysis and the results are presented in Table-2.

Table-2

Scheffe’s Post Hoc Analysis on the Throwing Ability scores among the Inter University level Handball players with different personality traits (Introvert, Extrovert and Ambivert).

*Significant at 0.05 level of confidence.

The table-2 shows the significant paired mean differences of the Inter University level Handball players, Throwing Ability between Introvert and Extrovert, and Extrovert and Ambivert; personality traits and the values are 3.400 and 2.431 respectively which are greater than the confidential Interval of 2.768 and 2.053 respectively, at 0.05 level of confidence. It is concluded that there is a significant difference in the Throwing Ability between Introvert and Extrovert, and Extrovert and Ambivert; personality traits of the Inter University level Handball players and there is no significant difference between the Introvert and Ambivert personality traits. The Handball players having extrovert personality trait have better throwing ability than the ambivert and introvert personality traits respectively. The personality trait of the Handball players influences on improving the throwing ability. The following Bar graph shows the comparison of the mean scores of the Throwing Ability scores of the Inter University Handball players with different personality traits. **Fig.1:** Comparison of mean scores of the Throwing Ability of the Inter University level Handball players having different personality traits.



7. CONCLUSION

It is concluded that there is a significant difference in the Throwing Ability among the Inter University level Handball players with the different personality traits. The Handball players having extrovert personality trait have better Throwing ability than the Ambivert and Introvert personality traits respectively. The players having extrovert personality also have better Throwing ability.

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