



## **Comparative study on personality traits and emotional intelligence between individual and team athletes**

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### **Abstract**

The paper highlights how yoga plays a substantial role in developing personality traits of sportsman, in general Yoga is an integral part of our history, on one hand, serving as a barometer of human progress, yoga have been drawn the attention of whole society across the entire world and 'yoga' plays predominant role for shaping the personality of sportsperson, present study reveals that there insignificant positive effect of yoga on emotional intelligence personality traits of team athletes comparing to their counterpart, the calculated 't' value of emotional intelligence and emotional intelligence are greater than table value and significant at 0.05 level.

**Keywords:** comparative study, personality traits, emotional intelligence

### **Introduction**

Sports psychology has emerged as a field with a research tradition that provides a foundation for direct application with athletes. As the role played by psychological factors in the performance and over well-being of athletes has become better understood. Intervention has-been designed to favorably affect athlete's behavior throughout their involvement in sport and beyond. Sports psychology researchers have been interested in how athletes psychological and characteristics' influence performance. From this point, it is clear that psychological characteristics differ between more and less effective athletes and teams, Moreover, the ability to mentally prepare is considered a key component of such differences. The optimal level of skills in championship depends on the three factors; physical, skill and mental preparation, it seems that champions' different performance depends on mental preparation, influence of psychology and personality of sportsmen. So it needs to compare the relationship between psychological variables (personality) in different sports. This matter would help coaches' talented players and direct them to choose a right sports activity, ending to optimal result. This helps coaches to instruct them effectively with accuracy contact. Personality structure has explained based on different models. Three-dimensional model of personality including dimension of extraversion, neuroticism and Psychotics: and five factor model of personality including dimension of neuroticism, extraversion, openness, agreeableness and conscientiousness two that have supported both theoretical and empirical by a large number of researchers in the last decades.

Numerous studies have examined the relation between five factor model dimension and sports activities: these studies suggested that there is a positive correlation between sports

and activities, extraversion and conscientiousness and also a negative correlation between sports activities and neuroticism. Also the results of studies connected with three -dimensional model of personality have shown a correlation between sports activities with one or more dimension of low neuroticism, high extraversion and low psychoticism. Kon (1965) believed sportsmen and women are extraversion and there is a significant relation between sports abilities and extraversion rate. It is obvious higher abilities have related with extraversion and lower abilities with introspection. Some findings have found different results in this case. Attila (1992) stated that endurance athletes have higher extraversion than non-athletes. Ericson (1993) found a significance difference in personality traits between athletes and nonathletic'. Davis and Mogk found no significant difference among non elite, kind of abilities and thinking process among participants personality, group activities results in more social and democratically values, whereas individual activities make them to more rigid and narrow minded. But both natures of sports make sportsperson to have mastery over the emotion and learn how to regulate and control them according to situation. Hence researcher made an attempt to explore the significant difference in the personality traits of team athletes and individual.

### **Problem**

A Comparative study of Personality traits and emotion Intelligence between individual and team athletes

### **Hypothesis**

There would be no significant difference in the emotional intelligence and personality traits of team athletes' and individual athletes'.

**Objectives of the Study**

To assess the Personality traits of team athletes and individual athletes.

**Psychological Variables**

**Independents Variables**

Team athletes and individual athletes

**Dependents variables**

Emotional intelligence and personality traits the

**Methodology**

**Tools**

In the present study yogic practices independent variables and Personality traits like health adjustment and emotional intelligence are the dependent variables. In order to measure these variables the following tools will be used. I. Personality scale constructed by Cattle 16 P.F Scale has used.

Total 100 samples was selected consisting 50 team athletes and 50 individual athletes, the method of Purposive random sampling technique has been used in the present study.

**Collection of Data**

The standardized questioners are administered on all India interuniversity represented students of Karnataka university sportswomen

**Statistical Techniques**

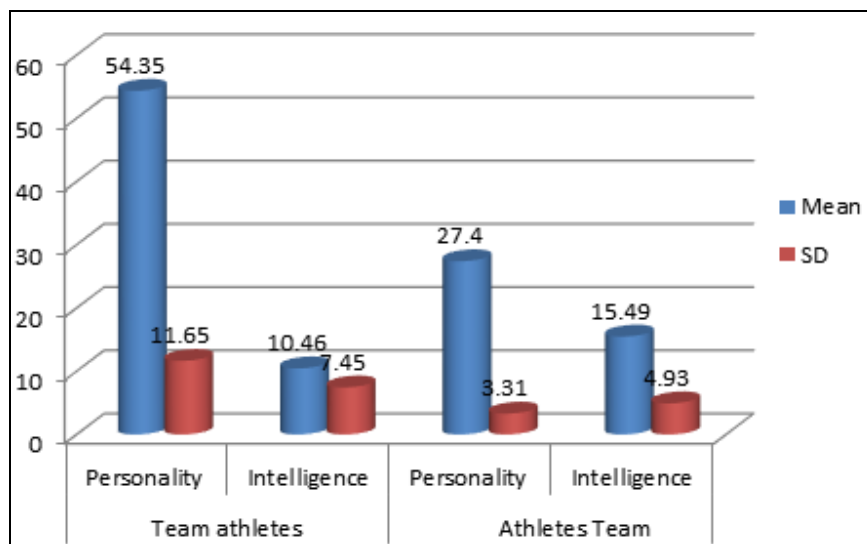
In pursuance of the objectives of the study as well as to test the research hypothesis, “t”, test, has used to assess impact of individual and team games on personality and emotional intelligence of individual and team participation.

**Analysis of data and Results**

The hypothesis that the team activities develop positive personality traits and well emotional intelligence personality in the participants, it is postulated on the rationale that the team athletes would have more emotionally stable, relaxed, self sufficient, tough minded and would have greatest degree of self control and would comfortably solve all their emotional problems with their immediate friends, teammates and family members. Whereas individual athletes with negative personality traits would be emotionally unstable, tense, dependent, tender minded and feels incapable of handling the crisis situations with their family members, friends and teammates and becomes frustrated.

**Table 1:** Table showing the Mean, SD and t values of personality and emotional intelligence of team and individual athlete

Variables	Team athletes		Athletes Team	
	Personality	Intelligence	Personality	Intelligence
Mean	54.35	10.46	27.40	15.49
SD	11.65	7.45	3.31	4.93



**Fig 1**

The above table presents the mean, SD and t values of personality and emotional intelligence of team athletes and individual. The team athletes have the mean score of 54.35 on personality and 10.46 on emotional intelligence when compared to the individual athletes who have the mean scores of 27.40 on personality and 15.49 on emotion intelligence respectively. The comparative analysis of the mean scores of both groups suggest that the team activities practitioners are having the positive personality traits and good emotional intelligence when compared to the individual game practitioners who lacks the positive personality traits and less emotionally intelligence. The obtained t value for the practitioners and non practitioners groups are 35.80 and 22.42

respectively, which are significant at 0.01 levels. The analysis of the above table is quite clear that the team provides various crisis situations and makes them to resolve exchanging the idea and information to arrive a collective decision that would help to adjust emotionally well than their counterparts; hence the above-mentioned hypothesis is accepted.

**Conclusions**

The present reveals that the regular practices in team games cultivates skills of mastery over the emotion and interpersonal efficiency, and also develop heartedness and sympathetic attitudes toward human being. Thus the personality development takes the direction of increased openness

towards the environment and increased spontaneity experiences.

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