

## **A Study on Personality Profile of Elite Kabaddi Players**

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**Abstract:** Performance in sports is not only dependent upon various physical or physiological factors but it also depends upon various psychological parameters. The performance in competition is determined by various physiological, morphological, sociological factors. All these factors have direct link with the personality of an individual. Personality characteristics of an individual play an important role in achieving high performance in kabaddi. The personality characteristics of kabaddi players on the performance the focused on the aim to establish relation between the various personality characteristics and performance of kabaddi players of state and national level of West Bengal. The purpose of this study was to find out the differences personality profile of elite kabaddi players. The present study was to find out the differences in personality traits, need patterns and locus of control of west Bengal state and national level kabaddi players as a focal point and differences due to sex as a subsidiary interest. Total one 36 (N=36) subjects were randomly chosen for this study. Among them 18 were male and 18 were female. The age of the players ranged from 19 to 26 years. They were selected from two separate districts North 24 Parganas and Nadia of West Bengal. In the present study sixteen personality factors were measured using Cattell sixteen Personality Factors Questionnaire. The Opinion expressed by the subjects was converted to numerical scores and sten score using norms. These numerical scores of all the 16 Personality Factors were the data for the present study. Statistical techniques included Mean and S.D. was used to analyze the data. It was observed that both the male and female kabaddi players are intelligent at per normal population. As per norms the numerical score between 4.8 to 6.2 is considered to be the normal value for a personality factor. On the basis of this principle it is seen from male subjects of present study were of normal personality score in factors B, M, O, Q<sub>2</sub>; It also seen that the subjects were above normal level in factors B, E, F, G, H, I, L, N, Q<sub>1</sub>, Q<sub>3</sub>, Q<sub>4</sub>. However, the subjects were mean values lesser than normal limit of 4.8 in factors A, C, On the other hand female Kabaddi players were of normal mean values for factors B, H, I, Q<sub>1</sub>. It is also seen that the subjects were above normal level in factors A, C, E, F, G, L, M, N, O, Q<sub>2</sub>, Q<sub>3</sub>

**Key Words:** Personality, Elite kabaddi players, Profile

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### **I. Introduction**

The game of Kabaddi is an Indian game. For many years this game used to be played in different variations at different parts of our country. However, the modern form of Kabaddi was originated in the early part of 18<sup>th</sup> century in Maharashtra. In the beginning the traditional games sanjeevani and gamini were combined together to form the present form of Kabaddi. From that time a gradual change in this style of the game has taken place. Now the Kabaddi is one of the most popular games of our country. By nature Kabaddi is a combative sport with seven players in each side played for a period of 40 minutes in two halves with an interval of 5 minutes in between. The purpose of the game is to score points by raiding into opponent's court and touching as many players as possible in a single breath and return back save to his court without losing cant. To be a successful Kabaddi players one needs to have high level physical fitness, mental readiness, presence of mind, intelligence, determination, focus and motivation. Generally, the Kabaddi players are from rural areas with low to middle level of Socio- economic status, therefore the Kabaddi Players are different in personality pattern with players of other games like Cricket, Tennis, and Badminton etc.

Personality development is outcome of a process of interaction between genetic inclinations and environmental conditions. Sports activities affect the process of personality development in ways more than one. Social and environmental pressures, biological factors, frustration and tension in life are to be managed with full attention to develop mature form of personality. The psychological approach of teaching, in this regard, has been suggested as that of a coach who, while training his athletes tries to understand their personal and emotional problems, motivates their behavioral tendencies and inspires the best of their personality to come out. Present study was planned to analyze the personality profile of Kabaddi players with state level performance. There have been a number of research studies in this area but most of them were to analyze the physical and anthropometric and motor fitness characteristics of Kabaddi players. Present study was planned to fill in this gap of knowledge of studying the personality profile of elite Kabaddi players. There have been a few research works regarding Kabaddi game De et al. (1982) conducted a research on Kobaddi Players and found that they were taller and heavier than the normal population kansal et al. (1982) studied anthropometric characteristics of Kabaddi players and observed that they were heavier and taller than hockey players.

## II. Methods & Materials

**Subject:**

Eighteen male Kabaddi players and equal number of female Kabaddi players were selected on the subject for present study. All these subjects played the game of Kabaddi for a number of years and were trained by the qualified coaches. They were all State level Kabaddi players.

**Criterion measure:**

In the present study personality profile of Kabaddi players was studied. For this sixteen personality factors suggested by Cattle were considered. Therefore, all these sixteen personality factors were the measuring criteria for the present study.

**Statistical Calculations:**

The answers given by the subjects were converted to numerical scores using norm of the questionnaire. The STEN score for all the sixteen 16 factors were calculated for all the subjects. Mean and standard deviation were calculated for both the groups' male and female using formula given below:

$$\text{Mean (Mn)} = \frac{\sum x}{N}, \text{ where } \sum x \text{ sum of all scores } N = \text{No of scores}$$

$$\text{Standard Deviation (SD)} = \sqrt{\frac{\sum x^2}{N}}, \text{ (where } x^2 \text{ is the sum of the square deviation of all scores taken from mean, } N \text{ is the No. of score)}$$

## III. Results And Discussion

The mean values of all the sixteen personality factors for male State level Kabaddi players selected as the subjects for the present study have been presented in table -1.

**Table -1** Mean value 16 PF of male Kabaddi players

Factor	Mean value (Mn)	Standard deviation (SD)
A	4.67	± 2.00
B	5.28	± 1.48
C	4.33	± 1.79
E	6.67	± 1.82
F	6.39	± 1.92
G	6.38	± 0.82
H	7.22	± 1.90
I	6.28	± 1.52
L	6.89	± 1.91

M	5.17	± 1.82
N	7.00	± 1.52
O	5.78	± 2.12
Q <sub>1</sub>	7.28	± 2.44
Q <sub>2</sub>	6.22	± 1.71
Q <sub>3</sub>	6.61	± 1.38
Q <sub>4</sub>	6.39	± 1.25

As per norms the numerical score between 4.8 to 6.2 is considered to be the normal value for a personality factor. On the basis of this principle it is seen from the table values that subjects of present study were of normal personality score in factors B, M, O, Q<sub>2</sub>. It also seen that the subjects were above normal level in factors E, F, G, H, I, L, N, Q<sub>1</sub>, Q<sub>3</sub>, Q<sub>4</sub>. However, the subjects were mean values lesser than normal limit of 4.8 in factors A, C.

**Table -2** Mean value of above normal level factors description of male kabaddi players

Factor	Mean value (Mn)	High score description
E	6.67	Assertive - independent, aggressive, stubborn.
F	6.39	Happy- go , lucky , impulsively, lively gay, enthusiastic
G	6.38	Conscientious, preserving, staid rule bound.
H	7.22	Venturesome, society- bold uninhabited, spontaneous.
I	6.28	Tender minded , department, over protected, sensitive
L	6.89	Suspicious, self opinionated, hard to fool.
N	7.00	Shrewd , calculating worldly, penetrating
Q <sub>1</sub>	7.28	Experimenting, critical, liberal, analytical, free thinking.
Q <sub>3</sub>	6.61	Controlled- socially precise, following self - image.
Q <sub>4</sub>	6.39	Tense , frustrated, driven, over wrought

**Table-3** Mean value of lesser than normal level factors description of male kabaddi players

Factor	Mean value (Mn)	Low score description
A	4.33	Reserved, detached, critical, cool.
C	4.67	Affected by feelings , emotionally less stable, easily upset

On the basis of analysis of data following result were obtained:

- i) The male subjects of the study were found to be normal in respect of conventional and careful practical approach (factor M), and self confidence (factor O), and concrete thinking ability (factor B).
- ii) In personality profile male subjects appeared to be of lower value for factor A than the normal Limit and they were detached, Critical and cool type of personality (factor A) and emotionally less stable (Factor C).
- iii) Male subjects also appeared to be higher than the normal in other factors depicting to be independent and aggressive (factor E), Enthusiastic and lively (factor F), rule bound (Factor G), Spontaneous and society hold (Factor H), Sensitive and Over protected (Factor – I), self Opinionated (Factor L), Calculating and penetrating (Factor N), Critical and analytical (Factor Q<sub>1</sub>), resourceful (Factor Q<sub>2</sub>), Socially precise(FactorQ<sub>3</sub>),and frustrated(FactorQ<sub>4</sub>).

Table – 4 presents the mean value of all the 16 PF for female subjects of the study.

**Table – 4** Mean value of sixteen personality factors of the female subject

Factor	Mean value (Mn)	Standard deviation (SD)
A	6.28	± 2.10
B	5.44	± 2.08
C	6.44	± 1.57

E	6.44	± 1.60
F	6.5	± 2.06
G	7.33	± 1.56
H	5.61	±1.56
I	6.05	± 1.41
L	6.78	± 1.02
M	6.33	± 1.69
N	6.83	± 1.49
O	7.00	± 1.15
Q <sub>1</sub>	5.44	± 2.08
Q <sub>2</sub>	6.61	± 1.53
Q <sub>3</sub>	6.72	± 1.32
Q <sub>4</sub>	6.67	± 1.79

In seen from table value that the female Kabaddi players were of normal mean values for factors B, H, I, Q<sub>1</sub>. It is also seen that the subjects were above normal level in factors A, C,E,F,G,L,M,N,O,Q<sub>2</sub>,Q<sub>3</sub>,Q<sub>4</sub>

**Table -5** Mean value of above normal level factors description of female kabaddi players

Factor	Mean value (Mn)	High score description
A	6.28	Outgoing, warm hatred easy going. Participating.
C	6.44	Emotionally stable , faces reality, calm nature
E	6.44	Assertive - independent, aggressive, stubborn
F	6.5	Happy- go , lucky , impulsively, lively gay, enthusiastic
G	7.33	Conscientious, preserving, staid rule bound.
L	6.78	Self sufficient , prefers own decisions, resourceful
M	6.33	Controlled- socially precise, following self - image.
N	6.83	Tense , frustrated, driven, over wrought
O	7.00	Suspicious, self opinionated, hard to fool.
Q <sub>2</sub>	6.61	Proper imaginative - careless of practical matters
Q <sub>3</sub>	6.72	Shrewd , calculating worldly, penetrating
Q <sub>4</sub>	6.67	Apprehensive, worrying depressive, troubled.

On the basis of result the personality profile for female Kabaddi players appeared to be as follows:

- iv) The Female subject of the study were found to be normal in respect of (Factor B) defecting to be normal in intelligence, (Factor H) depicting is the shy, (Factor – I) depicting to be normal in self – reliance and Factor Q<sub>1</sub>, indicating conservativeness.
- v) For all other factors the female Kabaddi players appeared to be above than the normal. They were easy going (Factor A), Calm nature and faces reality (Factor C), independent and aggressive (factor E), enthusiastic (factor F), Rule bound (factor G), Self opinionated (factor M), Calculating (factor N), depressive (factor O), resourceful (factor Q<sub>2</sub>), Society precise (factor Q<sub>3</sub> Frustrated (factor Q<sub>4</sub>).

#### IV. Conclusion

On the basis of the results obtained out of analysis of data, following calculation of the study were draw with in the limitation of the study: 1) Both male and female elite Kabaddi players are intelligent at per normal population.2) The male Kabaddi players are reserved but female Kabaddi players are out going.3) Male Kabaddi players are emotional but female Kabaddi players are emotionally stable.4) Both male and female Kabaddi players are assertive and independent, happy go lucky. Rule bound, calculating, resourceful, socially precise and frustrated.5)Male Kabaddi players are society bold but female Kabaddi players are shy.6)Male Kabaddi players are sensitive but female Kabaddi players are normal in self reliance.7)Male Kabaddi players are careful but female Kabaddi

players are careless for practical matter.8)Male Kabaddi players are normal in self confidence but female Kabaddi players are depressive.9)Male Kabaddi players are analytical and critical but female Kabaddi players are conservative.

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