

## Psychological Characteristics of Inter-College and Inter-University Level Cricket Players

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**ABSTRACT:** There has been an increasing amount of attention to the inter-relationships of personality characteristics with Cricket performance. The aim of the present study is to measure the personality characteristics, like sociability, dominance, extraversion, self-concept, conventionality, mental toughness, and emotional stability as well as internal and external locus of control. Methods: A sample of 150 Cricket players sportspersons was selected, out of which 75 were from inter college level and 75 were from inter university level competition and they were administered two standardized tests for measuring Sports Specific Personality Test and Locus of Control Scale. Result: It was found that no significant differences were observed on almost all the personality characteristics between inter-college and inter-university level cricket players sportspersons except mental toughness and external locus of control variables. Conclusion: It is found whereas the inter college level cricket players were having better mental toughness and more externally oriented than inter university level cricket players.

**Keywords:** Psychological characteristics, sportspersons, Inter-College competition, Inter-university level competition.

### INTRODUCTION

In recent years, there has been an increasing amount of attention to the inter-relationships of personality characteristics with cricket performance. In fact, the major dimension of the study of psychological aspect of sports is concerned with inquiries into the personality of players. Several investigators have directed their attention towards an understanding of the relationship between personality and level of performance. Hence one of the most popular issues in sport personality concerns the relationship between personality and sport participation. (Singh, 1992). One of the most popular issues in Sport Psychology concerns the relationship between personality and sports performance. Although most sport personality research has focused on the description of personality characteristics in athletes and the influence of personality on sport behavior, the study of the effects of sport participation on personality development and change has also been an important area of research. It seems logical to consider that certain personality attributes (e.g.; competitiveness, self-

confidence) are important in achieving success in sport. Another popular belief is that certain personality attributes (e.g.; self-esteem, emotional control) may be developed or modified through sport participation i.e.; participation in sports and physical activities enhances psychological as well as physical development. Personality of sportspersons which has influenced the performance is affected by many factors like anxiety, will to will, and attitude (Kamlesh, 1982). Personality traits like sociability, dominance, extraversion, self-concept, conventionality, mental toughness, and emotional stability among the cricket players should be looked into.

The construct of locus of control is a personality dimension involving an individual's perceived control over events occurring in his life. People are having internal or external locus of control. Locus of control refers to a person's beliefs about control over life events. Locus of control is the extent to which people believe that they are responsible for their behavioral outcomes. Some people feel personally responsible for the things that happen to them. Those people are labeled internals. People with an internal locus of control tend to believe their behavior influences outcomes, while those with an external locus of control tend to attribute outcomes to outside forces such as fate, chance, luck and other people.

The results of a study conducted by Jaskaran Singh (2005) revealed that: (i) winner and non winner sportspersons, as a whole, do not differ in their personality make up; (ii) socio-economic status is not a significant determinant of personality make-up of sportspersons in terms of neuroticism and extraversion, though low SES seems to enhance psychotic tendencies among sportspersons; (iii) the psychoticism among sportspersons has shown a dependence on socio economic status, where low SES acts as a catalyst to increase psychotic tendencies among non winner sportspersons.

According to a study conducted by Girder Singh and Nishan Singh Deol (2009) "the interuniversity cycling riders were found to be significant better than the inter college cycling riders. Neal Garg and Kang (2009) concluded that there are significant differences between the personality of winners and losers.

Dalbara & Singh (2015) concluded in his recent study that no significant differences are found between male and female sports persons on many personality traits except mental toughness.

The results of the study conducted by Surjit and Agyajit (2017) show that on locus of control, athletes and non-athletes differed on the external and not on the internal LOC; where athletes were found to be better on external locus of control than non-athletes. The objective of the present study was to measure the personality characteristics, like sociability, dominance, extraversion, conventionality, self-concept, mental toughness and emotional stability as well as internal and external locus of control of the university players participating at inter-college and inter-university levels of competitions. The hypothesis of the present study was that there would be no differences on seven traits of personality, and locus of control among the sports-persons of inter-college and inter-university levels of competition.

## METHODOLOGY AND PROCEDURE

In the present study descriptive and survey methods are used for measuring two variables of study. Here personality characteristics are depended variable, and locus of control is an independent variable. Type of the games i.e.; ball games and combat sports were the respondents variables. In order to achieve the stipulated objective, a sample of 150 cricket players was selected, out of which 75 were from inter college level and 75 were from inter university level competition. An attempt was made to have 50% of the sample from the inter university level players and 50% players from the inter colligate cricket players.

## TOOLS USED:

All the Andhra university affiliate colleges cricket players were administered the following two standardized tests for measuring their psychological characteristics.

**1. Sports Specific Personality Test:-**For the measurement of personality traits of cricket players ; Specific Sports Personality Test devised by Prof. N.Vijaymohan and Dr.A.Pallavi was administered in

Telugu /English version to all the subjects of the study. This test consists of 50 items and measures seven traits of personality. It is a reliable and valid test.

**2. Locus of control Test:** - Locus of control scale by Prof. N.Vijaymohan and Dr.A.Pallavi has been identified as an instrument that measures the locus of control of subjects. The scale measures the internal and external locus of control of the subjects. The scale has 36 items with 16 positive items (1, 3, 6, 7, 9, 13, 15, 16, 18, 23, 26, 27, 29, 30, 34 and 35) which measures internal locus of control and 20 negative items (2, 4, 5, 8, 10, 11, 12, 14, 17, 19, 20, 21, 22, 24, 25, 28, 31, 32, 33 ad 36) which measures external locus of control.

#### RATIONALE OF THE STUDY:

Sports scientists have always expressed a great desire to know psychological characteristics for improving sports standards. Now a day there is a great race to win medals. Psychological factors were identified as important factors responsible for excelling in sports. Unless the players are prepared psychologically for the contest, they are not able to achieve the desired results. sports require not only physical fitness, but top level sports depend on psychological adjustment, social and emotional maturity and many other psychological characteristics. Psychological factors help physical educators and coaches to understand the reality of fitness and personality traits of the players before and during competition.

#### STATISTICAL ANALYSIS:

The objective of the study was to make comparison between cricket players sport-persons of inter-college and inter-university level competition on personality characteristics like sociability, dominance, extraversion, conventionality, self-concept, mental toughness and stability as well as internal and external locus of control. For this purpose, mean scores , standard deviations and standard errors of the scores for all the personality characteristics were calculated for the inter-college and inter-university level cricket players sports-persons and then their t-ratios were computed in order to find out if significant differences existed and if so, at what level. These results are given in Table 1.

**Table-1 Means, SDs and t-values of personality characteristics between inter-college and inter-university level sport-persons.**

Variables Institute		N	Mean	SDs	SEm	t-value	df	p-value
Sociability	Inter-College	75	19.23	1.45	0.037	0.088	48	0.0376
	InterUniversity	75	18.84	1.09	0.031			
Dominance	Inter-College	75	17.34	1.02	0.025	0.034	48	0.0726
	InterUniversity	75	16.89	1.05	0.024			
Extraversion	Inter-College	75	14.87	0.98	0.031	0.076	48	0.0446
	InterUniversity	75	13.67	0.89	0.027			
Conventionality	Inter-College	75	13.24	0.86	0.026	0.098	48	0.0328
	InterUniversity	75	13.12	0.83	0.024			
Self Concept	Inter-College	75	13.56	0.86	0.031	0.079	48	0.0424
	InterUniversity	75	13.46	0.85	0.028			
Mental Toughness	Inter-College	75	16.99	0.82	0.029	0.129	48	0.0391
	InterUniversity	75	13.05	0.91	0.024			
Emotional Stability	Inter-College	75	16.08	0.89	0.029	0.103	48	0.0197
	InterUniversity	75	16.23	0.83	0.024			

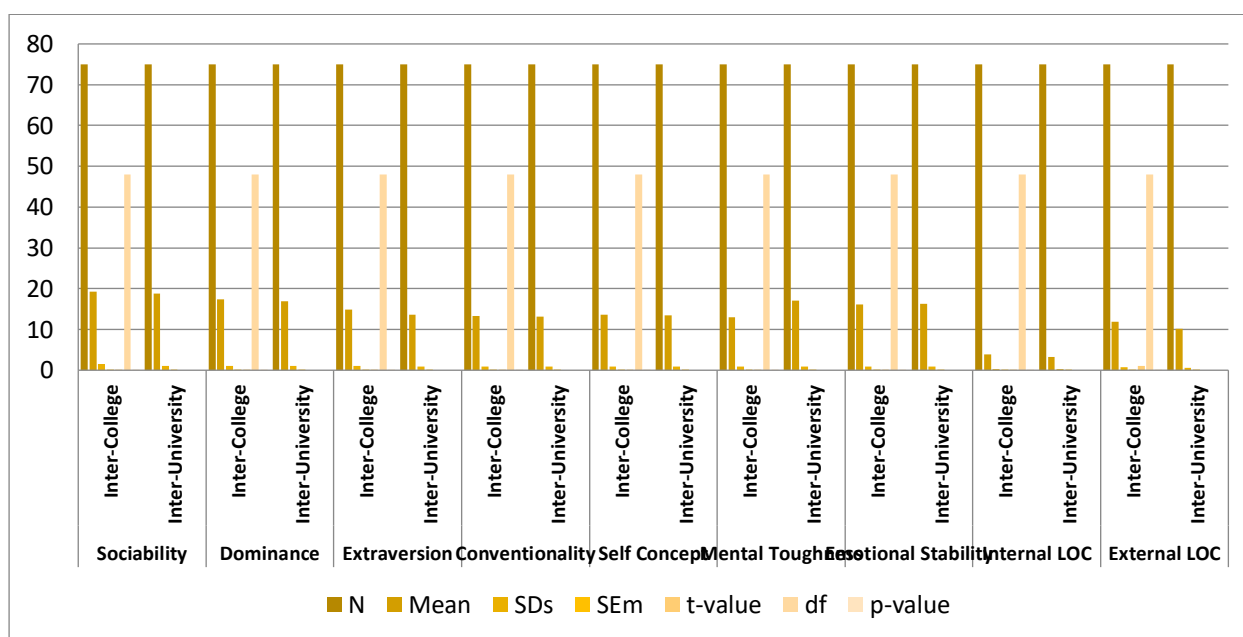
Internal LOC	Inter-College	75	3.89	0.34	0.031	0.101	48	0.0197
	InterUniversity	75	3.23	0.29	0.024			
External LOC	Inter-College	75	11.89	0.67	0.022	1.023	48	0.0011
	InterUniversity	75	10.23	0.56	0.021			

\*\*Significant at 0.01 level (t should be more than 2.58)

\*Significant at 0.05 level (t should be between 1.96 and 2.58)

The mean scores of all personality characteristics of inter-college and inter-university level cricket players have been depicted graphically through histograms which have been given in the **Figure 1**

**Figure 1. Histograms showing the mean scores of all personality characteristics of inter-college and inter-university level cricket players .**



Here the inter college level female athletes are found to be more mentally tough and were more externally oriented as compared to those of inter-university level female players. On the other hand, the inter-college and inter-university level sports-persons do not differ much on all other personality characteristics, and if there were differences, they are very minor and hence they have the same level of personality traits.

**ANALYSIS OF DATA AND RESULT:**

As per the table 1, no significant differences were found between inter-college and inter-university level female sports-persons on almost all the personality characteristics except mental toughness and external locus of control variables. In case of mental toughness, t-value was found to be 0.0391 which is significant at 0.05 level and in case of external locus of control; the same was 1.023 which is significant at 0.01 level. Their mean scores indicate that college level sportspersons were having high mental toughness (M=16.99) as compared their university level counterparts (M=13.05). Similarly inter college level female players were more externally oriented (M=11.89) than inter university level players (M=10.23). In all other personality characteristics they stood at the same level, as no significant differences were found out.

**CONCLUSION:**

1. No significant differences are observed on almost all the personality characteristics between inter-college and inter-university level Andhra university affiliated college cricket players except mental toughness and external locus of control variables.
2. The inter college level cricket players are having better mental toughness and more externally oriented than inter university level cricket players.

**CONFLICTS OF INTEREST**

There are no conflicts to declare.

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