



## Analysis Of Personality Traits Variables In Body Contact And Non- Body Contact Games Of Anna University Men Players

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### ABSTRACT

The aim of the study was to distinguish the selected personality traits between the body contact games and non-body contact games. For this purpose forty (N=40) contact games and non-contact games players and studying in various engineering colleges affiliated to Anna University, Chennai, Tamilnadu were selected as subjects during the academic year 2012-2013. They were randomly divided into two groups of 20 each, namely Contact games players group (Kabaddi & Handball) and Non-contact games (Volleyball & Ball Badminton) players group. Among various personality traits variables only Achievement Motivation and Self-control only selected for this study and it was assessed by multidimensional assessment of personality (MAP) scale, developed by Sanjay Vohra (1993) of Psy-com services. The 't'-ratios was used to compare the personality traits difference between contact and non-contact games players groups. The results of the study suggested that non-contact games players group was showed better performance when compare to contact games players group.

**KEYWORDS :** Contact Games, Non Contact Games, Personality Traits, Achievement Motivation and Self-control

### Introduction

Games and sports, as a part of human education have always existed in the human society. Before the dawn of civilization and culture, physical exercise was very important aspect of human existence. In the primitive society, "the necessity for survival" motivated man to keep himself more physically fit and strong enough in comparison to stronger forces of nature (Kamlesh and Sagral, 1981).

Sport and games involve competition. Without competition, there is no game. Competition provides a forum within which people strive to become competent, to become excellent. The opportunities for rivalry within sport are many and varied: team against team, individual against individual, individual against a record, individual now against a previous best performance and an individual against a physical barrier. Competition involves individuals and groups striving for excellence within the rules and traditions that make up a sport, including all the festival characteristics that give the sport additional flavor and meaning.

Sports are categorized in different categories i.e. contact, semi-contact and non-contact sports. Contact sports are those sports in which physical contact occurs among contestants during a competition. For Example: Judo, Kabaddi, Handball and Kho-Kho. Semi-contact sports are those sports in which body contact occurs sometimes as per the demands of a situation. For example: Football, Hockey. Non-Contact sports are those sports in which no body contact occurs during a competition. For Example, Volleyball, Ball Badminton and Badminton.

### METHODOLOGY

Forty men players who have studying in various engineering colleges affiliated to Anna University, Chennai, Tamilnadu and in Inter collegiate programme during the year 2013-2014 were selected as subjects. The subjects were randomly divided into two groups of 20 each, namely Contact games players group (Kabaddi & Handball) and Non-contact games (Volleyball & Ball Badminton) players group.

Among various personality traits variables only Achievement Motivation and Self-control only selected for this study and it was assessed by multidimensional assessment of personality (MAP) scale, developed by Sanjay Vohra (1993) of Psy-com services.

The experimental design used for this study was static group comparison design. The collected data were statistically analyzed for significant difference using independent 't' test. In this cases 0.05 level of significance was used to test the hypothesis.

### ANALYSIS OF DATA

#### Achievement Motivation

The analysis of independent 't'-test on the data obtained for Achievement Motivation of contact and non-contact body games team players have been analyzed and presented in Table-I.

**TABLE-I**  
**SUMMARY OF MEAN AND INDEPENDENT 't' TEST FOR CONTACT AND NON CONTACT TEAM PLAYERS ON ACHIEVEMENT MOTIVATION**

Category	Number	Mean	Standard Deviation	't' - Value
Contact Games Team players	20	8.60	1.23	7.15*
Non-Contact Games Team Players	20	11.00	0.88	

\*Significant at 0.05 level

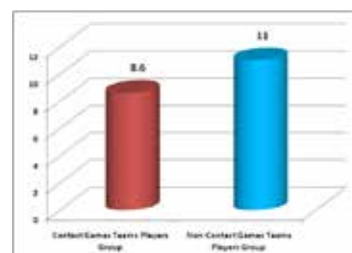
(Table value required for significance at 0.05 level for 't'-test with df 38 is 2.02)

From the table-I the mean values obtained for contact games team player and non contact games team players 8.60 and 11.00 respectively and the 't' test value between the means is 7.15. Since the obtained 't' test value of 7.15 is greater than the table value of 2.02 with df 38 at 0.05 level of confidence, it was concluded that the contact games team player and non contact games team players had significant difference in the performance of Achievement Motivation.

The mean values of contact games team player and non contact games team players on Achievement Motivation are graphically represented in the figure-I.

**Figure-I**

**MEAN VALUES OF CONTACT GAMES TEAM PLAY ER AND NONCONTACT GAMES TEAM PLAYERS ON ACHIEVEMENT MOTIVATION**



**Self-control**

The analysis of independent 't'-test on the data obtained for Self-control of contact and non-contact body games team players have been analyzed and presented in Table-II.

**TABLE-II**  
SUMMARY OF MEAN AND INDEPENDENT 't' TEST FOR CONTACT AND NON CONTACT TEAM PLAYERS ON SELF-CONTROL

Category	Number	Mean	Standard Deviation	't' - Value
Contact Games Team players	20	8.75	1.29	7.03*
Non-Contact Games Team Players	20	11.05	0.69	

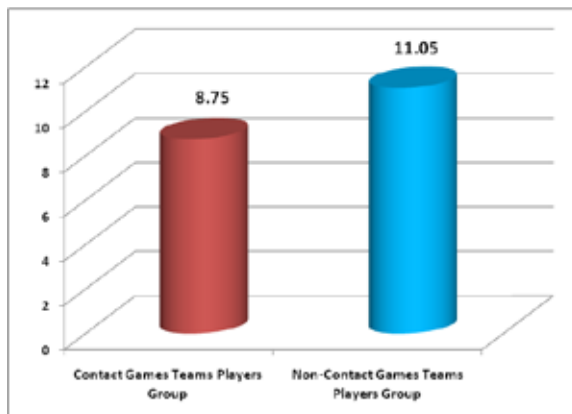
\*Significant at 0.05 level

(Table value required for significance at 0.05 level for 't'-test with df 38 is 2.02)

From the table-II the mean values obtained for contact games team player and non contact games team players 8.75 and 11.05 respectively and the 't' test value between the means is 7.03. Since the obtained 't' test value of 7.03 is greater than the table value of 2.02 with df 38 at 0.05 level of confidence, it was concluded that the contact games team player and non contact games team players had significant difference in the performance of Self-control.

The mean values of contact games team player and non contact games team players on Self-control are graphically represented in the figure-II.

**Figure-II**  
MEAN VALUES OF CONTACT GAMES TEAM PLAY ER AND NON CONTACT GAMES TEAM PLAYERS ON SELF-CONTROL



**CONCLUSION**

From the above results the following conclusions were drawn:

1. There was significant difference in Achievement Motivation between contact games team player and non contact games team players.
2. There was significant difference in Self-Control between contact games team player and non contact games team players.
3. Non-contact games team players were found to be better than the contact games team players in selected personality traits components such as Achievement Motivation and Self-control.

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