



Personality Assessment of Elite Male Long Distance Runners of India on Neuroticism

KEYWORDS

Personality, Traits, Elite, Extraversion, Neuroticism

Pradeep Sharma

Assistant Professor, Ram LalAnand College, University of Delhi

Annu

Assistant Professor, Deshbandhu College, University of Delhi

Vijay Kumar

Assistant Professor, Deshbandhu College, University of Delhi

Neha Sharma

P.E.T, The Indian High School, Dubai

Dr. Dinesh P. Sharma

Associate Professor, Department of Behavior Sciences, IGIPSS, University of Delhi

ABSTRACT Only athletics is a game where so many event we can see. In athletics long distance running is a maximum time and distance consuming event where we can see so many variation in personality. Some are extrovert and some are introvert or neurotic unstable. But there is a question, is that personality play a prominent role in there sports participation. The study was aimed to assess the personality traits of elite long distance runners those who had represented India at the International level. For the purpose of the study, 10 male subjects those who are at the top level in India in the long distance running event, were selected. The data was collected through the Maudsley Personality Inventory questionnaire developed by H. J. Eysenck, which included personality traits i. e. Neuroticism. With the help of the questionnaire necessary data were collected. The data was analyzed by applying Descriptive statistics i. e. Mean, Standard Deviation and Coefficient of Variance. On the basis of findings, the study was shown that there is no significant role of personality in long distance runners, through high/low anxiety and introvert doesn't play very important role as athlete is involved in neither for friction of second no acyclic movement (42.195 km), Neuroticism and Extraversion has much role to play.

Athletics event in India are considered to be one of the oldest games in the nation, as it started its journey during the Vedic era. Indians have practiced different athletic events since the distant past as part of a physical exercise regimen.

Athletics is basically a personal game. Athletics run, throw, and jump alone. While athletics complete against others, each is truly fighting to do their absolute best against their own weakness. Therefore, athletics is a sport of solitude. However, such solitude makes one of the sports which (along with road running, cross-country running and race walking) make up the umbrella sports of athletics. It is under the banner of athletics that the two most prestigious international track and field competitions are held; the athletics competition at the Olympic Games and the IAAF World Championship in athletics. The International Association of Athletics Federation is the international governing body for track and field.

The personality trait concept is also very much a part of Eysenck's (1967) theory of personality. In Eysenck's view, personality consists of a hierarchy structure of personality factors. At the top of this hierarchy are broad, general dimensions called types. Personality types are composed of traits, which in turn are made up of habitual responses, which are composed of specific response, the behavior actually observed. Eysenck hypothesized three broad personality dimensions: neuroticism stability, extraversion- introversion and psychoticism, which are evaluated and measured through a personality inventory. The Eysenck personality inventory (EPI) is designed to measure the two pervasive and relatively independent dimensions of neuroticism stability and extraversion-introversion as identified by Eysenck. Neuroticism refers to general emotional instability and the individual's predisposition to neurotic breakdown under stress, while extraversion refers to the uninhibitive, outgoing impulsive and sociable inclination of a person. The test is useful in personality counseling and educational guidance. Each of two dimensions is measured by means of 24 questions, to which the subject answer 'yes' or 'no', a response distortion or lie scale is also included to

false response. Parallel forms (a and b) are available for re-testing situation. Test time is approximately 15 minutes. The aim of the study was "Personality Assessment of Elite Male Long Distance Runners of India on Neuroticism".

Procedure and Methodology

For the purpose of the study the subjects selected were associated with long distance running (athletics). All selected subjects were representing India. The questionnaire of the selected variable will be taken from Maudsley Personality Inventory (MPI) written by H. J. Eysenck. In this study, to analysis and assess the personality traits and psychological mindset of the elite long distance runners, the following descriptive statistical calculation were computed- mean, standard deviation and co-efficient of variation.

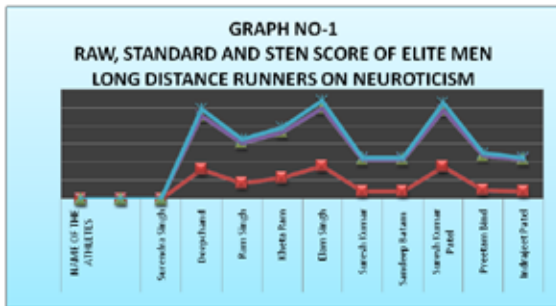
Results and Discussion

An individual subject score was also analysis on the basis of Sten score. The standard score was further converted in Sten score to assess the individual assessment of the selected subjects on the selected variables. The finding pertaining to the Sten score has presented in tables and graphs for neuroticism.

TABLE NO-1

RAW, STANDARD AND STEN SCORE OF ELITE MEN LONG DISTANCE RUNNERS				
S.NO.	NAME OF THE ATHLETES	RAW SCORE	STANDARD SCORE	STEN SCORE
		N	N	N
1	SURENDRA SINGH	28	55	5
2	DEEPCHAND	32	59	7
3	RAM SINGH	17	44	4

4	KHETA RAM	23	50	5
5	ELAM SINGH	36	63	8
6	SURESH KUMAR	8	35	2
7	SANDEEP BATAM	8	35	2
8	SURESH KUMAR PATEL	35	62	8
9	PREETAM BIND	10	37	3
10	INDRAJEET PATEL	8	35	2



Explanation

Table No. -1 demonstrates the Raw score, Converted score and Sten score of elite men long distance runners. This table represents least raw score for Neuroticism is 8 and highest score is 36 respectively. In Standard score for Neuroticism least score is 35 and highest score is 63 respectively. According to the table least sten score for Neuroticism is 2 and highest is 8.

This table is showing that the Data for Surendra Singh’s Raw, Standard & Sten score. In Raw score he achieved 28 for Neuroticism. In Standard score he obtained 55 in Neuroticism & he scored 5 in Neuroticism in Sten score category.

Mr. Deep Chand’s Raw score for Neuroticism is 32 & in Standard score is he achieved 59 in Neuroticism But if we take a look in Sten score he obtained 7 in Neuroticism

In Raw score Mr. Ram Singh achieved 17 for Neuroticism & in Standard score he obtained 44 in Neuroticism & Extraversion respectively. If we take a look he scored 4 in Sten score category.

Table has represents the Data for Mr. Kheta Ram’s, in Raw score he achieved 23 for Neuroticism in Standard score he obtained 50. If we take a look he scored 5 in Neuroticism Sten score category.

Mr. Elam Singh scored in Raw, Standard and Sten score for Neuroticism is 36, 63 and 8 respectively, which is also the highest score of among the men athletes.

Mr. Suresh Kumar achieved lowest score in respect to other athletes in Raw, Standard and Sten score for Neuroticism as following 8, 35 and 2. Mr. Sandeep Batam and Mr. Indrajeet Patel is also shared the same scores.

Mr. Sandeep Batam is scored in raw, standard and Sten for neuroticism is 8, 35 and 2 which is shared by Mr. Suresh Kumar and Mr. Indrajeet Patel.

Mr. Suresh Kr Patel’s raw score for Neuroticism is 35. As far as standard score is concerned he achieved 62 in Neuroticism. But if we take a look in Sten score he obtained 8 in Neuroti-

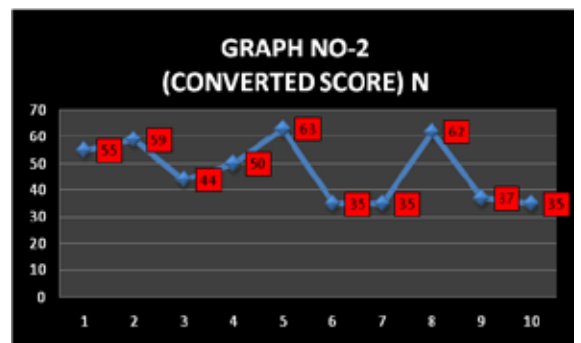
cism, it is the highest score among the all men athletes.

Mr. Preetam Bind his Raw score for Neuroticism is 10. As far as Standard score is concerned he achieved 37 in Neuroticism. But if we take a look in Sten score he obtained 3 in Neuroticism.

Mr. Indrajeet Patel’s score is same as Mr. Suresh Kumar. Above table is showing the least Raw score for Neuroticism is 8 and highest score is 36. In Standard score for Neuroticism least score is 35 and highest score is 63. According to the table least Sten score for Neuroticism is 2 and highest is 8.

TABLE NO-2

RAW AND CONVERTED STANDARD SCORE OF THE ELITE MEN LONG DISTANCE RUNNERS ON NEUROTICISM			
S.NO.	NAME OF THE ATHLETES	(RAW SCORES) N	(STANDARD SCORE) N
1	Surendra Singh	28	55
2	Deepchand	32	59
3	Ram Singh	17	44
4	Kheta Ram	23	50
5	Elam Singh	36	63
6	Suresh Kumar	8	35
7	Sandeep Batam	8	35
8	Suresh Kumar Patel	35	62
9	Preetam Bind	10	37
10	Indrajeet Patel	8	35



Explanation:

Table no-2 and graph no-2 was showing the converted score of the elite men long distance runners on neuroticism.

TABLE NO-3 Mean value, standard deviation and coefficient of variance of standard score of male long distance runners on Neuroticism

No of the sub-jects	Mini-mum	Maxi-mum	Mean	Std. Devia-tion	Coefficient of Variation
10	35.00	63.00	47.5000	11.72130	0.24676421

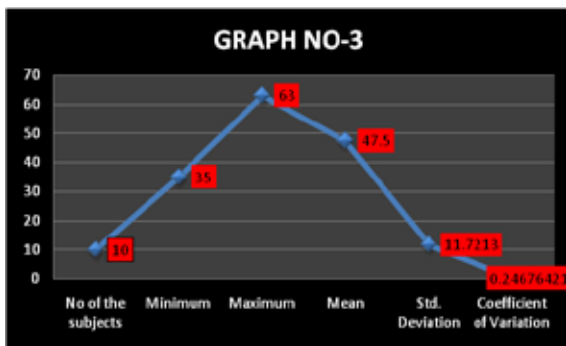
**Explanation:**

Table no-3 demonstrates that the mean value of the converted score was found to be 47.50 and standard deviation was found to be 11.72 whereas the coefficient of variation was found to be 0.25.

DISCUSSION FINDING

Table no-1 represents the variation in results of male athletes associated with long distances running event. Irrespective of being international level athletes, the variation in Stenscore was observed in their results. Mr. Suresh Kumar, Sandeep Batam and Indrajeet Patel has the Stan score of 2 on Neuroticism and where as Preetam Bind has 3 on Neuroticism.

This score shows the low anxiety and high extrovert in nature of these athletes. However Mr. Surendra Singh, Mr. Deep Chand, Mr. Ram Singh and Mr. Kheta Ram's Sten score on Neuroticism was found to be 5, 7, 4 and 5 respectively. These score shows the heterogeneity in group. In case of Mr. Elam Singh and Mr. Suresh Kumar Patel the Sten score was found to be 8 and 8 on Neuroticism respectively. These score showing the high anxiety and introvert nature of these two athletes.

As per the interpretation of the scores 50 is equal to the average but Standard score of 70 or 30 needs more attention. Similarly Standard score above 70 or below 30 indicates a very considerable deviation from the average.

The highest Standard score observed in male long distance runners was 63 on Neuroticism. Whereas the lowest Standard score was found to be 35 on Neuroticism. Furthermore, the data acquired from male elite long distance runners were in average range i.e. 30-70. No single athlete was found to be lying out of the average range. Because of being the international level sports person, the homogeneity was found among them.

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