



## Personality Assessment of The Elite Women Long Distance Runners of India

### KEYWORDS

**Annu**

Assistant Professor, Deshbandhu College, University of Delhi

**Vijay Kumar**

Assistant Professor, Deshbandhu College, University of Delhi

**Malkeet Kaur**

Assistant Professor, CIE, 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** *The main purpose of the study was to assess the personality traits of the elite Indian women's Long Distance Runners. For the purpose of the study the subjects selected were long distance runners of India those who represented India at the International level. All the selected subjects were representing India. Eyesneck's personality inventory was used to assess the respective personality traits. In this study, to analysis and assess the personality traits and psychological mindset of the Elite Indian Women Long Distance Runners, the following descriptive statistical calculation were computed – mean, standard deviation and co-efficient of variation. The findings of the study clearly indicate that the elite Indian women long distance runners are stable in neurotic and Extraversion personality traits.*

### INTRODUCTION:

"An athlete can be defining as many individual sport persons participating in competitive sports, where sports are considered as an institutionalized game".

Athletics is often called the queen of all sports. Why is it so? It is because there are factors in athletics including the purity of poems, the fairness of the games only to recognize the numerical results, and the accuracy of the competition rules and the standardized stadium. Is athletics then only precise and heartless like a machine? It is not so. How can we expect a queen to have that kind of callous nature?

Is there any other sport that expresses the bodily beauty ergonomically as much as the events of athletics? Running, throwing, and jumping are three basic movements of these events. However, the highest standard of performance is required of all these actions. As to running, speed and endurance are required. Perhaps nothing can be compared to the beauty of bodily movement shown by the balanced running with speed and power.

The attraction of athletics is not that it is the only sport with purity, fairness, accuracy and beauty; the real charm of it is too human. Athletics is basically a personal game. Athletics run, throw, and jump alone. While athletics compete against others, each is truly fighting to do their absolute best against their own weaknesses. Therefore, athletics is a sport of solitude. However, such solitude makes one think. It makes one think of human beings, the universe, and record. Is there anyone who can afford to think about the universe in a boxing match while exchanging punches? It is athletics that allows us time to reflect upon the world and ourselves.

Allport (1961) defines a personality trait as neuro psych-structure, which renders stimuli into functional equivalent and which initiates and guide consistent form of behavior. A trait, in this sense refers to those traits, which are common to number of individuals. Traits which are specific to the individual he called personal dispositions by Allport and have much the same definitions as traits. Dispositions are concerned with the person "unique pattern of adjustment", which distinguish him from other people among the traits, which exist in a person; there is considerable variation in the degree to

which each trait drives the person to action. Such as achievement related one's, exert explicit motivation status in the individual, where as others have little effect. Traits actively create situation within which they themselves become operable. That is, a person who is highly emotional, for example, does not passively wait for emotional appear, rather he actively seeks and initiates emotional situation. This is partly the reason why traits and disposition cannot be observed directly but must be inferred from overt behaviors.

### PROCEDURE AND METHODOLOGY

For the purpose of the study the subjects selected were the long distance runners of India. All the selected subjects were representing India.

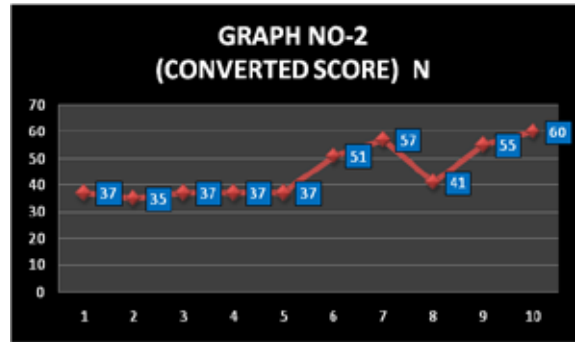
The questionnaires of the selected two (2) variables were taken from Maudsley Personality Inventory (MPI) written by H.J. EYSENCK. Keeping in mind feasibility aspects and importance of psychological aspects, the following variables of personality traits were selected for investigation purpose of this study:

### Neuroticism Extraversion RESULTS

TABLE NO-1

RAW, STANDARD AND STEN SCORE OF ELITE WOMEN LONG DISTANCE RUNNERS							
S.NO.	NAME OF THE ATHLETES	RAW SCORE		STANDARD SCORE		STEN SCORE	
		N	E	N	E	N	E
1	Sudha Singh	10	32	37	57	3	7
2	PriyankaSingh Patel	8	32	35	57	2	7
3	Kiran Tiwari	10	32	37	57	3	7

4	KavitaRaut	10	32	37	57	3	7
5	O.P.Jaisha	10	24	37	44	3	4
6	PreejaSreedharan	24	22	51	41	6	4
7	JijimolJocab	30	20	57	37	7	3
8	L. Suriya	14	23	41	42	4	4
9	Lalita Baber	28	26	55	47	5	5
10	Preethi L. Rao	33	15	60	45	7	4



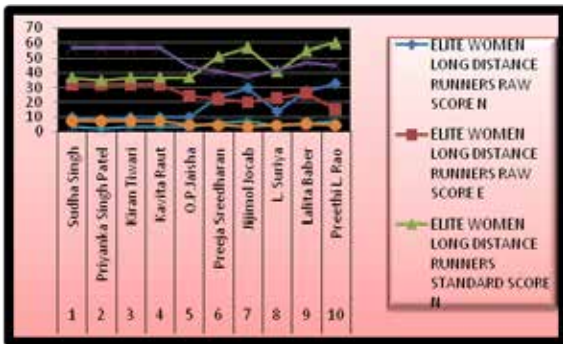
**EXPLANATION:**

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

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

No of the subjects	Minimum	Maximum	Mean	Std. Deviation	Coefficient of Variation
10	35.00	60.00	44.7000	9.866329	0.2207234

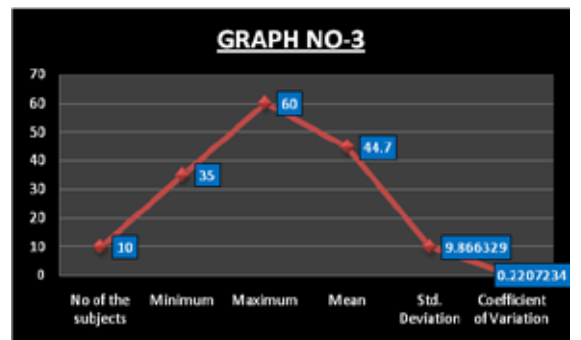
**GRAPH NO-1**



**TABLE NO-2**

**RAW SCORE AND CONVERTED SCORE OF THE ELITE WOMEN LONG DISTANCE RUNNERS ON NEUROTICISM**

S. NO.	NAME OF THE ATHLETES	(RAW SCORE) N	(CONVERTED SCORE) N
1	Sudha Singh	10	37
2	PriyankaSingh Patel	8	35
3	Kiran Tiwari	10	37
4	KavitaRaut	10	37
5	O.P.Jaisha	10	37
6	PreejaSreedharan	24	51
7	JijimolJocab	30	57
8	L. Suriya	14	41
9	Lalita Baber	28	55
10	Preethi L. Rao	33	60



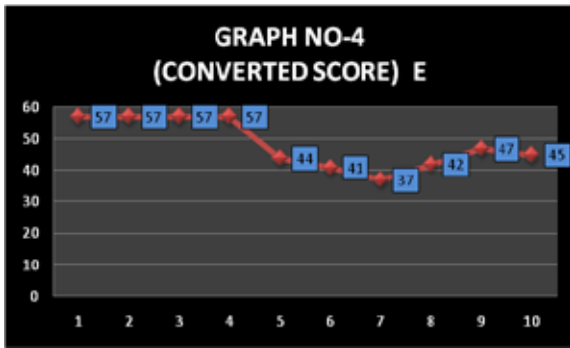
**EXPLANATION:**

Table no-3 is demonstrate that the mean value, standard deviation and coefficient of variation of converted score of female long distance runners on neuroticism was found to be 44.7, 9.87 and 0.22 respectively.

**TABLE NO-4**

**RAW SCORE AND CONVERTED SCORE OF THE ELITE WOMEN LONG DISTANCE RUNNERS ON EXTRAVERSION**

S. NO.	NAME OF THE ATHLETES	(RAW SCORE) E	(CONVERTED SCORE) E
1	Sudha Singh	32	57
2	Priyanka Singh Patel	32	57
3	Kiran Tiwari	32	57
4	KavitaRaut	32	57
5	O.P.Jaisha	24	44
6	PreejaSreedharan	22	41
7	JijimolJocab	20	37
8	L. Suriya	23	42
9	Lalita Baber	26	47
10	Preethi L. Rao	15	45

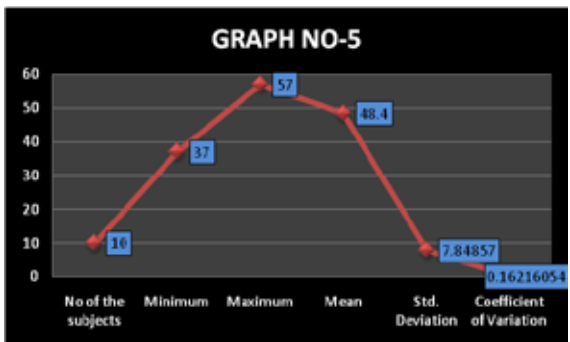


**EXPLANATION:**

Table no-4 and graph no-30 is clearly demonstrating the converted score on extraversion of elite female long distance runners in India.

**TABLE NO-5 Mean value, standard deviation and coefficient of variance of converted score of female long distance runners on Extraversion**

No of the sub-jects	Minimum	Maximum	Mean	Std. De- viation	Coefficient of Variation
10	37.00	57.00	48.4000	7.84857	0.16216054



**EXPLANATION:**

Table no-5 is represents the data of converted score on neuroticism which was 48.40, 7.85 and 0.16 for mean, standard deviation and coefficient of variation respectively

**EXPLANATION:**

Table No.-1 show the Raw score, Converted score and Sten score of elite women long distance runners. This table represents least Raw score for Neuroticism is 8 and Extraversion is 15 and highest score is 33 and 32 for Neuroticism and Extraversion respectively. In Standard score for Neuroticism and Extraversion least score is 35 and 37 and highest score is 72 and 57 respectively. According to the table least Sten score for Neuroticism and Extraversion is 2 and 3 and highest is 7 for both.

This table clearly shows that Ms. Sudha Singh's Raw score for Neuroticism is 10 and Extraversion score is 32, the Extraversion score of Sudha Singh is highest among all women athletes. This same score is shared by other three athletes (Priyanka Singh Patel, Kiran Tiwari, and KavitaRaut). Her Converted score of Neuroticism was 37 and Extraversion was 57, which is highest among the other athletes and shared by the (Priyanka Singh Patel, Kiran Tiwari, and KavitaRaut ) and Sten score 3 for Neuroticism and 7 for Extraversion, which is highest score of the rest of the athletes and shared with the same three athletes respectively. On the contrary Priyanka Singh Patel's Neuroticism score is 2 which doesn't match with Kiran Tiwari KavitaRaut and Sudha Singh which is 3.

Ms. Priyanka Singh Patel's Raw score, Standard and Sten score for Neuroticism is 8, 35 and 2 respectively, which is lowest score in comparison to all women athletes & for Extraversion she has obtained 32, 57 and 7 for Raw, Standard and Sten score respectively, which is highest score among the other athletes. As far as Standard score is concerned she achieved 35, which is the highest score in respect to other athletes.

Ms. Kiran Tiwari's Raw score for Neuroticism is 10 & for Extraversion he has 32. As far as Standard score is concerned she achieved 37 & 57 in Neuroticism & Extraversion respectively. But if we look in Sten score she obtained 3 in Neuroticism, however in Extraversion she got 7. In Neuroticism she achieved highest score among all the athletes.

Ms. Kavita Rout's Raw, Standard and Sten score for Neuroticism is 10, 37 & 3 and for Extraversion she has 32, 57 & 7 respectively. She got the highest score in Extraversion and shared this same score with Sudha Singh, Priyanka Singh Patel and Kiran Tiwari.

Ms. O.P. Jaishaher Raw score for Neuroticism is 10 & for Extraversion she has 24. As far as Standard score is concerned she achieved 37 & 44 in Neuroticism & Extraversion respectively. But if we take a look in Sten score she obtained 3 in Neuroticism, however in Extraversion she got 4.

Ms. Preeja Sheredharan achieved in Raw score for Neuroticism is 24 & for Extraversion she has 22. As far as Standard score is concerned she achieved 51 & 41 in Neuroticism & Extraversion respectively. But if we take a look in Sten score she obtained 6 in Neuroticism, however in Extraversion she achieved 4.

For Ms. Jijimol Jocab, her Raw, Standard and Sten score for Neuroticism is 30, 57 and 7 respectively. 7 is the lowest score in Sten score for Neuroticism among the all women athletes. In Extraversion category she scored 20, 37 and 3 for raw Standard and Sten score. 37 and 3 is the highest score in Extraversion in according to the Standard and Sten score.

Ms. L Suriya's Raw score for Neuroticism is 14 & for Extraversion he has 23. As far as Standard score is concerned she achieved 41 & 42 in Neuroticism & Extraversion respectively. But if we take a look in Sten score she obtained 4 in Neuroticism, however in Extraversion she got 4.

Table No.-2 represents the Raw, Standard & Sten data for Ms. Lalita Babbar. Her Raw, Standard and Sten score for Neuroticism is 28, 55 and 5 and for Extraversion she achieved 26, 47 and 5 respectively.

Ms. Preethi L. Rao counted highest score in Raw, Standard and Sten for Neuroticism as following 33, 60 and 7 accordingly. In Extraversion, she scored 15 which is lowest in Raw category and 45 & 4 in Standard and Sten category.

Now we can clearly see that the table represents least Raw score for Neuroticism is 8 and Extraversion is 15 and highest score is 33 and 32 for Neuroticism and Extraversion respectively. In Standard score for Neuroticism and Extraversion least score is 35 and 37 and highest score is 72 and 57 respectively. According to the table least Sten score for Neuroticism and Extraversion is 2 and 3 and highest is 7 for both.

**DISCUSSION FINDING**

When we glance over the results of women long distance runner i. e. Ms. Sudha Singh, Ms. Priyanka Patel, Ms. Kiran Tiwari, Ms. O.P. Jaisha (steeple chase), Ms. KavitaRaut, Ms. Preeja Sreedharan, Ms. Jijimol Jocab, Ms L. Suriya (5,000mts and 10,000 mts) Ms. Kiran Tiwari, Ms. Lalita Babbar, Ms. Preeti L. Rao (marathon), Score for all has not shown any standard linear, neither as a whole nor in specific event results. But as all of these are involved in the event which starts from the shortest distance of long distance to the longest distance of long distance races.

Still, some of the similarity has been observed to scores as sten score which is more or less same for MsSudha Singh and MsPriyanka Singh Patel. By virtue both of them are involved in same event i. e. 3,000 mts steeple chase. Though, even same nature of scores has been observed in MsKavitaRaut and Ms. Kiran Tiwari whereas, MsKavitaRaut is involved in 5,000 mts, 10,000 mts and MsKiran Tiwari is involved in half marathon. Results speaks that they are the person those who have lower side (low score in Neuroticism) in Sten score means posses low anxiety but on the contrary they are high Extraversion score which is 7 in all cases shows they are highly extrovert.

It is surprising and shocking that MsJijimolJocab has score of 7 and 3 of Neuroticism and Extraversion respectively. In line with same MsPreeti L. Rao has score 7 and 4 respectively same as that MsPreejaSreedharan has a score of 6 and 4.

Out of the lot Ms. O. P. Jaisha, Ms L. Suriya and MsLalitaBabbar has score of 3 and 4, 4and 4 and 5 and 5 for Neuroticism and Extraversion respectively. Whereas, in case of Ms L. Suriya and Ms. LalitaBabbar Neuroticism and Extraversion score are the same. Though, it is 4and 4, 5 and 5 for Neuroticism and Extraversion respectively. Whereas, for Ms O. P. Jaisa it is 3 and 4 for Neuroticism and Extraversion. Here it reveals that Ms L. Suriya and MsLalitaBabbarhas a perfect equallyancy of Neuroticism and Extraversion. It means they could able to keep a balance of Neuroticism (where high score shows the extrovert nature on the contrary low score shows the introvert nature). In both the cases their score for Neuroticism and Extraversion are same but is on lower side as it is 4and 4, 5 and 5 respectively. Ms. O. P. Jaisha has all the different score which is 3 for Neuroticism and 4 for Extraversion, still being champion. She has all the different nature, posses' very low anxiety and quite introvert.

All the 20's scores are between 30 and 70. It means the score are homogeneous. Which in line with the involvement of all athletes in long distance

Though, high/low anxiety and introvert/extrovert doesn't play very important role as athlete is involved in neither for friction of second no acyclic movement. When one is involved in cyclic movement i. e. 3,000 mts to marathon (42.195 km) Neuroticism and Extraversion has much role to play. Further, scholar wishes to reveal strategically none of the athlete is affected by any bodies performance directly as results is against the time, not against athletes.

## CONCLUSION

- 1) All the selected subjects have falls under the above average in Neuroticism traits.
- 2) Elite Long Distance Runner would be stable in neurotic traits is accepted
- 3) All subjects have secured average to above average category in extraversion.
- 4) Elite Long Distance Runner would be stable in extraversion traits is accepted.
- 5) Generally the long distance runners prefer to stay away parties and social gathering due to big volume of training. However, whenever there is chance and they are not seriously in training for big competition they prefer social get together and interaction with friends to shed off stress of long hours of training and they participate with full energy and total hearty.
- 6) Though, high/low anxiety and introvert/extrovert doesn't play very important role as athlete is involved in neither for friction of second no acyclic movement. When one is involved in cyclic movement i. e. 3,000 mts to marathon (42.195 km) Neuroticism and Extraversion has much role to play. Further, scholar wishes to reveal strategically none of the athlete is affected by any body's performance directly as results is against the time, not against athletes.

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