



Personality Assessment of The Elite Men Long Distance Runners of India

KEYWORDS

Annu

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ABSTRACT

The main purpose of the study was to assess the personality traits of the elite Indian men'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. Eysenck'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 Men 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 men long distance runners are stable in neurotic and extraversion personality traits.

INTRODUCTION: 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.

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

Track and field is a sport comprising various competitive athletic contests based around the activities of running, jumping and throwing. The name of the sport derives from the venue for the competitions: a stadium which features an oval running track surrounding a grassy area. The throwing and jumping events generally take place within the central enclosed area.

Track and field is one of the sports which (along with road running, cross-country running and race walking) make up the umbrella sport 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 Championships in Athletics. The International Association of Athletics Federations 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 uninhibited, 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

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

S.NO.	NAME OF THE ATHLETES	RAW SCORE		STANDARD SCORE		STEN SCORE	
		N	E	N	E	N	E
1	Surendra Singh	28	30	55	53	5	6
2	Deepchand	32	30	59	53	7	6
3	Ram Singh	17	21	44	39	4	3
4	Kheta Ram	23	19	50	36	5	3
5	Elam Singh	36	27	63	49	8	2
6	Suresh Kumar	8	34	35	60	2	7
7	Sandeep Batam	8	32	35	57	2	7
8	Suresh Kumar Patel	35	23	62	42	8	4
9	Preetam Bind	10	32	37	57	3	7
10	Indrajeet Patel	8	34	35	60	2	7

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 BLUE COULOR-LOWEST SCORE RED COULOR-HIGHEST SCORE

GRAPH NO-1

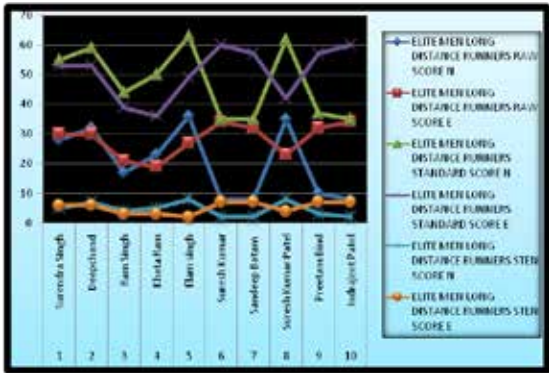
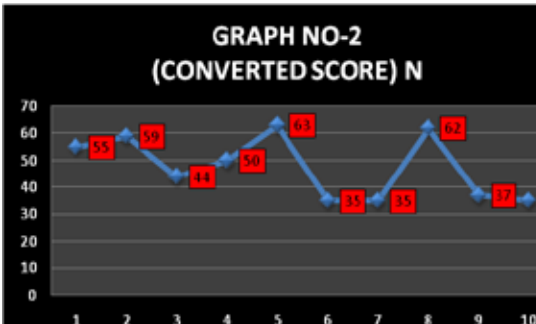


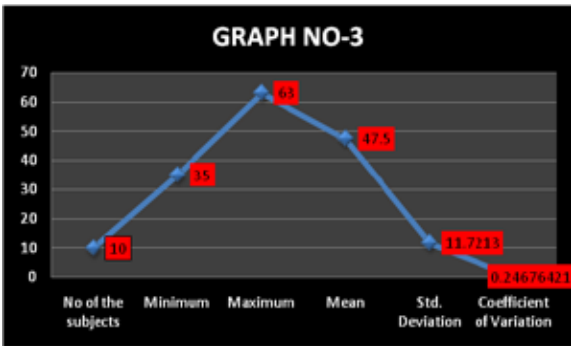
TABLE NO-2



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 subjects	Mini- mum	Maxi- mum	Mean	Std. De- viation	Coefficient of Variation
10	35.00	63.00	47.5000	11.72130	0.24676421



EXPLANATION:Table no-3demonstrates 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.

TABLE NO-4

RAW SCORE AND CONVERTED SCORE OF THE ELITE MEN LONG DISTANCE RUNNERS ON EXTRAVERSION			
S NO.	NAME OF THE ATHLETES	(RAW SCORE) E	(STANDARD SCORE) E
1	Surendra Singh	30	53
2	Deepchand	30	53
3	Ram Singh	21	39
4	Kheta Ram	19	36
5	Elam Singh	27	49
6	Suresh Kumar	34	60
7	Sandeep Batam	32	57
8	Suresh Kumar Patel	23	42
9	Preetam Bind	32	57
10	Indrajeet Patel	34	60

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

TABLE NO-5 Mean value, standard deviation and coefficient of variance of converted score of male long distance runners onExtraversion

No of the subjects	Mini- mum	Maxi- mum	Mean	Std. De- viation	Coefficient of Variation
10	36.00	60.00	50.6000	8.78382	0.17359328

EXPLANATION: Table no.-5 is represents the mean, standard deviation and coefficient of variation of converted score on extraversion which was found to be 56.6, 8.78 and 0.17 respectively.

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 Neurotism is 8 and Extraversion is 19 and highest score is 36 and 34 for Neurotism and Extraversion respectively. In Standard score for Neuroticism and Extraversion least score is 35 and 36 and highest score is 63 and 60 respectively. According to the table least sten score for Neuroticism and Extraversion is 2 and highest is 8 and 7.

This table is showing that the Data for Surendra Singh's Raw, Standard &Sten score. In Raw score he achieved 28 & 30 for Neurotism& Extraversion. In Standard score he obtained 55 & 53 in Neurotism& Extraversion respectively. If we take a look he scored 5 & 6 in Neurotism& Extraversion in Sten score category.

Mr. Deep Chand's Raw score for Neurotism is 32 & for Extraversion he has 30. As far as Standard score is concerned he achieved 59 & 53 in Neurotism& Extraversion respectively. But if we take a look in Sten score he obtained 7 in Neurotism, however in Extraversion he got 6.

In Raw score Mr. Ram Singh achieved 17 & 21 for Neurotism& Extraversion. In Standard score he obtained 44 & 39 in Neurotism& Extraversion respectively. If we take a look he scored 4 & 3 in Neurotism& Extraversion in Sten score category.

Table has represents the Data for Mr.Kheta Ram's, in Raw score he achieved 23 & 19 for Neurotism& Extraversion. In

Standard score he obtained 50 & 36. If we take a look he scored 5 & 3 in Neuroticism & Extraversion in Sten core category. He got lowest score in raw and Standard score for Extraversion.

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. In Extraversion he counted 27, 49 and 2 for Raw, Standard and Sten score respectively. 2 is the lowest score in Sten for extraversion.

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. He scored highest in Extraversion for Raw score 34, Standard score 60 and Sten score 7. This Extraversion score (34 and 60) is also shared by the Mr. Indrajeet Patel and 7 is shared by the Mr. Sandeep Batam, Mr. Preetam Bind and Mr. Indrajeet Patel.

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. In extraversion the score is 32, 57 and 7 respectively.

Mr. Suresh Kr Patel's raw score for Neuroticism is 35 & for Extraversion he has 23. As far as standard score is concerned he achieved 62 & 42 in Neuroticism & Extraversion respectively. But if we take a look in Sten score he obtained 8 in Neuroticism, it is the highest score among the all men athletes, and however in Extraversion he got 4.

Mr. Preetam Bind his Raw score for Neuroticism is 10 & for Extraversion he has 32. As far as Standard score is concerned he achieved 37 & 57 in Neuroticism & Extraversion respectively. But if we take a look in Sten score he obtained 3 in Neuroticism, however in Extraversion he got 7 is the highest score of Sten score and also shared by three other athletes.

Mr. Indrajeet Patel's score is same as Mr. Suresh Kumar.

Above table is showing the least Raw score for Neuroticism is 8 and Extraversion is 19 and highest score is 36 and 34 for Neuroticism and Extraversion respectively. In Standard score for Neuroticism and Extraversion least score is 35 and 36 and highest score is 63 and 60 respectively. According to the table least sten score for Neuroticism and Extraversion is 2 and highest is 8 and 7.

DISCUSSION FINDING

Table no-1 is has represents the variation in results of male athletes associated with long distances running event. Irrespective of being international level athletes, the variation in Sten score was observed in their results Mr. Suresh Kumar, Sandeep Batam and Indrajeet Patel has the Stan score of 2 on Neuroticism and 7 on Extraversion where as Preetam Bind has 3 on Neuroticism and 7 on Extraversion. 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 and Extraversion was found to be 5 and 6, 7 and 6, 4 and 3 and 5 and 3 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 2 and 8 and 4 on Neuroticism and Extraversion 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 and 60 on Extraversion. Whereas the lowest Standard score was found to be 35 and 46 on Neuroticism and Extraversion respectively. Furthermore, the data acquired from male elite long distance runners were in average range i.e. 30-70. No single athlete were found to be lying out of the average range.

Because of being the international level sports person, the homogeneity were found among them as far as neuroticism and extraversion traits is concerned.

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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