



## A Comparative Study of Personality Traits Among Male & Female Badminton Players

\* Dr. Devraj Attri

\* Associate Professor of Akal Collage of Physical Education Mastuana Sahib, Sangrur. (Punjab)

**ABSTRACT**

*The Purpose of the present study was to find the personality traits among male and female Badminton player's .For this 100 Badminton players in which 50 male and 50 female player's from different Collages, affiliated to Punjabi University, Patiala. The age of the samples ranged from 18 to 25 years & all the samples were selected from the random basis. To know the personality traits of Badminton players Eysenck personality inventory standardized by H.J. Eysenck was used and there were 48 statements in inventory & this inventory is highly reliable and valid for assessing personality traits. Result indicated that there is no difference found in the personality of male and female Badminton players.*

**Keywords : Personality Traits, Badminton players**

**Introduction:-**

In modern era, games and sports hold a prominent place in life. Millions of people participate in sporting activities and spend billions of rupees or dollars annually on sports related activities and equipment. The impact of sports on modern society has made it clear that sports are a very legitimate field of academic study. Modern thinkers in education now a days emphasize that the best individual is one, who is physically fit, mentally sound and sharp, emotionally balanced and socially well adjusted. In modern time's competition in sports needs psychological preparation of term or individual players. It is important as teaching the different skills of a game on scientific lines. It is said that modern warfare is not is fought and won with psychological strategies, similar is the case with modern sports. Sports psychological suggests that teams prepared not to play the game but also to win the game. Most of the coaches agree that physical characteristics, skills and training of the players are extremely important but they also indicate that good mental preparation for competition is a necessary component for success

Badminton is a sport based on unpredictability. The unpredictability of point length, shot selection, strategy, match duration, weather, and the opponent all influence the complex physiological aspects of badminton play. Designing and implementing training for tennis requires a solid understanding of the many physiological variables critical to optimal performance. Badminton requires short explosive bursts of energy repeated dozens, if not hundreds, of times per match or practice session. Badminton, unlike many other sports, does not have time limits on matches. It can result in matches lasting less than one hour or as long as five hours (in five-set matches). Its variability requires successful badminton athletes to be highly trained both anaerobically for performance, and aerobically, to aid in recovery during and after play. Although badminton is one of the most popular sports worldwide, few extensive reviews have been completed to help provide badminton scientists, coaches, and players with a summary of the badminton research

personality plays important role in achieving high performance in fields of life including games and sports. Personality is a dynamic concept. It cannot be restricted to certain inherited traits, tendencies and attributes. The inner core of personality may refer to inherit qualities, characteristics and traits

common to all (which exert a constant pressure on each individual), its peripheral facet constitutes the difference which distinguish one individual from others.

Personality is an integrated whole with certain concrete and some abstract dimensions. Each dimension has a specific purpose and a significant role to play in the totality of one's being. The maturational changes as a result of chronological growth and the environment interaction, which an individual has through out largely determined the extent to which an individual his personality-potential shall be developed. Various aspects of personality are not only inter-dependent but also so meticulously integrated that what happens in one aspect has its relative effect on other compartments. However, for the sake of convenience and better understanding, personality is compartmentalized into physique, mind and intellect, emotionality and sociability.

**Methodology:-**

100 Badminton player's in which 50 male and 50 female were selected from different Colleges, affiliated to Punjabi University Patiala. The selected Player's at least represented inter-university level tournaments. The average age of the selected sample was 21.5 years To assess the personality traits of the players Eysenck personality inventory standardized by H.J. Eysenck was used and this inventory is highly reliable and valid scoring was done according to the laid down by the author .After scoring obtained data was tabulated. To find out the personality traits of the male and female Badminton players, 't' test were used.

**Result And Discussion:**

**Table No.1  
Personality Traits of Male and Female Badminton Players**

Groups	N	Mean	S.D	df	t-value
Male	50	24	5.82	98	0.32
Female	50	23.94	5.80		

**Conclusion:-**

The Final conclusion of the study were found that there is a no differences in the personality of male and female Badminton player.

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