

Relation between Physical Personality and Sports

Dr. Prof. T. F Gulhane

Rajiv Gandhi College of Engineering Research & Technology, Chandrapur, Maharashtra, India

Abstract: *There are two different ways to measure someone's personality. Both ways involve asking a person questions about their feelings and how they might react in different situation. The first way to measure personality that I have researched is called EPI. This is a huge questionnaire that looks at the different categories of personality. You can find out if you are an extrovert is someone who is lively and outgoing and has lots of friends whereas an introvert is the opposite as they like to be alone and shy. The questions in the EPI can help people to find out more about themselves*

Keywords: *Probably, categories, extrovert, psychologists, surrounding*

I. Introduction

Everyone has a different personality is made up of different characteristics which make a person individual. According to some psychologists there are different type a personality. One of these is a type a personality if they are always in a hurry. They are also determined to Dowell especially if they are involved in sport the other type of personality is type b if a person is type b they can be quite lazy and relaxed and they can be quite I am a type a person.

Albert Bandura was a psychologist who said that the situation a person is in will affect how they behave. He said that we can change depending on who we are with and where we are at the time. He also said that sometimes people will use role models as an example of how they should behave. Someone like Messi, who is a good football player, is a good role model for people who are who involved in football and they may want to be as good as him.

Bandura also said that if you are given feedback on how you perform and the feedback is positive, you are likely to perform well the next time so that you can receive the same positive feedback again. It is the same if you perform badly and your coach tells you that you need to improve. You will probably try harder next time.

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II. Physical Education And Sports Science Experts As Coaches

Coaching is a wide area of engagement of the experts in the field of physical education and sports. Sports proficient in particular game or sporting event can undergo coach training in the NIS (National Institute of Sports) under the sports authority of India (SAI). Person with the degree or masters degree in physical education are considered to be more suitable for professional. Coaches are in great demand in government, semi government and private institutes like, SAI, Sports school, various states sponsored associations and organizations, clubs, gymnasiums, fitness centers etc. Now days, most of the general academic schools also employ coaches for imparting training in specific games or sporting events.

III. The Structure Of Personality

Sports psychologist Rainer Martens believes that the structure of someone's personality depends on a series of factors, which can be presented visually.

IV. Theories Of Personality

There are three main theories of personality: the trait approach, and the interactional approach.

V. The Trait Approach To Personality

The trait approach to personality, based on the work of psychologist Matt Jarvis states that personality traits are developed when we are very young and do not change as we grow older. An individual's personality traits make them react in a certain way in any given situation, so factors such as the environment will not affect a person's reaction. For example, if a person is naturally aggressive they will behave aggressively no matter what the circumstances.

Psychologists have developed ways of categorizing people into different personality types to support the trait approach to personality. Hans Eysenck suggested that people are introverted or extroverted.

Introverts are shy people who are happy in their own company. Extroverts are confident and outgoing. They enjoy socializing and are very comfortable in other people's company.

Type A	Type B
Impatient	Patient
Time-conscious	Relaxed
Competitive	Lazy
Outgoing	Tolerant
Aggressive	Easy-going
Driven	Calm
Forceful	Passive
Focused	Stress-free
Rushed	Laid-back

Matt Jarvis believes that people can be categorized into two types of personality, "Type A" or "Type B". If a person doesn't fit into either Type A or Type B then they are classed as type AB.

VI. The Situation Approach To Personality

The situation approach to personality is based on the work of Albert Bandura. It is very different from the trait approach because it states that people's personalities cannot be categorized; rather they are influenced by the situations that people find themselves in. This means that how we behave is dependent on our surroundings. For example, a person may be quiet and calm when they are with their family, but they may become aggressive when playing in a competitive situation.

- **Bandura Focused Particularly On The Concepts Of Modelling And Feedback :**

Modelling

This means that people base their actions on others by observing and copying them. For example, someone who admires David Beckham might watch him play and then try to copy his techniques on the field.

Feedback

When we are given praise or congratulated on our behavior or performance, we will endeavour to emulate this so that we can receive further positive feedback. Similarly, if our behavior or performance is not so good, we will receive negative feedback and will then try to improve so as not to receive such feedback in the future.

VII. The International Approach To Personality

The international approach to personality combines the trait approach and the situational approach to personality. It suggests that a combination of an individual's personality trait and the situation that they find themselves in will determine how they react. It also states that on some occasions, the situation factors may supersede the personality traits. For example, a dancer who is typically shy and reserved may uncharacteristically be given top marks for a performance.

- **View On Personality**

The first theory is called the "trait view" and was developed by Matt Jarvis. This view states that the way in which a person behaves will depend on the traits or characteristics that they have. These traits are developed at a very young age and stay with the person all of their life.

Type A	Type B
Forceful	Calm
Aggressive	Patient
Impatient	Laid-back
Determined	Relaxed
Driven	Stress-free

People tend to take part in sports that suit their personality. For example, Wayne Rooney is a typical type person as he often displays characteristics such as aggression, impatience and forcefulness. On occasions, this kind of behavior can get him into trouble on the pitch, but as these are Wayne's natural characteristics, he will find it difficult to behave any differently. Someone who could be classed as a Type B personality is Roger Federer. He is always calm and composed when being interviewed post-match. Although he is clearly a

determined player who is driven to succeed, his natural personality traits make him a laid-back, relaxed person. This is a completely different personality type to Wayne Rooney and I think the sports that the two men have chosen could be down to their personality traits.

A third strand to this theory is the Type AB personality. This category is for people who do not fit comfortably into either of the other two categories, but instead have several traits from each of them. An example of someone who is a typical AB personality is British Heptathlete Jessica Ennis. She has lots of determination, Drive, and focus and this has certainly helped her to become successful in her sport. Despite this, when interviewed about her performances, she is calm, relaxed, laid-back and easy-going, often making joke about her performance or her training. This shows that Jessica is well suited to a athletics because she is able to switch from one side of her personality to the other, and can turn on the drive and ambition when she needs to in order to beat her opponents.

In contrast to the trait theory, the “situational theory” developed by Albert Bandura states that it is not a person’s traits that determine how they will behave, but the situation that they find themselves in. Bandura said that a person’s surroundings can have a direct effect on their behavior. An example of this is football hooliganism. A person who is usually calm and laid-back may lose their temper and become aggressive if they see their friends or family members become involved in an altercation with other football fans. Although they may not have set out to become involved in the trouble. The situation they find themselves in could make this happen.

The term “feedback” refers to the comments given to a performer by their coach, parent or teacher on how they performed. For example, when a trampolines has completed their routine, they may be given tips on how to improve their performance, such as they need more height or more control when they twist. The type of feedback that an athlete receives can have an effect on future performances. They may feel happy with what has been said if they are given praise and positive comments, which will make them want to repeat their success, alternatively, if a performer is given negative feedback. They may feel inadequate and be driven not to make the same mistake again.

The final theory of personality is the “interactional view”. This view does not conflict with either of the others but incorporates features from them both. The interactional view states that the way in which a person behaves is down to a combination of their individual traits and the situation that they are in. for example, a person who is normally quiet and reserved may become loud and excited in a particularly competitive situation, especially if they are successful. Their natural personality traits may be calm and relaxed but the situation they are in could make them excitable.

Theories of personality the interactional approach is the most realistic as it considers both a person’s natural make up and the situation they find themselves in not all people will change when faced with different situations. But it is possible that a person may be influenced on occasion by other people around them, the atmosphere, and the nature of the situation, how important or competitive it is.

VIII. Conclusion

Personality as that which permits a prediction of what a person will do in a given situation. An individual’s personality is unique, it is based on a series of traits of characteristic that are exclusive to that person and these can have an impact on their sports performance.

Although someone’s personality does not predict excellence in sport, psychologists believe that athletes who perform well often display positive mental characteristic or Traits. They indicate that successful sports performers are often less anxious, less depressed, and confused.

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