



A STUDY ON PERSONALITY PROFILE OF STATE LEVEL WOMEN KHO- KHO PLAYERS

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Abstract

In the 21st century, sport and physical activity have earned a great importance in society. With this enhanced awareness, physical, technical and psychological improvements have become priority in sport teams with the intent of making the most of the athlete's potentiality. In this regard, the known sport sciences such as physiology, biochemistry, medicine, biomechanics, anthropometry, sociology and psychology have been improved, researched and applied in competitive sport. The purpose of the present study was to find out the personality profile of state level women kho- kho players. The performance in competition is direct link with the personality of an individual. Personality characteristics of an individual play an important role in achieving high performance in Kho-Kho. The present study was to find out the personality traits, need patterns and locus of control of west Bengal state level women kho-kho players. Total twenty (N=20) subjects were randomly chosen for this study. The age of the players ranged from 18 to 25 years. They were selected from two separate districts North 24 Parganas and Nadia of West Bengal. In the present study sixteen personality factors were measured using Cattle sixteen Personality Factors Questionnaire. The Opinion expressed by the subjects was converted to numerical scores and STEN score using norms. These numerical scores of all the 16 Personality Factors were the data for the present study. Statistical techniques included descriptive statistics was used to analyze the data. As per norms the numerical score between 4.8 to 6.2 is considered to be the normal value for a personality factor. On the basis of this principle it is seen from the subjects of present study were of normal personality score in factors B, F, H, I, M, Q₁. It also seen that the subjects were above normal level in factors C, E, G, L, N, O, Q₂, Q₃, Q₄, and lower value only for factor A.

Key Words: Personality, State level Kho-Kho players, Profile



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Introduction

Kho-Kho ranks as one of the most popular traditional sports in India. Kho Kho is an extremely complicated and tactical sport. Kho Kho is a tag sport played by teams of twelve players who try to avoid being touched by members of the opposing team; only 9 players of

the team enter the field. It is one of the two most popular traditional tag games of South Asia, the other being Kabbadi. Apart from South Asia (mainly Bangladesh, India and Pakistan), it is also played in South Africa.

The origin of Kho-Kho is difficult to trace, but many historians believe, that it is a modified form of

„Run Chase“, which in its simplest form involves chasing and touching a person. With its origins in Maharashtra, Kho-Kho in ancient times, was played on „raths“ or chariots, and was known as RATHERA.

Dodging, feinting and bursts of controlled speed make this game quite thrilling. To catch by pursuit - to chase, rather than just run - is the capstone of Kho-Kho. The game develops qualities such as obedience, discipline, sportsmanship, and loyalty between team members.

To be a successful kho-kho players one needs to have high level physical fitness, mental readiness, presence of mind, intelligence, determination, focus and motivation. Generally, the kho-kho players are from rural areas with low to middle level of Socio- economic status, therefore the kho-kho Players are different in personality pattern with players of other games like Cricket, Tennis, and Badminton etc.

Personality Development quint essentially means enhancing and grooming one's outer and inner self to bring about a positive change to your life. Each individual has a distinct personality that can be developed, polished and refined. This process includes boosting one's confidence, improving communication and language speaking abilities, widening ones scope of knowledge, developing certain hobbies or skills, learning fine etiquettes and manners, adding style and grace to the way one looks, talks and walks and overall imbibing oneself with positivity, liveliness and peace. Present study was planned to analyze the personality profile of kho-kho players with state level performance. There have been a number of research studies in this area but most of them were to analyze the physical and anthropometric and motor fitness characteristics of kho-kho players. Present study was planned to fill in this gap of knowledge of studying the personality profile of State level women kho-kho players. Parsons (1964) administered the 16 PF to champion swimmers and found that they differed from the population on 15 of the 16 factors. However, those swimmers in the champion group who were selected to participate on 1962 Canadian team did not differ from those swimmers who were not selected. The relationship between "sports and personality " has once more received a boost (Bachleitner, 1984) while there are some

researchers who have established an obvious relationship between athletic performance and personality traits (Eysenck, 1982; Kirkcaldy, 1982), there are others who deny such a correlation mainly because the results provide contradictory findings (Sack, 1982; Mummendry, 1983).

Methods & Materials

Subject:

Twenty (20) female Kho-kho players were selected on the subject for present study. They were selected from two separate districts North 24 Parganas and Nadia of West Bengal. All these subjects played the game of Kho-kho for a number of years under the supervision by the qualified coaches. They were all participated in State level kho-kho Competition.

Criterion measure:

In the present study personality profile of Kho-kho players was studied. For this, sixteen Personality factors suggested by Cattell were considered. Therefore, all these sixteen personality Factors were the measuring criteria for the present study.

Statistical Calculations:

The answers given by the subjects were converted to numerical scores using norm of the questionnaire. The STEN score for all the sixteen (16) factors were calculated for all the subjects. Mean and standard deviation were calculated for the female kho-kho players.

Results and Discussion

The mean values of all the sixteen personality factors for female State level Kho-kho players selected as the subjects for the present study have been presented in table -1.

Table -1 Mean value of 16 PF Personality test for female kho-kho players

Factor	Mean value (Mn)	Standard deviation (SD)
A	4.33	± 1.79
B	5.44	± 2.08
C	6.44	± 1.57
E	6.89	± 1.91
F	5.78	± 2.12
G	7.33	± 1.56
H	5.61	±1.56

I	6.05	± 1.41
L	6.78	± 1.02
M	5.28	± 1.48
N	6.83	± 1.49
O	7.00	± 1.15
Q ₁	5.44	± 2.08
Q ₂	6.61	± 1.53
Q ₃	6.72	± 1.32
Q ₄	6.67	± 1.79

As per norms the numerical score between 4.8 to 6.2 is considered to be the normal value for a personality factor. On the basic of this principle it is seen from the table values that subjects of present study were of normal personality score in factors B, F, H, I, M, Q₁. It also seen that the subjects were above normal level in factors C, E, G, L, N, O, Q₂, Q₃, Q₄. However, the subjects were mean values lesser than normal limit of 4.8 in only factors A,

Table -2 Mean value of above normal level factors description of female kho-kho players

Factor	Mean value (Mn)	High score description
C	6.44	Emotionally stable, adaptive, mature, faces reality calmly
E	6.44	Dominant, forceful, assertive, aggressive, competitive, stubborn, bossy
G	7.33	Rule-conscious, dutiful, conscientious, conforming, moralistic, staid, rule bound
L	6.78	Vigilant, suspicious, skeptical, distrustful, oppositional
N	6.83	Private, discreet, no disclosing, shrewd, polished, worldly, astute, diplomatic

O	7.00	Apprehensive, self-doubting, worried, guilt prone, insecure, worrying, self-blaming
Q2	6.61	Self-reliant, solitary, resourceful, individualistic, self-sufficient
Q ₃	6.72	Perfectionistic, organized, compulsive, self-disciplined, socially precise, control, self-sentimental
Q ₄	6.67	Tense, high energy, impatient, driven, frustrated, over wrought, time driven.

Table-3 Mean value of lesser than normal level factors description of female Kho-Kho players

Factor	Mean value (Mn)	Low score description
A	4.33	Impersonal, distant, cool, reserved, detached, formal, aloof

On the basis of the data presented in tables, it can safely be discussed

- i. The subjects of the study were found normal in respect of (Factor B) concrete thinking ability and normal in intelligence, Liveliness (Factor – F), depicting is the shy (Factor H), depicting to be normal in self – reliance (Factor – I), conventional and careful practical approach (factor M), and (Factor Q1), indicating conservativeness.
- ii. Some of the subjects of the study also appeared as above than the normal. They were adaptive and faces reality (Factor C), independent and aggressive (factor E), enthusiastic (factor F), Rule bound (factor G), Vigilant (Factor L) , diplomatic (factor N), self-blaming (factor O), resourceful (factor Q2), Society precise (factor Q3 Frustrated (factor Q4)
- iii. Some factors of the personality profile of the subjects have also appeared as lower

value than the normal limit only for factor-A and they were detached, Critical and cool type of personality.

Conclusion

On the basis of the results analysis of data, following conclusion of the study were drawn with in the limitation of the study: i) The State level kho-kho players are Cool and intelligent in respect of normal population. ii) State level kho-kho players are emotionally stable, aggressive and competitive in nature. iii) The kho-kho players are serious, rule-conscious and dutiful. iv) The kho-kho players are shy and self-reliant, and also they are resourceful, individualistic, self-sufficient, self-blaming, self-disciplined, socially precise and frustrated.

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