

A Study of Personality Dimensions in Sports Performance

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Abstract

The present study examined the cognitive, affective and conative aspects of personality contributing in high level sports performance. Tests of FDI cognitive style, sensation seeking, attribution style (locus of control scale) were administered on the interuniversity players (high level performance group) and on intercollegiate players (low level performance group). The results of the discriminant analysis indicates that the two groups of players were significantly different in their cognitive style, attribution style, and sensation seeking personality dimensions discriminant function (Wilks lambda=0.82, $p < .001$). Significant F ratio indicates that the three personality dimensions differentiate individually, the two groups in sports performance. The personality dimension attribution style (external locus of control) in sports performance contributed for high level performance, 50.72% of the total discriminantes, contribution of FI cognitive style for the high level performance in sports was 32.80%. Sensation seeking contribution was found to be lowest of the total variance.

Key Words: Cognitive Style, Attribution Style, Sensation seeking, Sports Performance

Introduction

Predicting the likely hood of success in a promising junior athlete in to an accomplished senior performer has been dream of every recruiter in sports or any other job. Personality attributes feature quite prominent in important life outcomes; as in academic achievement (Ferguson & James, 2000) vocational choice, as well as in sports and exercise related behavior, (Aidman & Chofield, 2004, Auweele et al, 2000). A wide variety of personality variables have been found to be associated in levels of achievement (Davis & Mogak, 1994; Kirkcadly, 1982) in a number of sports , including basketball (Evans & Quarterman, 1983), hockey (William & Parkman, 1980), football (Wilson & Freeman, 1986). Growing evidence suggest that emotional stability is associated with athletic success (Garfield

& Bennett, 1984; Terry, 1995). Researches also reveal that successful outcome by and large attributed to stable, controllable and internal causes (Robinson & Howel, 1987). Extroverts have been found to excel in sports Eysenck (1995). In sports information processing style of the sports person is important. How the players perceive the game and respond to it. A person high on field independence is said to seek differentiated information with well distinguished parts, where as field dependent person lacks internal organization ability. The field independent players have been found to be more physically active (Liu.w., 2006; Guillet & Collet, 2004; Lu & Suen, 1995; Skaggs et al, 1990).

Optimal level of stimulation, arousal or excitation is necessary. It has been proposed by scholars that risk taking and sensation seeking have been reported to be related with sports behavior. It is