

## A COMPARATIVE STUDY ON PERSONALITY TRAITS BETWEEN STATE LEVEL BOXING PLAYERS

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### **Abstract**

This study aims to investigate the personality traits between state level boxing players of Imphal East and Imphal West districts of Manipur. Total 250 state level male players mean age ( $21.80 \pm 2.13$ ) years were taken as subjects in the study. Further they were separated into 2 groups: A (Imphal East) and B (Imphal West). T-test was executed to assess the between-group differences. The level of  $p \leq 0.05$  was considered significant. Significant between-group differences were found for factors A ( $t=1.76$ ), factors B ( $t=5.47$ ), factors C ( $t=3.38$ ), factors E ( $t=1.82$ ), factors F ( $t=1.95$ ), factors G ( $t=4.48$ ), factors H ( $t=3.00$ ), factors I ( $t=4.49$ ), factors L ( $t=5.16$ ), factors O ( $t=4.57$ ), factors Q3 ( $t=3.37$ ), factors Q4 ( $t=3.49$ ) whereas no significant between-group differences were found for factors M ( $t=1.63$ ), factors N ( $t=1.36$ ), factors Q1 ( $t=1.61$ ) and factors Q2 ( $t=1.39$ ). Thus it may be concluded that personality traits of boxers from Imphal East and Imphal West found to be statistically significant in factors A, factors B, factors C, factors E, factors F, factors G, factors H, factors I, factors L, factors O, factors Q3, factors Q4 whereas no significant between-group differences were found for factors M, factors N, factors Q1 and factors Q2.

**Keywords:** Personality, Traits, Boxing

### **Introduction**

The learning of personality trait is key to the understanding of rough behavior; in spite of the fact that it is a complex and disputable viewpoint of psychological assessment. Nowadays numerous outlets and coaches look to sport psychology for a sports competitive edge by looking for psychological traits and training program in order to learn among other thing. Personality psychology deals with the study of individual differences. There are four factors that influence how we react in any given situation: our genetic makeup, our past experiences, the situation, and our desires. Traits are fixed, individual-specific traits. Individual traits also can vary due to genetic differences. Traits can be measured by three things: the frequency of the trait, the strength of the trait, and the range of situations in which the trait is used. Here everything can be better understood from one or more perspectives. Differences in quality, preferences and knowledge will affect the athlete's athletic behavior and experiences. From this we can say that, every athlete should be approached as an individual. In conclusion, every athlete is different due to their unique personality. In combative sports, youngsters compete in a safe and tightly

controlled environment where qualities such as self-defense, self-discipline and respect are developed. No matter how talented a boxer is, no matter how physically fit he is, it means nothing if he is not mentally prepared and does not develop the necessary skills. Thus, the study aims to know the personality traits of boxers from two different districts of Manipur.

## Objective

The purpose of this study was to investigate the personality traits between state level boxing players of Imphal East and Imphal West Districts of Manipur.

## Research Design and Method

The study included 250 state level male players mean age ( $21.80 \pm 2.13$ ) years were selected for the study and informed about the purpose and method of the study and they were all willing to participate in the study. The Cattell (16 PF) personality questionnaire was used as an instrument. The study was delimited to boxing players of Imphal East and Imphal West districts of Manipur who were participated to state level tournaments.

All the 250 boxers, who have been selected as subjects were asked to fill the 16PF questionnaire which consist 187 statements. The players took 15-30 minutes to complete the questionnaire. Raymond Cattell's 16PF questionnaire consists of many factors which are related with personality. Some of the primary factors are: A - Warmth; B - Reasoning; C - Emotional Stability; E - Dominance; F - Liveliness; G - Rule- Consciousness; H - Social Boldness; I - Sensitivity; L - Vigilance; M - Abstractedness; N- Privatness; O - Apprehension; Q1- Openness to Change; Q2 - Self-Reliance; Q3 - Perfectionism; Q4-Tension.

SPSS version 14.0 (Statistical Package for the Social Sciences) was used for all analyses. T-test was used to assess the between group differences. In all the analyses, the 5% critical level ( $p \leq 0.05$ ) was considered to indicate statistical significance.

## Results and Conclusion

The results of this study were obtained in the order of all factors namely: : A- Warmth, B- Reasoning, C- Emotional Stability, E- Dominance, F- Live lines, G- Rule Consciousness, H- Social Boldness, I- Sensitivity, L-Vigilance, M- Abstractedness, N- Privatness, O- Apprehension, Q1- Openness to Change, Q2- Self Reliance, Q3- Perfectionism and Q4- Tension. For each selected factor, the table displays the results indicating whether there are significant differences between state level boxing players of Imphal East and Imphal West districts of Manipur.

**Table:** Mean Values ( $\pm$ SD), and Test Statistic t of Personality Traits between Imphal East (n = 125) and Imphal West (n = 125).

Dimension	Mean		SD		t-value
	Imphal East	Imphal West	Imphal East	Imphal West	
Factor A	5.73	6.10	1.55	1.93	1.76
Factor B	7.28	6.24	1.33	1.71	5.47
Factor C	7.38	6.60	1.83	1.58	3.38
Factor E	6.00	6.36	1.36	1.60	1.82
Factor F	6.10	6.48	1.36	1.60	1.95
Factor G	7.23	6.16	1.93	1.80	4.48
Factor H	7.23	6.60	1.93	1.41	3.00
Factor I	7.21	6.13	1.55	2.14	4.49
Factor L	4.84	6.09	1.93	1.65	5.16
Factor M	6.00	6.28	1.15	1.73	1.63
Factor N	6.61	6.88	1.41	1.81	1.36
Factor O	5.24	6.36	2.19	1.45	4.57
Factor Q1	6.15	6.45	1.63	1.50	1.61
Factor Q2	7.19	7.42	1.10	1.63	1.39
Factor Q3	5.72	6.48	1.71	1.71	3.37
Factor Q4	5.43	6.19	2.10	2.10	3.49

\*Significant at .05 level of significance.  $t_{.05} = 1.645$

The results of personality traits (i.e., factors namely: A- reserved v/s outgoing, B -less intelligent v/s more intelligent, C- affected by feeling v/s emotionally stable, E-humble v/s aggressive, F- sober v/s happy go- lucky, G-expedient v/s conscientious, H- shy v/s venturesome, I-tough minded v/s tender minded, L-trusting v/s mistrusting, M-practical v/s imaginative, N-unsophisticated v/s calculating, O-placid v/s apprehensive, Q1-conservative v/s experimenting, Q2-group dependent v/s self-sufficient, Q3-group dependent v/s self-sufficient, Q4- relaxed v/s tensed) between state level boxing players of Imphal East and Imphal West are presented in table. In case of personality traits of Imphal East and Imphal West boxing players significant between group differences were found for factors A (t=1.76), factors B (t=5.47), factors C (t=3.38), factors E(t=1.82), factors F (t=1.95), factors G (t=4.48), factors H (t=3.00), factors I (t=4.49), factors L (t=5.16), factors O (t=4.57), factors Q3 (t=3.37), factors Q4 (t=3.49) whereas no significant between group differences were found for factors M (t=1.63), factors N (t=1.36), factors Q1 (t=1.61) and factors Q2 (t=1.39). Fig.: Mean Values ( $\pm$ SD), and Test statistic t of Personality Traits between Imphal East (n = 125) and Imphal West (n = 125).

## Discussion

The aim of the present study was to investigate difference of the personality traits of state level boxing players of Imphal East and Imphal West districts of Manipur. Analysis of data revealed significant difference of personality traits of Imphal East and Imphal West boxing players

significant between-group differences were found for factors A, factors B, factors C, factors E, factors F, factors G, factors H, factors I, factors L, factors O, factors Q3, factors Q4 whereas no significant between-group differences were found for factors M, factors N, factors Q1 and factors Q2.

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