



# **Topic : Comparison of Selected Personality Trait Among Physically Challenged Sportsmen and Non – Sportsmen**

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## **Introduction**

Everyone is born with innate capacities and capabilities and a sort of genetic blue print. The goal of life is to fulfill this genetic blue print to become whatever we are inherently capable of becoming and thus resulting into “fully functioning person” physically challenged people are deprived from the opportunity of fulfilling their inborn potential. They become constricted, rigid and defensive. They feel themselves threatened, anxious and experience a considerable discomfort and uneasiness. Some people realize that they do not know what they are and what they want but life itself is a continuous process of facing challenges. These challenges are different each time become the situation as well as the individual himself keeps changing well-adjusted people enjoy the difficulties of life. They do not step aside and rather accept the challenge and are willing to experience the pain and confusion.

## **Method**

The subjects of the study were 40 physically challenged male students. 20 physically challenged students who neither have attitude for sports nor participated in sports were selected as non-sportsmen physically challenged subjects. And twenty regular participation of sports were selected as physically challenged sportsmen subjects for this study. Since the study was confined within a limited perimeter. The following variable and test were selected to compare personality among sportsmen and non-sportsmen of physically challenged.

## **Variable Test**

- ❖ Personality traits
- ❖ 16 P.F Questionnaire

- ❖ Developed by Raymond,
- ❖ Cattle and Herber.

Sixteen personality factors questionnaire was selected as criterion measures to compare the personality traits among physically challenged sportsmen and non – sportsmen. It is an objective test, which gives the most extensive coverage of individuals.

A personality characteristic is widely used in games and sports. It is an objectively scored test. This test is highly reliable and valid for testing of this test is 0.05. The following personality traits are measured with the help of this questionnaire.

Factor A (Reserved v/s outgoing)

Factor B (less intelligent v/s more intelligent)

Factor C (Lower ego strength v/s higher ego strength)

Factor E (Submissiveness v/s Dominance)

Factor F (Sober v/s happy – go – lucky)

Factor G (Expedient v/s conscientious)

Factor H (Shy v/s venturesome)

Factor I (Tough minded v/s tender minded)

Factor L (Trusting v/s mistrusting)

Factor M (Practical v/s Imaginative)

Factor N (Forthright v/s shrewd)

Factor O (Placid v/s Apprehensive)

Factor Q1 (Conservative v/s Experimenting)

Factor Q2 (Group dependent v/s self-sufficient)

Factor Q3 (Low integration v/s high self – concept control)

Factor Q4 (Low ergic v/s high ergic tension)

## **Finding**

Finding of the study has thrown light on personality difference or in other word personality profile constituent traits among physically challenged sportsmen and non-sportsmen. It was evident from the study that physically challenged sportsmen were outgoing, warm-hearted, assertive, independence, aggressive, conforming etc. whereas, physically challenged non-sportsmen were found to be self-indulgent, submissive, mild, accommodating, reserved etc. As sportsmen are found commonly out-spoken and has more social interaction than other non-sportsmen. They were contented to live socially and indeed enhance the interpersonal relationship in their organization / environment. Though statistical

findings, doesn't show any significant difference among physically challenged sportsmen, the mean score of the respondents showed that physically challenged sportsmen were found to be jolly and were more emotionally stable. Generally, non-sportsmen are evident to be conservative, sober, self-indulgent. Shy hesitant, realistic, self-satisfied etc. they enjoyed within themselves rather than be with his fellow being. But the individuals associated with sports themselves learn to accepting the challenges and to meet the situation demand. They are organized and equipped to inculcate themselves in developing their personality traits from various situation. Since sportsmen are associated with experience of both shrewd and take initiation and take responsibility, polished mind. This lead to control them socially precise following self-image and thinking critically putting thing into experience and get them educated from one situation to other situation. They are more contended to express themselves and developed a sense of independent feeling to sustain trouble.

Physically challenged sportsmen were found to be aggressive, independence, self-dependent, emotional stable. Research scholar would like to attribute this findings to the fact that this traits were inculcate and developed as a result of sportsmen being exposed to the situation to participation and perform be decisive, self-dependent.

Moreover when physically challenged individual perform movement, skills required in competitions it make one relies his capability to perform difficulty sports movements. Hence it is quite natural physically disabled individual will have greatest impact on their understanding that their not disabled and dependent on other rather they too can perform difficult movements and be self- dependent.

This understanding will obviously developed self-confident leading to development of many other positive traits.

Ultimately it is sports that provide unit situation that facilitate positive development of personality among physically challenged population.

## **Discussion**

On the basis of findings of the study and understanding the varies causes and underline factors of findings, scholar could effectively generalized meaningful conclusion. And on the basis of that the following recommendations were made Specialize adapted physical education programmed should be developed for physically challenged population to derived and give opportunity for personality development While Adapted programmed should be ensure for physically challenged population through sufficient opportunity programmed and Experimentation or research projects should be taken to developed design specialized adapted programmed for disable to find out personality difference among physically challenged population with different degree of disability and types of disability.

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