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Influence of the Personality Traits on the Shooting Ability of the University Level Handball Players

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Abstract

Handball is a strenuous contact Olympic team sports that emphasis on running, jumping, sprinting, throwing, hitting, blocking and pushing. In this game, movement patterns are characterized as an intermittent which change continuously in response to the different offensive and defensive situations in which anthropometric characteristics and high levels of strength, muscle power, and handball throwing velocity are the most important factors that give a clear advantage for successful participation in the elite levels of handball leagues. Numerous psychological researches focus on the relationship between the personality and performance, problem still quite controversial, but with implications of both theoretical and practical. The purpose of the study is to find out the influence of the personality traits on shooting ability of the handball players. To achieve this purpose, handball players from Mysore, Kuvempu, Mangalore and Rani Chennamma University are selected as the subjects. Personality trait front shoot test is conducted to measure the shooting ability. The data are statistically analyzed. The results revealed that there is a significant influence of personality on the shooting ability of the handball players.

Keywords: Personality, Handball, Influence, Skill performance, Shooting Ability.

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Introduction

Personality is a criterion reference for knowing, understanding or evaluating a person. It depends on the psychophysical development of a person which includes the individual's nature, character, intelligence, interest, attitude, aptitude, expectation, ideals etc. Personality of an individual is strongly determined by the genetic factors, environmental factors, societal factors etc. The personality pattern is the specific traits or a group of related or consistent reactions which characterize the individual's typical manner of a personal and social adjustment. The personality is something unique and specific. Personality exhibits self-consciousness as one of its main characteristics. The personality traits can be further divided into Introversion, Extroversion and Ambiversion. Extraversion is the act, state, or habit of being predominantly concerned with and obtaining gratification from what is outside the self. Introversion is the state of or tendency towards being wholly or predominantly concerned with and interested in an individual's own mental life. Ambivert is moderately comfortable with the groups and social interaction, but can be enjoy is time for that alone.

Empirical studies have shown that the

relationship between the personality traits and performance are moderated by two categories of variables: contextual and related to the nature of the task. At the current levels of sport performance, mental preparation extremely plays an important role when taking into consideration the fact that the level of the physical and technical capabilities of two athletes are equal, the winner in a competition will be the one with a realized solid mental preparation. So, the personality of an individual plays an very important role in his and the team performance. This motivated the researcher to conduct the present research to analyze the effect of the personality traits on the shooting ability of the handball players.

Statement of the Problem

The Purpose of the study is to find out the Influence of the personality on the shooting ability of the University Level Handball Players.

Hypothesis

It is hypothesized that there is a significant differences in the personality traits and shooting ability of the University Level Handball Players.

Review of Related Literature

The research conducted by Cucui exhibits that the large number of subjects (of about 83.33%) become an evident tendency of the introversion and emotional

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stability, traits specific of a phlegmatic temperament and characterized by on increased effort capacity, tenacity, robustness and emotional balance, it is the type of the temperament which is compatible with the specific effort in the athletics events.

A detailed studies on the relationship with the personality traits and conflict resolution of the sports teachers is conducted by Behzat et al. The research highlights that there is a positive relation with the ability of conflict resolution; neuroticism personality quality and the psychoticism personal quality. It is also observed that the negative meaningful relationships between the ability of conflict resolution extraversion personality quality and lie personality quality. Temel examine the relationship of the students preparing for exams among the particular trait features of personality, narcissistic developmental line, trait anxiety level, and locus of control. The research results indicate that the introvert adolescents are making an internal attributions which are more prone to develop a narcissistic self structure and display high trait and state anxiety levels when compared to the extrovert adolescents.

Cristina conducts the experiments on the effects of the extraversion on performance in a cognitive task in the competitive and cooperative conditions. The results indicate that in the competitive group condition extraverts have higher performance and in the cooperative group condition introverts perform in a better manner. A detailed experimental study is done on the influence of the personality traits on the playing position and performance of the handball players by Marijana et al. They observe that a statistically significant difference is confirmed only in the introversion-extraversion with a lower score in the goalkeepers than in other positions, which indicates a higher level of introversion in this playing position. This result is expected because this particular position abounds in specific tasks and demands in the game with relation to all the other playing positions.

Extroverts incline to start most of the conversations, introduce new topics to the speech and make restatements, introverts tend to ask questions. With respect to the speech production, extroverts are found to produce longer sentences, employ more filled pauses and self-corrected utterances. The results reveal that both the extroverted and introverted subjects are aware of the effect of their personality on their language behavior. These observations are made by Funda Abali. Swinton et al study on the relationship between the introverts, extroverts, ambiverts with the effectiveness of the leadership qualities. The observations are as follows; Wise leader must feature traits of a true ambivert by being able to be the extrovert when the team needs a talkative leader and the introvert when the team needs quiet, thoughtful leader. It is the ability to harness the

power of the introvert or the power of the extrovert as needed that can propel a team to the new heights.

The summary of literature states that the personality traits of an individual play a very important role in the performance of the sports persons. They also influence the managerial skills and leadership qualities. But a very less attempt are made to analyze the effect of the personality traits on the skill performance of the handball players. So, this study mainly concentrates on the finding and the relationship between the personality traits of the university level handball players with their passing and shooting ability.

Methodology

Selection of subjects and variables

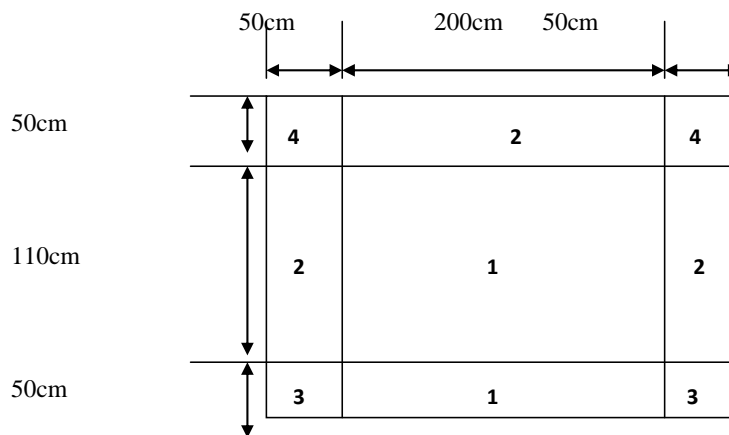
For the present study 90 handball players are selected from Kuvempu University, Mysore University, Rani Chennamma University and Mangalore University who have represented in respective Universities. The investigator selected 22 subjects from Rani Chennamma University and Mangalore University and 23 subjects from Kuvempu University and Mysore University to analysis the skill performance variable of the shooting ability and it is tested by the Front Shoot test. The Investigator clearly explains about the method and procedures of his research work.

Personality traits Questionnaire

This test is conducted by giving a questionnaire to the individuals, which consists of 57 questions. The questionnaire used is given by the Eysenck Personality Inventory in which the subjects should answer either Yes or No. The questionnaire is divided mainly into 3 sectors i.e. personality traits (24 questions), emotional level (24 questions) and lie scores (9 questions). Personality traits are further divided into extrovert, introvert and ambivert. If the personality traits value is 17 and above then the subject is considered to be an Extrovert and if the score is 7 or below then the subject is considered as an Introvert and remaining subjects as an Ambivert. If the lie score is 5 and above then the data obtained by those subjects are rejected.

Front Shoot test

Shooting capacity of an individual subject is conducted by the standard front shot test. Each subjects are awarded with ten shots, five for an executing jump throw and five for an executing set shoots. The subjects are allowed to take three steps before releasing a ball but the last step must be executed outside the free throw line (9-meter line). If the ball hits the court surface before it reaches the goal, no points are scored. The total score is considered for the further statistical analysis.

**Figure:** Front shot test**Statistical Technique**

The One-way Analysis of Variance (ANOVA) is used to find the significant difference in the Shooting Ability of the university level Handball players among the different personality traits. The Scheffe's Post Hoc test is used to find the significant difference in the paired

means.

Results

The One-way ANOVA (F test) results on the Shooting Ability scores among the university level Handball players with different personality traits.

Table 1

The Table-1 shows the One-Way ANOVA Results on the Shooting Ability scores among the University level Handball players with the different personality traits (Introvert, Extrovert and Ambivert)

Skill Performance Variable	Groups	Sum of Squares	Df	Mean Squares	F Value	Level of Sig.
Shooting Ability	Between Groups	296.071	2	148.036	15.18	**
	Within Groups	848.429	87	9.752		
	Total	1144.500	89			

Groups: Introvert=12, Extrovert=15; Ambivert=63.

*Table value at 0.05(df-2, 87) =3.10

**Table value at 0.01(df-2, 87) =4.85

The table-1 shows that the obtained 'F' value 15.18 is greater than the table value of 4.85 for df '2 and 87' required for the significance at 0.01 level of confidence. The results of the study indicate that there is a significant difference in the Shooting Ability among the university level Handball players with the different

personality traits (Introvert, Extrovert and Ambivert). Hence, the stated hypothesis is accepted. To determine the significant difference in the Shooting Ability among the paired mean scores, the 'Scheffe's test is applied as the Post hoc Analysis and the results are presented in the Table-2.

Table 2

The Scheffe's Post Hoc Analysis on Shooting Ability scores among the university level Handball players with different personality traits (Introvert, Extrovert and Ambivert)

Skill Performance	Personality Traits			Mean Difference	Confidence Interval
	Introvert	Extrovert	Ambivert		
Shooting Ability	18.166	24.666		6.500*	3.012
		24.666	20.904	3.761*	2.234
	18.166		20.904	2.738*	2.449

*Significant at 0.05 level of confidence.

The table-2 shows the significant paired mean differences on the university level Handball players' Shooting Ability between the Introvert and Extrovert, Extrovert and Ambivert, and Introvert and Ambivert personality traits and the values are 6.500, 3.762 and 2.738 respectively which are greater than the confidential Interval of 3.012, 2.234 and 2.449 respectively at 0.05 level of confidence. It is concluded that there is a significant difference in the Shooting Ability between the Introvert and Extrovert, Extrovert and Ambivert, and

Introvert and Ambivert personality traits of the University level Handball players. The Handball players having extrovert personality trait has a better shooting ability than the ambivert and introvert personality traits respectively. The personality trait of the Handball players influences on improving the shooting ability. The following Bar graph shows the comparison of the mean scores of the Shooting Ability scores of the University Handball players with different personality traits.

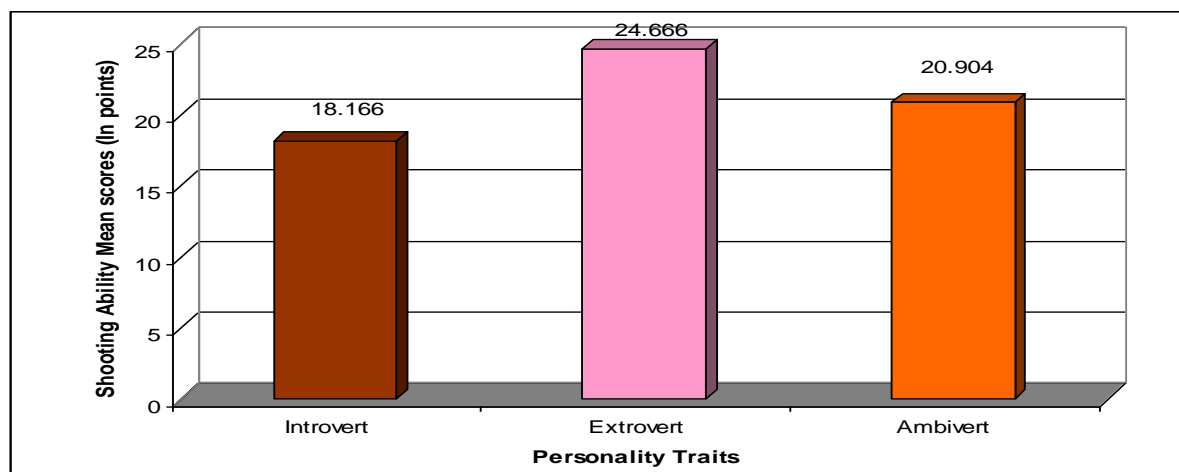


Figure 1. Comparison of the mean scores of the Shooting Ability of the University level Handball players having different personality traits.

Conclusion

It is concluded that there is a significant difference in the Shooting Ability among the university level Handball players with the different personality traits. The Handball players having an extrovert personality trait have a better shooting ability than the Ambivert and Introvert personality traits respectively. The players having extrovert personality also have a better shooting ability.

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