

**REALATION BETWEEN SPORTS PARTICIPATION AND PERSONALITY**

**DEVELOPMENT OF CBSE SECONDARY SCHOOL BOYS**

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**ABSTRACT**

The objectives of the study were to find out the relationship between sports participation and personality development domains: extraversion, neuroticism and lie scale among CBSE SEC SCHOOL BOYS. The study was delimited to CBSE level boys only. The sample consisted of 80 student belonging to the age group of 14-16 years studying in the Cheran CBSE Sec School, Karur, Tamilnadu. The subjects were equally divided into two groups. The experimental group took part in sports activities for a period of twelve weeks. The control group maintained their regular routine activities. Eysenck Personality Questionnaire inventory (EPI), a self-reported questionnaire was admitted for the collection of data. It had 57 items; the data pertaining to the relationship between personality and sports participation among children were tested using Analysis of Covariance (ANCOVA). The results of the study indicated that significant difference existed between the experimental group and the control group on the personality traits. The personality level significantly increased due to twelve weeks of sports participation in students.

**Introduction**

Physical activity improve general circulation, increases blood flow to the brain, and raises levels of epinephrine and endorphins all of which may reduce stress, improve mood, induce a calming effect after exercise, and possibly improve achievement. Two sets of benefits are especially important in considering challenges facing today's students. In recent decades, exercise prescription has shifted from structured, aerobic exercise, such as walking and climbing stairs, both of which are common activities for students and adults (Centers for Disease Control, 2005).

Several research studies maintain that absorption and better academic outcomes are usually proportional to time spent in sports activities (Shephard, 1997; Sallis, et al, 199; Miller, et al 2005). Sports activities ameliorate the working capacity of crucial body systems and improve the degree of alertness among participants. Sports activities not only leave a positive impact on mood, but also increase mental alertness (Hills, 1998) and it is quite apparent that physically and mentally alert students always perform better, achieve more (Taras, 2005)

and like to remain present in their classes. It has been noticed that sportsmen/women show better results in Math, English (Broh, 2002), and science subjects (Nelson, 2006) particularly.

### **Methodology**

The sample consisted of 80 children belonging to the age group of 14-16 years studying in the Cheran CBSE Sec School, Karur, Tamilnadu. The subjects were classified randomly into groups namely group-A and group-B. The experimental group took part in sports activities for a period of twelve weeks. The control group maintained their regular routine activities. Eysenck Personality Questionnaire Inventory (EPI), a self-reported questionnaire was administered for the collection of data. It had 57 items; the 'lie score' is out of 9. It measures how socially desirable one is trying to be in your answering. The 'E score' is out of 24 and measures how much of an extrovert one is. The 'N score' is out of 24 and measures how neurotic one is. To interpret the scores, the 'E' score and the 'N' score are plotted on a graph from which one can read the personality characteristics. The nearer the outside of the circle one is, the more marked are the personality traits.

### **Weekly schedule of sports participation**

<b>DAY</b>	<b>PROGRAMME</b>
MONDAY	General warming up, Football, Warm down
TUESDAY	General warming up, Volleyball, Warm down
WEDNESDAY	General warming up, Minor game, Warm down
THURSDAY	General warming up, Kabaddi, Warm down
FRIDAY	General warming up, Kho-Kho, Warm down

The programme was implemented for a period of twelve weeks excluding the period utilized for initial and final tests of the selected criterion variables. The prescribed sports activities schedule was applied to the experimental group and the control group spent their time doing their daily routine. The experimental group subjects performed in the sports activities programme after school session. The programme was implemental on the experimental group after every school session for a period of one hour for 5 days per week. The data pertaining to the relationship between personality and sports participation among children were tested using Analysis of Covariance (ANCOVA).

### **Analysis of data and results of the study**

Group lie scale mean: 13.75 (SD = .927) and experimental group mean: 13.90 (SD = .709)

**Table - 1**

ANCOVA table for post-test data on personality extraversion among students

Source	Type I Sum of	df	Mean	F	Sig
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		Squares	Square		
Pre extraversion	44.868	1	44.868	187.205	.000
Group	2.865	1	2.865	11.955*	.001
Error	18.455	77	.240		
Corrected Total	66.187	79			

An examination of Table 1 indicates that the effect of twelve weeks sports participation on extraversion personality trait of experimental group students gives an F – ratio of 11.955 which is significant at 0.05 level ( $p < 0.000$ ).

**Table - II**

ANCOVA table for post-test data on personality neuroticism among students

Source	Type I Sum of	df	Mean	F	Sig
		Squares	Square		
Pre extraversion	42.666	1	42.666	319.904	.000
Group	.614	1	.614	4.606	.035
Error	10.270	77	.133		
Corrected Total	53.550	79			

Table II indicates that the effect of twelve weeks sports participation on extraversion personality trait of experimental group students gives an F – ratio of 4.605 which is significant at 0.05 level ( $p < 0.035$ ).

**Table - III**

ANCOVA table for post-test data on personality Lie scale among students

Source	Type I Sum of	df	Mean	F	Sig
		Squares	Square		
Pre extraversion	42.666	1	42.666	319.904	.000
Group	.614	1	.614	4.606	.035
Error	10.270	77	.133		
Corrected Total	53.550	79			

An examination of Table 1 indicates that the effect of twelve weeks sports participation on Lie scale personality trait of experimental group students gives an F – ratio of 11.125 which is significant at 0.05 level ( $p < 0.001$ ).

### **Conclusion**

The results of the study indicated that significant difference existed between experimental group and the control group on the personality traits. The personality level was significantly increased due to twelve weeks of sports participation.

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