

A STUDY OF PERSONALITY AND ANXIETY IN AMATEUR KARATE PLAYERS

Jaspalsingh

Lecturer in physical education, Khalsa Inter College Lucknow

Abstract: The primary aim of the study was to determine the personality and anxiety of Amateur Karate players. 50 Karate players and 50 other than Karate players is sample size of the study. The personality was measure through Eysenck Personality Questionnaire - Revised (EPQ-R) and Anxiety was measure through Sport Competition Anxiety Test (SCAT). The findings of the study indicates that karate players significantly less extrovert tendency than Other than Karate Players. The another findings of the study indicates that karate players significantly less Psychotic tendency than Other than Karate Players. The result reveals that No significant difference of Neuroticism and Lie scale found between Karate and Other than Karate Players. The findings of the study indicates that karate players significantly less Anxious than Other than Karate Players.

Keywords: Extraversion, Psychoticism, Neuroticism, Lie-Scale, Anxiety

INTRODUCTION

Karate is very popular game in world played in competitive and recreational level. Karate is a martial art developed in the Ryukyu Kingdom. It developed from the indigenous Ryukyuan martial arts under the influence of Chinese martial arts, particularly Fujian White Crane. Karate is now predominantly a striking art using punching, kicking, knee strikes, elbow strikes and open-hand techniques such as knife-hands, spear-hands, and palm-heel strikes. Historically, and in some modern styles, grappling, throws, joint locks, restraints, and vital-point strikes are also taught. A karate practitioner is called a karateka. Psychological skills play an important role in athletic performance. Sport specialists agree that athletic performance is influenced not only by physical skills but also by psychological ones. In order to achieve peak performance athletes need a “total package” including personality and Anxiety. Athletic performance could also be influenced by team or psychological variable. An essential part of research of athletes’ psychological skills. Although previous research focused primarily on the differences in personality characteristics between successful and unsuccessful athletes, recent studies examine those differences in terms of the psychological skills which athletes have practiced and used. Anxiety is physiological response to a real or imagined threat. It is a complex emotional state characterized by a general fear or foreboding usually accompanied by tension. It is related to apprehension and fear and is frequently associated with failure, either real or anticipated. The concept of personality gives an understanding of the entire human organism, its structure, nature and functioning. These are more than 50 definitions of personality. More precisely, personality was derived from the Latin word Persona, which refers to the masks, used by actors in Greek theatres.

METHODS

Two groups were targeted; 50 Karate players and 50 other than Karate players is sample size of the study. The players who were participating in inter district level tournament under Uttar Pradesh state. The data was collected through respondents in the form of different experimental tests. The demographic information about Gender, age, daily smoking, drug use, etc. was obtained before seeking responses. In collecting the data, the researcher follow to Ethical guidelines, principles, and standards for studies conducted with human beings. The study included safeguards for protecting humans, which involved three major ethical principles: beneficence, respect for human dignity, and human justice.

TOOLS OF THE STUDY

Anxiety

Sport Competition Anxiety Test (SCAT):- Sports competition anxiety test questionnaire prepared by Rainer Martens (1986) was originally constructed for children (ages 10-15) its adult version was developed later on by suitably

modifying the instructions and items. The reliability of quotient is 0.85 had been reported for the adult version of SCAT.

Personality

Eysenck Personality Questionnaire - Revised (EPQ-R)

Eysenck Personality Questionnaire - Revised (EPQ-R) was used. The EPQ measures the traits of personality: Psychoticism (P), (Extraversion), Neuroticism (N) and Lie (L). Reliability ranges are 0.80 to 0.90 and validity of test is satisfactory. EPQ-R contains 90 items and covers all the four categories above mentioned. Scoring of EPQ-R can be done manually.

RESULT AND DISCUSSION

The present section is dedicated to the presentation of results along with the discussion of present study. The results and discussion have been presented in console comprehensive manner that is easy to comprehend starting with selected variables

TABLE-1

DESCRIPTIVE STATISTICS OF MORPHOLOGICAL CHARACTERISTICS OF KARATE PLAYERS

Sr. No.	Components	Means Scores	Standard Deviations
1.	Age (Year)	22.56	3.60
2.	Weight (Kg)	68.70	8.40
3.	Height (cm)	170.21	15.11

Table -1 depicted the morphological characteristics of Karate Players, the Mean Scores (S.Ds.) age of Karate Players was **22.56 (3.60)** years, mean scores (S.Ds.) weight was **68.70 (8.40)** Kg, and mean scores (S.Ds.) height was 170.21 (15.11) cm.

The morphological characteristics of Karate Players is presented through graphically in figure -1

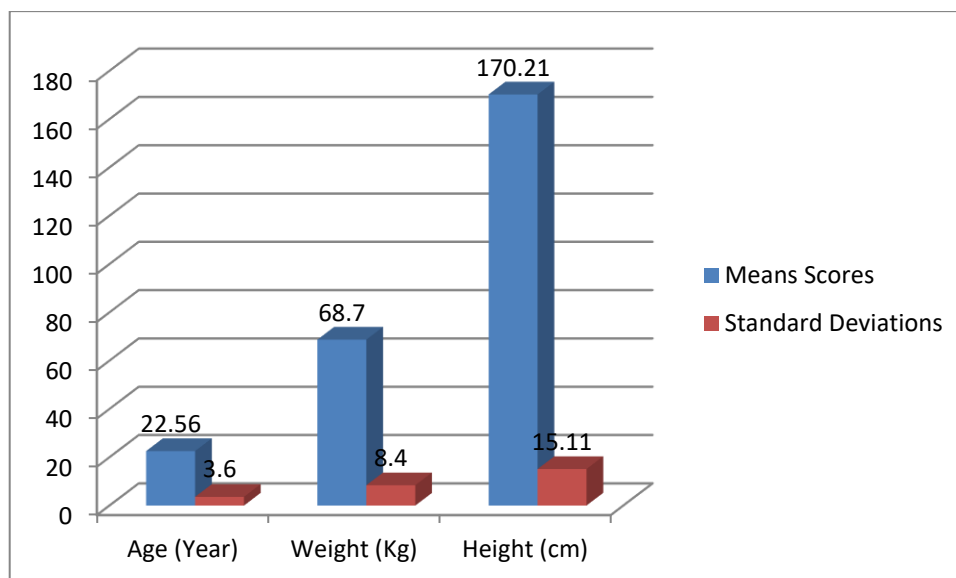


TABLE-2

SHOWS MEAN SCORES AND STANDARD DEVIATIONS OF MORPHOLOGICAL CHARACTERISTICS OF OTHER THAN KARATE PLAYERS

Sr. No.	Components	Means Scores	Standard Deviation
1.	Age (Year)	23.68	3.54
2.	Weight (Kg)	71.21	7.89
3.	Height (cm)	172.20	15.21

Table-2 shows Mean Score (S.Ds.) age of other than Karate Players was 23.68 (3.54) years, mean score (S.Ds.) weight was 71.21 (7.89) Kg., mean score (S.Ds.) height was 172.20 (15.21) cm.

The morphological characteristics of other than Karate Players is presented through graphically in figure -2

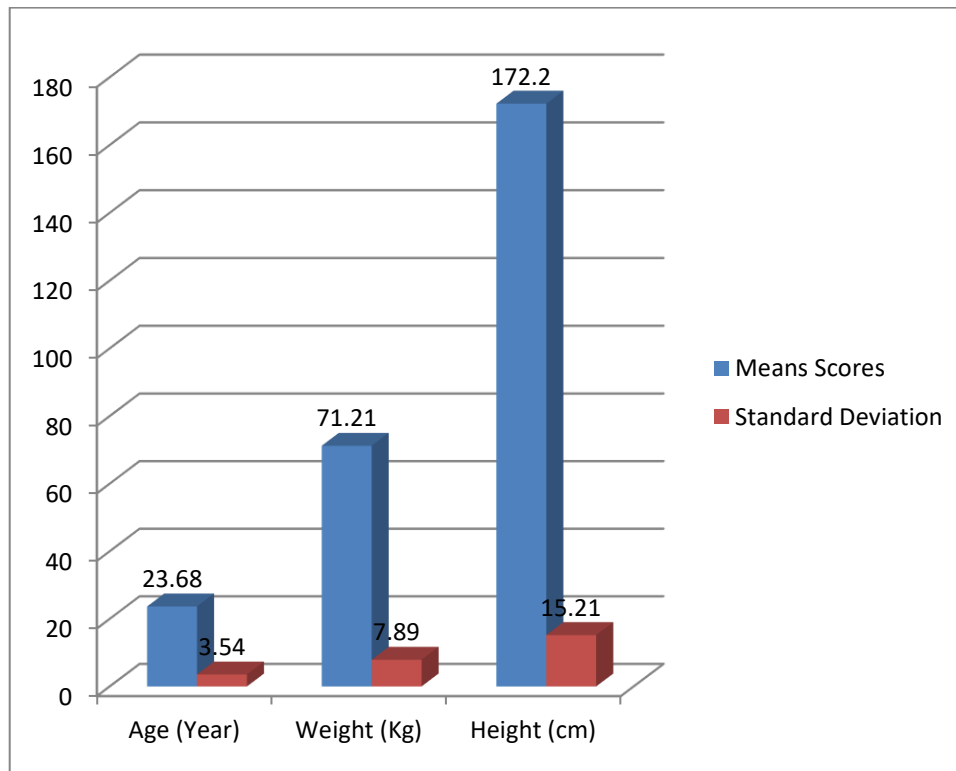


TABLE-3
MEAN SCORES AND STANDARD DEVIATION WITH T-RATIO OF PERSONALITY CHARACTERISTICS OF KARATE PLAYERS

Parameter	Players	Numbers	Mean scores	S.D.	t-ratios
Extraversion	Karate Players	50	29.46	5.11	P,<.05
	Other than Karate Players	50	34.50	5.19	
Psychoticism	Karate Players	50	28.09	4.38	P,<.05
	Other than Karate Players	50	32.10	4.96	
Neuroticism	Karate Players	50	24.67	5.50	NS
	Other than Karate Players	50	25.56	5.35	
Lie Scale	Karate Players	50	18.57	3.85	NS
	Other than Karate Players	50	17.89	3.12	

Table 3 Shows the mean scores and standard deviation with t-ratio of personality characteristics of karate players.

The mean scores and standard deviation of personality characteristics of karate players presented graphically through Figure-3

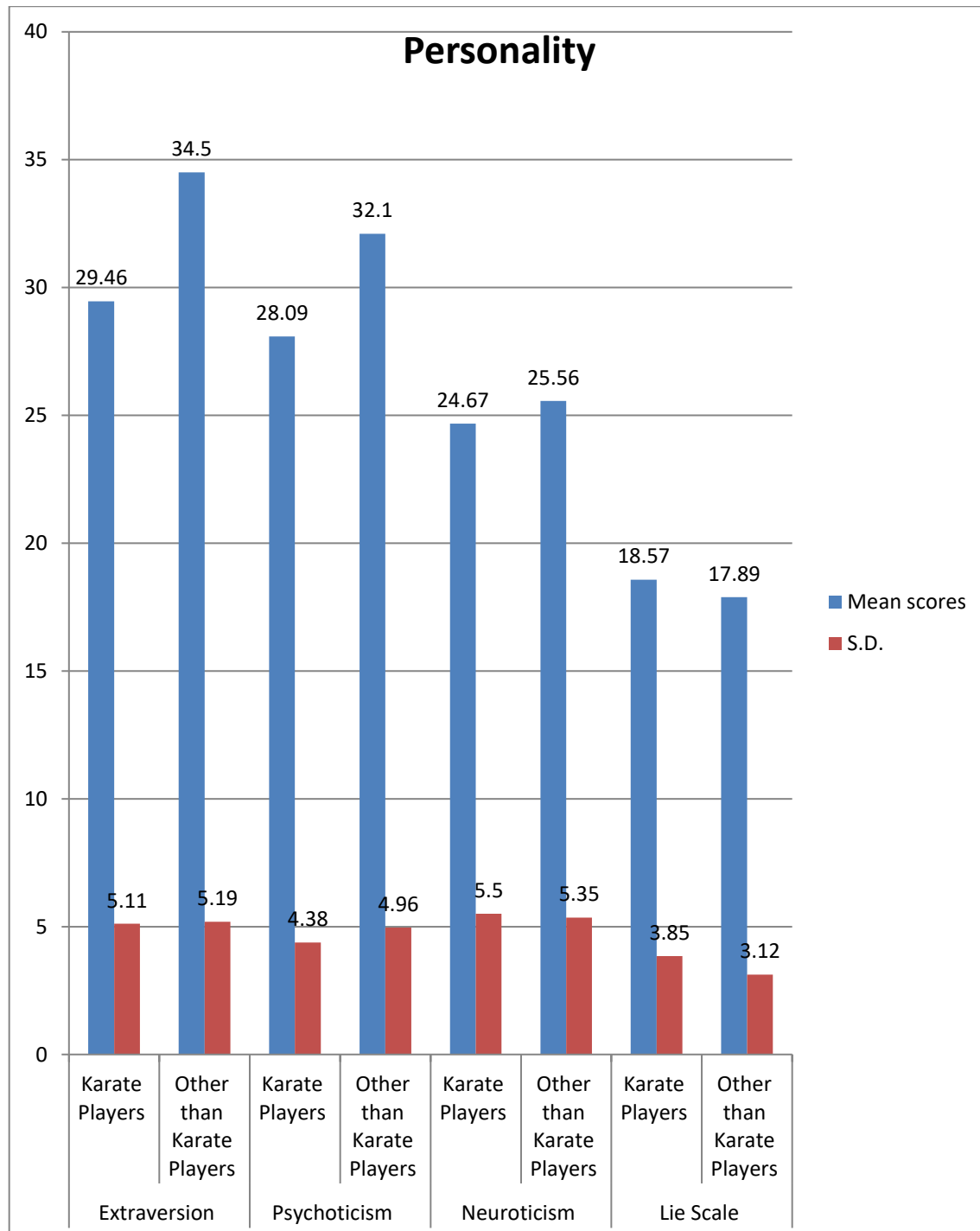
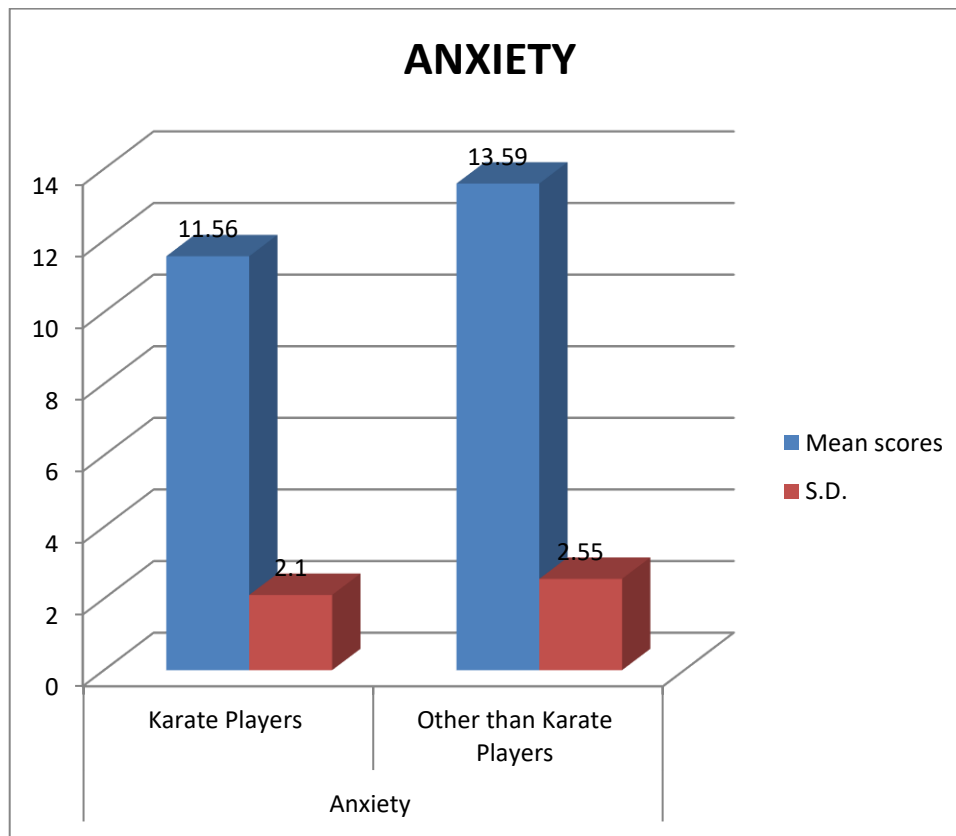


TABLE-4
MEAN SCORES AND STANDARD DEVIATION WITH T-RATIO OF ANXIETY OF KARATE PLAYERS

Parameter	Players	Numbers	Mean scores	S.D.	t-ratios
Anxiety	Karate Players	50	11.56	2.10	

	Other than Karate Players	50	13.59	2.55	$P, < .05$
--	---------------------------	----	-------	------	------------

Table 4 Shows the mean scores and standard deviation with t-ratio of Anxiety of karate players. The mean scores and standard deviation of personality characteristics of karate players presented graphically through Figure-4



RESULT AND DISCUSSION

With regards to mean score of extroversion of Karate players was obtained 29.46 and Other than Karate Players was obtained 34.50 respectively. However, the Standard Deviation of extroversion Karate players was obtained 5.11 and Other than Karate Players was 5.19 respectively. The result reveals that significant difference of extraversion found between Karate and Other than Karate Players. The findings of the study indicates that karate players significantly less extrovert tendency than Other than Karate Players. In addition, With regards to mean score of Psychoticism of Karate players was obtained 28.09 and Other than Karate Players was obtained 32.10 respectively. However, the Standard Deviation of Psychoticism Karate players was obtained 4.38 and Other than Karate Players was 4.96 respectively. The result reveals that significant difference of Psychoticism found between Karate and Other than Karate Players. The findings of the study indicates that karate players significantly less Psychotic tendency than Other than Karate Players. Furthermore, With regards to mean score of Neuroticism of Karate players was obtained 24.67 and Other than Karate Players was obtained 25.56 respectively. However, the Standard Deviation of Neuroticism Karate players was obtained 5.50 and Other than Karate Players was 5.35 respectively. The result reveals that No significant difference of Neuroticism found between Karate and Other than Karate Players. Furthermore, With regards to mean score of Lie Scale of Karate players was obtained 18.57 and Other than Karate Players was obtained 17.89 respectively. However, the Standard Deviation of Lie Scale Karate players was obtained 3.85 and Other than Karate Players was 3.12 respectively. The result reveals that No significant difference of Lie Scale found between Karate and Other than Karate Players. With regards to mean score of Anxiety of Karate players was obtained 11.56 and Other than Karate Players was obtained 13.59 respectively. However, the Standard Deviation of Anxiety Karate players was obtained 2.10 and Other than Karate Players was 2.55 respectively. The result reveals that significant difference of Anxiety found between Karate and Other than Karate Players. The findings of the study indicates that karate players significantly less Anxious than Other than Karate Players.

REFERENCES

1. Eron LD. Theories of Aggression – From Drives to Cognition, Chapter I, Page3, Aggressive Behaviour, Plenum Press, NY, 1994.
2. Fox, E., Bowers R and Foss M. (1988) “The Physiological Basis for Exercise and Sport, WBC Brown and Benchmark Publishers Dubuque”, 324-326
3. Goldberg D. General Health Questionnaire (GHQ-12) Windsor, UK: NFER-Nelson; 1992.
4. Hudd, S., Dumlao, J., Erdmann-Sager, D., Murray, D., Phan, E., Soukas, N., & Yokozuka, N. (2000). Stress at college: Effects on health habits, health status and self-esteem. *College Student Journal*, 34, 217-227.
5. Kerr JH. Rethinking Aggression and Violence in Sport, First Edition, Routledge, Oxon, 2005.
6. Morgan, W.P. (1984). Selected psychological factors limiting performance: A mental health model. *American Academy of Physical Education Papers*, 18, 70-80.
7. Mori, S. C. (2000). Addressing the mental health concerns of international students. *Journal of Counseling and Development*, 78, 137-144.
8. Pearlin, L. I. (1999). Stress and mental health: A conceptual overview. In T. L. Scheid (Ed.), *A handbook for the study of mental health: Social contexts, theories, and systems* New York: Cambridge University Press.
9. Pritchard, M. E., Wilson, G., & Yamnitz, B. (2004). What predicts adjustment among college students? A Longitudinal Panel Study. Manuscript submitted for publication.
10. Richard CH. *Sport Psychology: Concepts and Applications*, (Fifth Edition), New York, 2002.
11. Russell GW. *Aggression in the Sports World: A Social Psychological Perspective*, Oxford University Press, New York, 2008.
12. Sax, L. J. (1997). Health trends among college freshmen. *Journal of American College Health*, 45, 252-262.
13. Simpson K. *The Role of Testosterone in Aggression*, Vol 6, McGill Journal of Medicine, Canada, 2001.
14. Thomas, S. P., & Williams, R. L. (1991). Perceived stress, trait anger, modes of anger expression, and health status of college men and women. *Nursing Research*, 4, 303-307.
15. Zaleski, E. H., Levey-Thors, C., & Schiaffino, K. M. (1999). Coping mechanisms, stress, social support, and health problems in college students. *Applied Developmental Science*, 2, 127-137.