

A STUDY OF MORPHOLOGICAL CHARACTERISTICS AND EXTRAVERSION BETWEEN MALE AND FEMALE HANDBALL PLAYERS

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Abstract: The primary aim of the research is to compare the morphological Characteristics and Extraversion between male and female state level Handball players. Total 50 male and 50 female handball players were selected as a subject for the present study. Their age ranged from 21 to 28 years. Data was collected individually through a Eysenck personality inventory from male handball and 50 female handball Players. To analyze the data mean scores, standard deviation and t-ratio were used to comprise morphological Characteristics and Extraversion between male and female handball Players. reveals that the significance difference was found out in ($t = P < 0.5$) Male and female Handball players, Male Handball players having more extrovert as compared to female Handball players.

Key words: Handball, Extraversion Male, Female

I. INTRODUCTION

Handball is a popular semi-physical-contact team sport that requires a variety of psychological and physical characteristics. Executing a sequence of well-coordinated activities requires a combination of psychological and physical characteristics. Competitive handball requires competitive flair, agility, coordination, running, sprinting, jumping and throwing, flexibility and reaction time. Personality, extroversion, mental health, group dynamics, conditioning ability, motor ability, which are essential as important aspects of the game and contribute to high top performance of the team. Handball performance highly depends on morphological characteristics and extraversion to achieve high performance in the game. Offensive players require a variety of psychological and physiological attributes to maximize scores during a game. Higher levels of extraversion have been found to be positively correlated with team sports, while lower levels are found in individual sports.

Sports performance has been found to be related to some personality variables. Extraversion is one of the variables that influences sports performance in addition to many other personality variables. 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.

II. METHODS

The purpose of this study was to determine the extraversion of male and female handball players.

Selection of the subject:

Total 50 male and 50 female handball players were selected as a subject for the present study. Their age ranged from 21 to 28 years.

Collection of Data:

Data was collected individually through a Eysenck personality inventory from 50 male handball and 50 female handball players

Administration of the test:

E. P.I. were distributed to male and female handball players at the venue of interuniversity male and female handball players instruction were given to the students before filling these inventory by the researcher.

Statistical technique:

To analyze the data mean scores, standard deviation and t-ratio were used to comprise the extraversion between male and female handball players. The level of significant was set up at 0.05 level of confidence.

III. RESULTS AND DISCUSSION

Table –1
 Mean Scores and Standard Deviations of selected Components of male handball players.

Sr. No.	Components	Means Scores	Standard Deviations
1.	Age (Year)	22.09	5.78
2.	Weight (Kg)	68.09	11.08
3.	Height (cm)	175.68	23.43

Table-1. shows that the mean scores and standard deviations of the selected components of the male handball players.

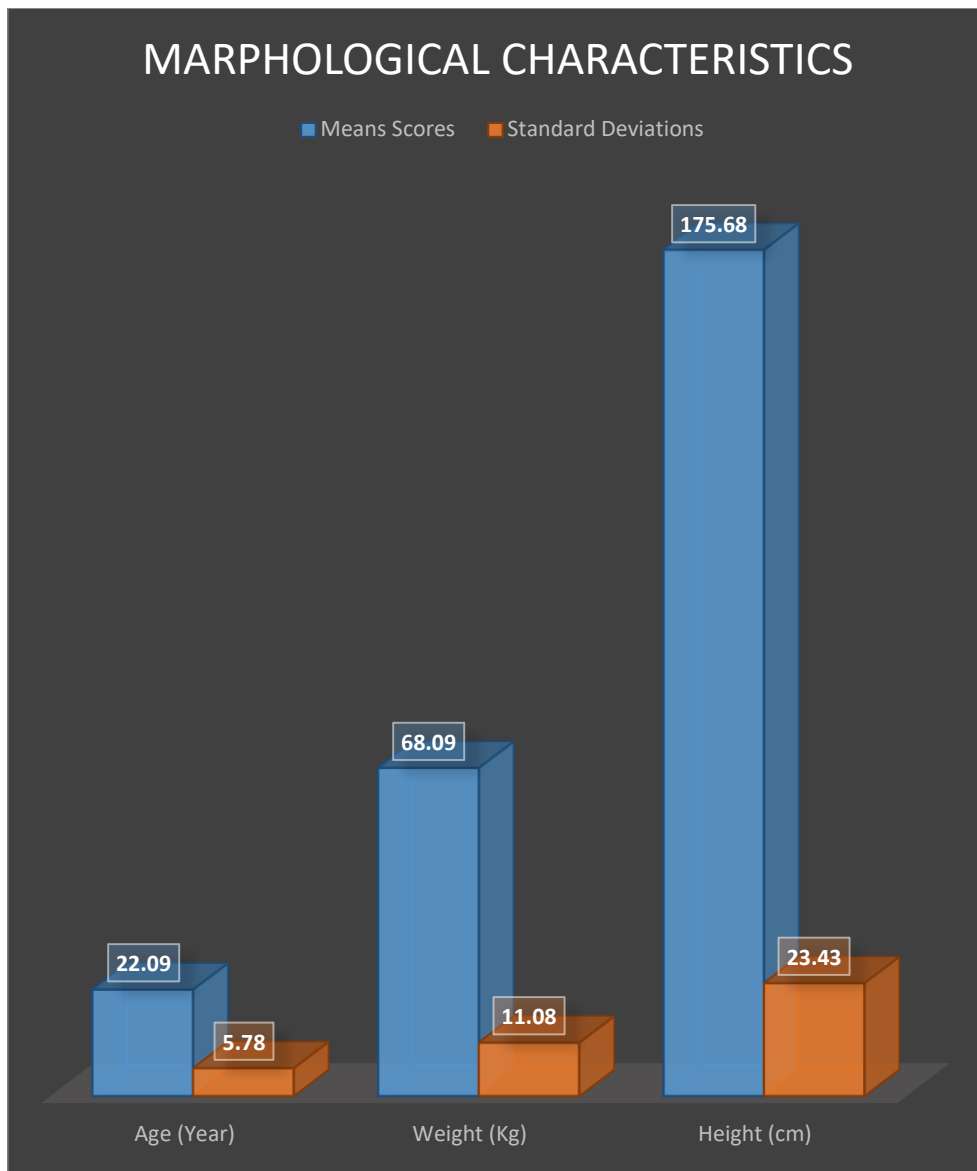


Figure-I
 Showing Mean Scores and Standard Deviations of Selected Components of the male handball players.

Table 2.
 Mean Scores and Standard Deviations of selected Components of the female handball players

Sr. No.	Components	Means Scores	Standard Deviation
1.	Age (Year)	21.35	5.48
2.	Weight (Kg)	57.78	9.78
3.	Height (cm)	156.33	20.12

Table-1.2, reveals that the mean scores and standard deviations of the selected components of female handball players.

The mean scores of selected components of female handball players are shown in graphically in figure-II.

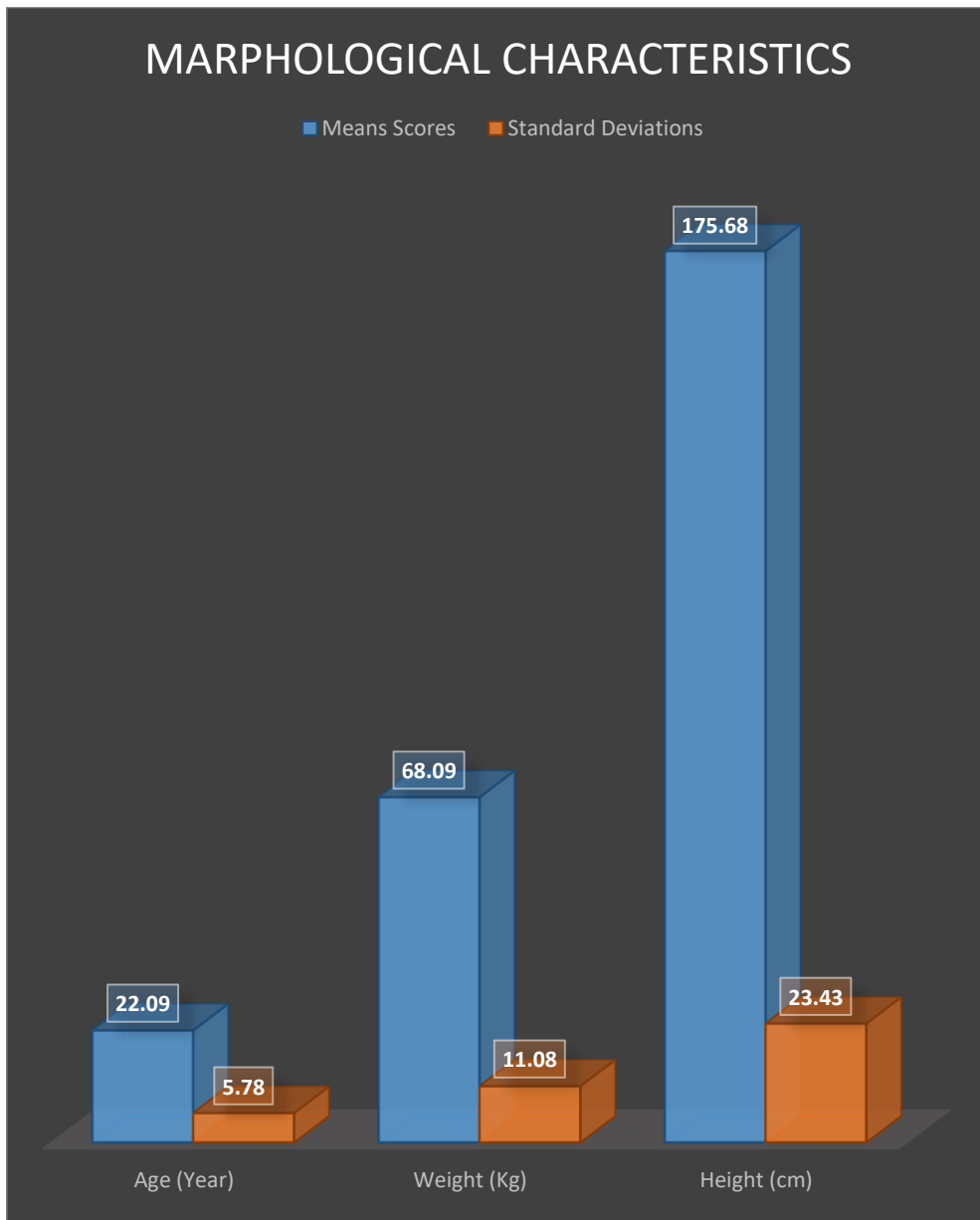


Table 3
 Mean scores, standard deviations and t-ratio of extraversion of male and female handball players.

Variables	Players.	No	Mean Scores	Standard deviation	t-ratio
Extraversion	Male handball Players	50	14.56	3.44	2.86*
	Female handball Players	50	11.32	2.45	

* Significant at .05 level

As per table 2.3 shows that the mean scores, Standard deviation and t-ratio of personality traits with respect of extraversion of male and female handball players.

Means scores and standard deviation of extraversion of male and female handball players are presented graphically in figure 3.

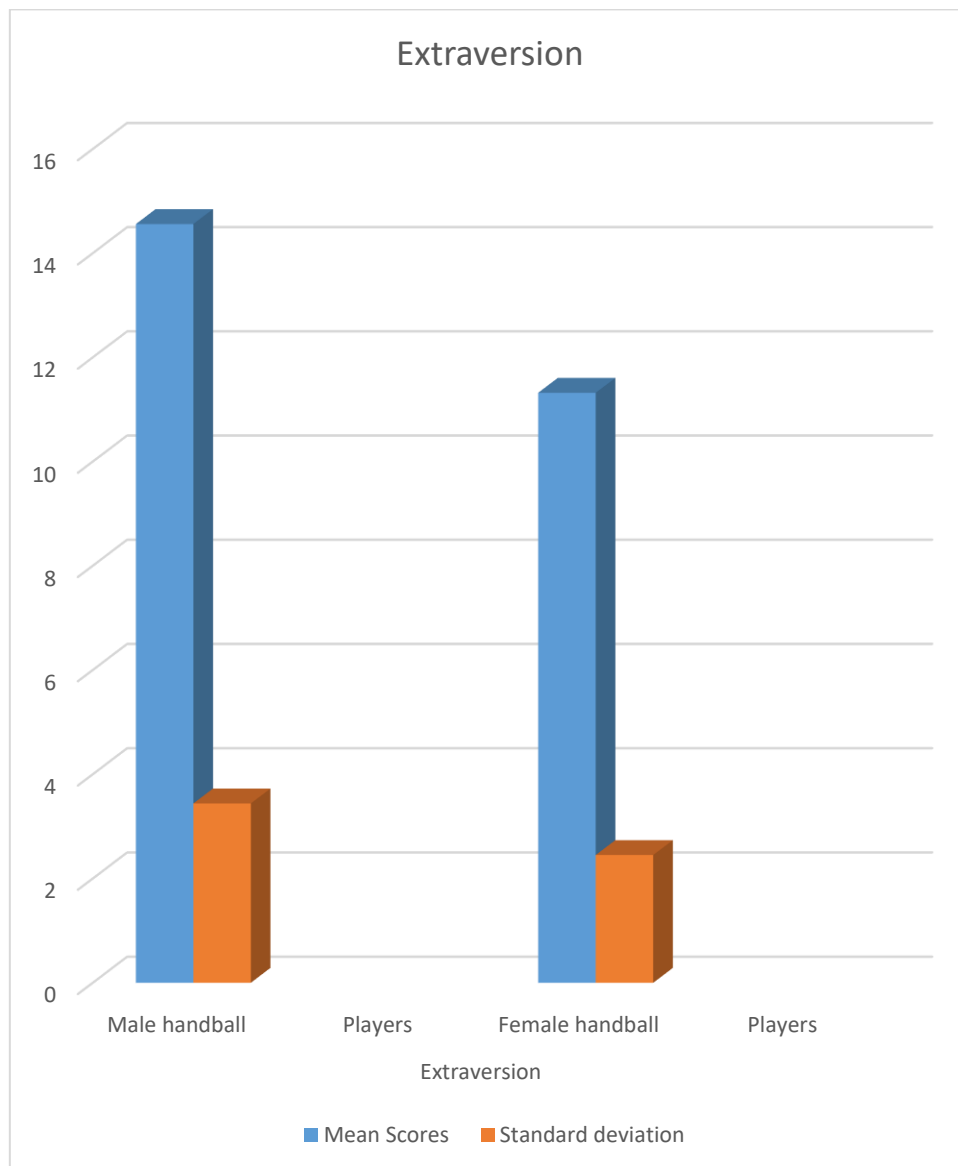


Figure-3: Showing mean scores and standard deviations of extraversion Male and Female handball players

IV. DISCUSSION OF FINDINGS

The present study deals with the comparison of morphological Characteristics and Extraversion between male and female handball players aged between 21 to 30 year.

The data was collected with the help of questionnaires prepared by Eysenck (EPI) revised version. The Mean Score (S.Ds.) age of male handball players were obtain 22.09 (5.78) years, mean score (S.Ds.) of weight were obtain 68.09 (11.08) Kg. and the mean score (S.Ds.) of height was 175.68 (23.43) cm. whereas, the Mean Score (S.Ds.) age of female handball players were obtain 21.35 (5.48) years, mean score (S.Ds.) of weight were obtain 57.78 (9.78) Kg. and the mean score (S.Ds.) of height was 156.33 (23.43) cm.

It had been hypothesized that there would be no significant difference of Extraversion between male and female handball players. With regards to Extraversion of male and female handball players. they have obtained the mean values of 12.30 and 11.32 respectively, which are given in table reveals that the significance difference was found out in ($t=2.86$ $P<.05$) extraversion of male and female handball players. Male player's having more extrovert tendency as compared to female handball players. Which means that female players incur significantly less extrovert tendency.

Thus the hypothesis of the study was not accepted. Extraversion has been found to be highly related or supportive to dominance and sociability in athletes and sports participants (Kane, 1970). Extraversion, according to Alderman (1974), is a construct evolving out of Jung's (1933) early designation of the two major attitudes of personality: the extraverted attitude, which orients the person to the external, objective world, and the introverted attitude, which orients one towards the inner, subjective world.

According to Eysenck (1947), extraversion is at best a behavioral description of personality, but that it does possess biological causal source implication. He believes that extraversion can be explained at the neural level in that his extraversion-introversion scale reflects the strength of the excitatory-inhibitory functions of the central (cortical) nervous system. He (1967) also proposed that the extraversion associated reticular-cortical loop systems of the brain stem.

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