



Comparative Study Of Personality Of Female Sportsperson And Non-Sportsperson In College Students

Dr. Suresh J. Mohatkar Principal, K. D. Pawar College of Physical Education, Saoner, Dist-Nagpur.

Abstract:

The word physical education is made up of two different words, 'physical' and 'education'. The general meaning of the word physical is to various activities related to the body, it can be related to any or all of the physical characteristics. It is also known as physical strength, physical ability, physical fitness, physical appearance and physical health etc. In modern life, industrialization, mechanized life and computerization have created a new type of human beings who sit for hours a day. The 21st century is an age of space and technological giant, full of speed, noise and stress-causing factors. The anxiety and pressure created by the demands of our society and economic system and our devotion to rationalism is astonishing. Urban lifestyle has created many stresses and these will prove to be disastrous for humanity. Comparative study of personality of female sportsperson and non-sportsperson in college students has been studied in the present paper.

Keywords: physical education, female sportsperson, personality, physical & mental fitness.

Introduction

Sports is a natural innate and natural birth process which plays an important role in mental and physical development as well as in beauty and field, which is directly related to the mind, when the body is healthy and beautiful, then only mental health and crown are displayed so that and for human life It is not only necessary but also indispensable! Today Indian women have given a tough challenge to the world in the field of sports, which is proof that medals in Olympics, medals in world champions, medals in Asiad etc. Indian women are being considered iron in every field of the world today. Keeping in mind the element, it is necessary doing a comparative study of the personality of sportspersons and non-sportspersons in college students, the development of any nation is possible only through a healthy citizen. Sports and exercise is the only option for the health of the body. When we look into history, we see that different types of sports and exercise are not only necessary for human life but also inevitable. To encourage women players, the government is taking several initiatives, which have helped women players to perform well at the domestic and global level. Athletes have been helped by schemes like TOPS and Khelo India, which are delivered with the help of different ministries.

Concept of personality:

JB Western –

“Personality is the sum total of activities representing facts discovered over a long period of time to convey information”.

John Locke –

“He has considered personality as some intellectual existence, it should understand and think and which considers itself as its existence.”

James-

“Personality is seen from the inside, there are different aspects of personality, social aspects, initiative and pure pride.”

On the basis of appropriate, it can be concluded that personality is built up to an abstract concept in which many elements are organized. Personality is an inherent and internal mediating state of the individual, under which the environment is influenced by the experiences and institutions of the individual and the environment by the abilities. In the present study, personality has been used in the sense of intermediate variable between stimuli and behavior of the individual.

Type of Personality:

The authors of personality and the post of famous psychology have tried to present their personality by different types of description. In this description, they have clearly emphasized on some main feature of the whole personality and disregarded their other constructed qualities. Some of the following are in this. The principles have been going on since ancient times.

Personality Development and Physical Activities

There is a deep connection with the personality in the activities of physical education and all the activities of education lead to the proper and complete development of the personality, all the activities of education fulfill many types of needs of human beings and make life beautiful and full of joy. All education helps in overall development of personality According to Babu Carter, activities have shown profound impact on personality. He says that the aim of all education is to bring maximum development according to social and hygienic standards through sports, spiritual gymnastics activities, and four elements of personality development. Mainly influential are body, gland structure, environment and education, development, such progressive changes occurring in the living being, which are continuously directed towards a certain goal. Physical activity can improve your mental health. One of the immediate benefits of physical activity is the improvement in your brain health immediately after you've completed at least one session of moderate exercise. It can improve your cognitive function, as well as provide short-term relief from anxiety and/or depression. Physical activity also improves your sleep habits, which in turn improves your overall health.

Statement of problem:

Today, Indian women are giving a tough challenge to the world in the field of sports, which is proof that medals in Olympics, medals in world champions, medals in Asian, Indian women are considered iron in every field of Indian women players, keeping this fact in mind Selection of the problem of 'comparative study of personality of Female player and non-player in college students' for study.

Significance of study:

The personality of the sports students is better than that of non-sports students, due to which the girl students get the opportunity for their all-round development. Women have to connect with the society because sports women are popular. It gives knowledge of their personal qualities and their abilities. Exam of weakness inside incarnated as a strong woman. Research is important in the following ways

- Motivates and guides non-athlete girl students to participate in sports.
- Will make a significant contribution to the development of women
- This research paper can act as a guide for the correct knowledge of the personality, abilities, strengths and weaknesses of women players.
- There can be a change in the thinking of women in the perspective of the society.

Objective:

Since a healthy body only provides the basis for the development of all the capabilities of a person. Just as when the foundation is strong, the safety and duration of the building is easily accepted. In the same way, the same can be said for a healthy body that a healthy body provides a secure base for the development of the child's overall abilities, its various personality aspects. In accordance with this, this research has been carried out with this objective in mind.

- To Study importance of Physical Education
- To Study the Role of Physical Activities for All-round Development
- To study the comparison between personality of player and non-player in college students.

Scope of study:

Sportsmen and non-sporting students studying in Bhalerao Science College Saoner have been included in the scope of study

Methodology:

For this study 50 female students of the Bhalerao Science College Saoner, have been included in which 50 female students from college have been selected as respondents out of which 25 female sportspersons have been selected as respondents who do not participate in sports. Therefore, the search of the researcher is under descriptive research Basic survey methods and tools are covered

1. Survey Method

2. Observation method
3. Interview schedule

Hypothesis:

- Sports have a positive effect
- Attitude of parents is aware
- social outlook is positive
- girl students don't have inferiority complex

Review of Literature:

Sharma Rakesh, 2005-06, Awadhesh Pratap University Rewa, Shukla Rajnarayan 2007, Sports and Physical Education and Tripathi Premchand Mishra, Dr. Surya Prasad 2000 Psychological differences between players and non-players in physical education and sports psychology have studied social and economic sports skills.

Analysis and interpretation of data:

Tabulating the methods collected in the research area Analysis and interpretation has been done Analysis and interpretation of the members The summary is as per the score, out of which all the players and non-players answered is included.

Table No. 1

Sr.No	Description	Respondent	Percent
1	Positive	38	76
2	Negative	12	24
	Total	50	100

Study of the effect of sports on the personality and attitude of the students studied in table no. 1 was done on the basis of interview letter, 76% of the respondents reported a positive effect, while 24% reported a negative effect, including all 50 selected students who are non-players.

Table No. 2 (Parent's attitude)

Sr.No	Description	Respondent	Percent
1	Positive	34	68
2	Negative	16	32
	Total	50	100

According to table number 2, 68% of the female parents have a positive attitude, while 32% of the parents have a negative attitude.

Table No. 3 (Social outlook)

Sr.No	Description	Respondent	Percent
1	Positive	39	78
2	Negative	11	22
	Total	50	100

According to the above table number 3, 78% of the respondent's Social outlook is said to be positive 22 percent answer reported negative social attitudes.

Table No. 4 (Self-centeredness)

Sr.No	Description	Respondent	Percent
1	Positive	30	60
2	Negative	10	20
3	No Answer	10	20
	Total	50	100

Table number 4 describes the facts in which the attitude of the girl students has been tested, 60% of the respondents believe that I do not have any kind of inferiority complex and 20% of the respondents believe that the tendency of these feelings comes when Watching other players play the answer is not giving any answer in the teeth There is a clear sense of inferiority towards the game and very few female students have an inferiority complex while 20% did not answer this question

Hypothesis testing

For the present study, the following equipments were used It was examined on the basis of the facts obtained that the rule was,

1. The positive effect of sports. -Truth
2. Attitude of parents is positive. -Truth
3. Social outlook is positive. -Truth
4. There is no inferiority complex among the girl students. -Truth

Thus it is clear that what was conceived for the present study she seems to be true.

Conclusion:

Based on the presented research paper, it can be said that the effect of sports on the personality and attitude of college students is 12% negative, the attitude of parents of girl students is 38% negative; 78% consider it positive, due to which the dominance of girl students in the society is increasing. To increase the effect of sports among girl students, social awareness is being done as a means of women's safety and socially Sports are being encouraged, parents are also supporting the sports of girl students. The progress and prosperity of any country depends on the healthy and educated citizens of that country. Healthy and energetic youth are the leaders of tomorrow's happy future. Therefore, the

development of the physical side cannot be neglected from any point of view. From this point of view, physical education is such a powerful medium whose important usefulness cannot be denied. This is the reason that today physical education has been included as an important subject in the curriculum.

Suggestion:

- The officers should solve the problems of the students patiently, simply and correctly.
- There should be arrangement of yoga and speech for sportspersons and non-sportspersons to increase personality development and meditation skills.
- Girl students should be encouraged from the school level itself.
- Interview in any service sector for girl students participating in any sport. should be encouraged by giving weightage in the written test.

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