

Personality Traits and Sports Performance of Female Athletes in India

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ABSTRACT

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Personality is a dynamic concept which is ever in the process of change and modification. However, the process of making adjustment to environment is continuous. One has to struggle against the environment as well as the inner forces throughout the span of his life. In this context, sports related activities enhance the personality of an athlete physically as well as mentally. In modern times, performance of female athletes is also progressing and getting attention. In India, there are many challenges at societal, administrative and cultural level which affect the performance of female athletes like facilities, preferences, gender equality, and mental pressure, family responsibilities etc. The purpose of the present study is to know the personality traits of female players, status of gender equality and their impacts on sports performance.

Keywords : Personality Traits, Female Athlete, And Sports Performance

I. INTRODUCTION

Sports must become a part of a systematic learning process. The procedures, practiced knowledge, skills and attitude must be developed in a systematic way to achieve the desired goal. Recently, more emphasis is being given to assess athletes' personality with reference to their performance, physical strength and mood. There are various studies in sports that are exploring personalities for the purpose of understanding athlete's personality and performance. Performance of a player in a competitive sports depends upon many factors. The physiological factors, technical skill of player, tactics, and state of mind of

the player are some important factors for consideration. All these factors are crucial for the utmost performance. The state of mind of the player has an executive function because at the time of sports competition it is mind which determines what is learnt by one during past few years training. In spite of the importance of physiological factor in the sports performance, a very little attention has been paid on this aspect. State of mind of the player is a very important aspect of sports performance because in the world of sports where many players are physically, technically and tactically similar, it is state of mind of players which plays a decisive role in the competition. Females players contribute significantly

in the progress of sports. According to the Pandit Nehru, women have the power to awaken the family and the nation. Personality traits in female players like mental toughness, aggression, anxiety, leadership, coping, coordination, motivation etc. are those traits which make female players more prone to good performance in sports. But challenges are there in sports and societies which affect the performance of female athletes.

Although, over the past several decades the role of females in modern society has expanded and changed dramatically. However, stereotypes do still exist, especially in sport area. It can be observed that as more women and girls across the country are competing in athletic events, the incidence of those competing in traditionally masculine sports is growing. Sports such as football, wrestling, and ice hockey are no longer the exclusive domain of male athletes.

Females have a harder time playing team sports than men. It can be noticed that females take criticism much more personally whereas men are able to take criticism from teammates much lighter. Females are also more likely to carry emotional discourse from outside of the sport into their competitions. If a female athlete does not like a teammate, they will often not work together, or not even attempt to work together, during a competition.

Females are easily stressed in comparison to men. The differences in mental toughness between men and women are blatant on the sports ground. It can be observed that many female players nosedive after only a couple of bad performances whereas, men easily wipe off their mistakes and built reassurance in their teammates. It has also been found that some female players sob off the court because they were playing poorly, but it is not witnessed in case of male players.

Females are easily motivated by their own achievements than men. It has been witnessed that even though a team works for a common goal, a woman's reaction to the outcome of a match usually depends on their individual performance. If the women's team win but individuals display poor performance, she may not celebrate or may be in despair.

Men do suffer more from aggression in contact sports, but women have a much harder time participating in team sports. Female athletes are easily affected by their emotions. Women come under stress easily during sports, but they also let their emotions dictate much more than men. In fact, in volleyball a common goal is to build up mental toughness so that the opponent cannot see that you are struggling with confidence. During the match when female athlete struggle to control aggression with other emotions, male athlete only struggle for controlling aggression.

Besides having all the personality traits, the difference in sports performance between male and female cannot be removed. The late arrivals of females in competition, their involvement in participation, as well as their individual efforts and the support of state to enhance their performance all are having no effect to cover up this gap.

In sports this gender gap is easily noticed. Being having 50% of the total population female treated differently which is very discouraging.

Sport in India is yet to reach its peak where female athletes are still unable to get their identity and stand for themselves. Because of the advancement along with the time still there is a lot to be achieved. Due to patriarchy, a society still does not allow girls to get educated or participate in sports. There are so many social hurdles to cross even before participate in 400 mts. race. To analyse the problems and the sports performance of female athlete, this paper is an

attempt to make clear vision about their life as a sports woman.

Reviews of studies has suggested that women's participation in sports make clear vision of female athlete to see herself in different manner. Being a skilled athlete it gives personally empowering experience to them which strengthen her feeling physically strong, more confident and more control on their own life as an individual

As previous perceptions many people feel that there was no apparent reason for women to get involved in sport as women could never equal or surpass men's achievements. For them man come first to set the goals and dominate others while women are always comes second in power and performance. The thinking that men are simply physically superior to women will never disappear. They can never think that the values and experiences of women can shaped the physical skills of an athlete instead of men.

The participation of female athlete in sports before and after 1947 has been traced and reported by the National Commission for Youth in 2004. In 1967 females participated first time in Olympics. After eight years, in 1975, the Government of India promote women's sports by instituted the National Sports festival for women.

Same like Eastern countries women are facing similar problems in Western countries also. Being a developed nation in the world America is having the same problem of gender inequality. Most of the positions of sports administrators were hold by men only. After introducing of the Title IX in 1970s, things start changing but scope of improvement was still there. Lately, Indian female sports persons have played better than the men, may be it Mary Kom, P.V. Sindhu, Phogat girls etc. This all showed the marking position of female athlete in the world of sports and they are gaining respect also. Through mapping the past and present position of female athlete, this study

of personality traits and their sports performance in India, has been carried out with the hope to provide the equal vision and opportunities to them. Such a mapping would enable to provide guidelines to improve conditions of female athlete with their personality traits in India.

II. Review of Literature

The Research of Nelson, 1994; Taub & Blinde, 1993; Young & White, 1995 suggests that sport can be a personally empowering and invigorating experience for girls and women. The vision of a woman who is a skilled athlete and an independent individual, sees herself with full of confidence, more stronger, more competent and having more control in her life. It is also important as social life often is organized in such a way that lead females to see themselves as weak, dependent and powerless (Cantor & Bernay, 1992; Hargreaves, 1994; McDermott, 1996; Young, 1990).

Sport participation can help women to overcome the feeling of being objects. The study of Birrell & Richter, 1994; Blinder et al., 1993, 1994; Nelson, 1991, 1994; Berge, 1995; Young & White, 1995 revealed that through imparting the knowledge about their bodies they can perform with physical power and competence and this can help them to build their confidence. Also it can help her to feel more fit, less vulnerable, more independent and more physically and mentally strong.

The competitiveness nature of sports has been always observed as opposite of femininity. The women who are active in sports are called as "masculine". (Snyder & Kivlin, 1977; Anthrop & Allison, 1983). Past studies have shown female athletes to have more masculine features than non-athlete women. (Andre & Holland, 1995; Houseworth, Peplow, & Thirer, 1989; Marsh & Jackson, 1986; Myers & Lips, 1978). These ideas have led to research (Desertrain & Weiss, 1998; Sage & Loudermilk, 1979) examining the concept that female

athletes suffer role conflict between their dual roles of woman and athlete.

III. CONCLUSION

In the conclusion it can be said that in India, female sports athlete is having same and more talent and are more hardworking of any other countries female athlete. Both are facing the same problem of gender inequality. Being having the sociological variety these female athletes are very courageous. They are having the less and limited resources but produce the better results. The system of Indian sports has to be improved rather to blame the parents. Once the personality traits of a female athletes and their sports performance are recognised it automatically realised the parents and society to encourage the girls and women towards sports participation.

Women /girls sports clubs are very rare which restricts girl to participate in sports as their parents do not allow them to play with boys. This type of mentality should be removed to improve the condition of women's sport in India.

In fact, those girls who are playing Indian games like Kho-kho and Kabaddi say, we are playing this game because we want this game to become popular, we are fighting for survival. This wish and efforts of female athlete are increasing and their contributions in sports are now more than male athletes.

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