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A comparative study of personality traits of cricket and hockey players

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Abstract
The purpose of the present study was to compare the personality characteristics of Inter collegiate Cricket and Hockey players, with regard to neuroticism and extraversion. Twenty Cricket and Hockey players served as subjects who participated in inter college tournament. Eysenck Personality Inventory (E.P.I.) was administered to find out the personality characteristics of the Cricket and Hockey players, with regard to neuroticism and extraversion. 't' test was used to compare the significance difference between Cricket and Hockey players. t-ratio for extraversion and neuroticism were (3.75, p greater than 0.05) and (1.83, p less than 0.05) respectively indicating significant difference with respect to extraversion and no significant difference with respect to neuroticism between Cricket and Hockey players.

Keywords: personality traits, cricket, hockey, E.P.I., extraversion, neuroticism

Introductions
Personality can be defined as a dynamic and organized set of characteristics possessed by a person that uniquely influences his or her cognitions, motivations, and behaviors in various situations. The word "personality" originates from the Latin persona, which means mask. Significantly, in the theatre of the ancient Latin-speaking world, the mask was not used as a plot device to disguise the identity of a character, but rather was a convention employed to represent that character. In psychology, personality refers to the pattern of thoughts, feelings and behaviors, consistently exhibited by an individual over a long period of time, that strongly influences the way that individual perceives the world and himself or herself.

Characteristics of personality
- Personality is unique and specific. Everyone is unique in this world. No two individuals are alike and even twins are behaving specifically. Everyone of us has different characteristics for making adjustment.
- Personality is self-consciousness. Self-consciousness is an acute sense of self-awareness that one exists as an individual being. Self-consciousness affects people in varying degrees, as some people are constantly self-monitoring or self-involved, while others are completely oblivious about themselves
- Consistency - There is generally a recognizable order and regularity to behaviors. Essentially, people act in the same ways or similar ways in a variety of situations.
- Psychological and physiological - Personality is a psychological construct, but research suggests that it is also influenced by biological processes and needs.
- It impacts behaviors and actions - Personality does not just influence how we move and respond in our environment; it also causes us to act in certain ways.
- Multiple expressions - Personality is displayed in more than just behavior. It can also be seen in our thoughts, feelings, close relationships and other social interactions.
- Personality is not static
- Every personality is a product of heredity and environment.

Theories of personality
There are several theories on personality, which involve different. Ideas about the relationship between personality and other aspects of a person, as well as different notions about the way personality develops. Some of the most prominent ones are briefly discussed below:

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- **Psychoanalytical Theory**

The founder of psychoanalytic theory was Sigmund Freud. The term psychoanalysis is used to refer to many aspects of Freud's work and research, including Freudian therapy and the research methodology he used to develop his theories. Freud relied heavily upon his observations and case studies of his patients when he formed his theory of personality development.

Before we can understand Freud's theory of personality, we must first understand his view of how the mind is organized. According to Freud, the mind can be divided into two main parts:

1. The conscious mind includes everything that we are aware of. This is the aspect of our mental processing that we can think and talk about rationally. A part of this includes our memory, which is not always part of consciousness but can be retrieved easily at any time and brought into our awareness. Freud called this ordinary memory the preconscious.

2. The unconscious mind is a reservoir of feelings, thoughts, urges, and memories that outside of our conscious awareness. Most of the contents of the unconscious are unacceptable or unpleasant, such as feelings of pain, anxiety, or conflict. According to Freud, the unconscious continues to influence our behavior and experience, even though we are unaware of these underlying influences.

According to Sigmund Freud's psychoanalytic theory of personality, personality is composed of three elements. These three elements of personality--known as the id, the ego and the superego--work together to create complex human behaviors.

- **The Id**

The id is the only component of personality that is present from birth. This aspect of personality is entirely unconscious and includes of the instinctive and primitive behaviors. According to Freud, the id is the source of all psychic energy, making it the primary component of personality.

The id is driven by the pleasure principle, which strives for immediate gratification of all desires, wants, and needs. If these needs are not satisfied immediately, the result is a state anxiety or tension. For example, an increase in hunger or thirst should produce an immediate attempt to eat or drink. The id is very important early in life, because it ensures that an infant's needs are met. If the infant is hungry or uncomfortable, he or she will cry until the demands of the id are met.

However, immediately satisfying these needs is not always realistic or even possible. If we were ruled entirely by the pleasure principle, we might find ourselves grabbing things we want out of other people's hands to satisfy our own cravings. This sort of behavior would be both disruptive and socially unacceptable. According to Freud, the id tries to resolve the tension created by the pleasure principle through the primary process, which involves forming a mental image of the desired object as a way of satisfying the need.

- **The Ego**

The ego is the component of personality that is responsible for dealing with reality. According to Freud, the ego develops from the id and ensures that the impulses of the id can be expressed in a manner acceptable in the real world.

The ego functions in both the conscious, preconscious, and unconscious mind.

The ego operates based on the reality principle, which strives to satisfy the id's desires in realistic and socially appropriate ways. The reality principle weighs the costs and benefits of an action before deciding to act upon or abandon impulses. In many cases, the id's impulses can be satisfied through a process of delayed gratification--the ego will eventually allow the behavior, but only in the appropriate time and place.

The ego also discharges tension created by unmet impulses through the secondary process, in which the ego tries to find an object in the real world that matches the mental image created by the id's primary process.

- **The Superego**

The last component of personality to develop is the superego. The superego is the aspect of personality that holds all of our internalized moral standards and ideals that we acquire from both parents and society-our sense of right and wrong. The superego provides guidelines for making judgments. According to Freud, the superego begins to emerge at around age five.

There are two parts of the superego:

1. The ego ideal includes the rules and standards for good behaviors. These behaviors include those which are approved of by parental and other authority figures. Obeying these rules leads to feelings of pride, value and accomplishment.

2. The conscience includes information about things that are viewed as bad by parents and society. These behaviors are often forbidden and lead to bad consequences, punishments or feelings of guilt and remorse.

The superego acts to perfect and civilize our behavior. It works to suppress all unacceptable urges of the id and struggles to make the ego act upon idealistic standards rather that upon realistic principles. The superego is present in the conscious, preconscious and unconscious.

The Interaction of the Id, Ego and Superego

With so many competing forces, it is easy to see how conflict might arise between the id, ego and superego. Freud used the term ego strength to refer to the ego's ability to function despite these dueling forces. A person with good ego strength is able to effectively manage these pressures, while those with too much or too little ego strength can become too unyielding or too disrupting.

According to Freud, the key to a healthy personality is a balance between the Id, the ego.

Behavioural and Cognitive Theories

B.F. Skinner and John Watson were the chief contributors to this Theory. Behavioural theorists suggest that personality is a result of the interaction between the individual and the environment.

They claim that personality development is a gradual process of growth. During this process, certain behaviours are reinforced by the environment and others are not. Thus how we think and act can be modified by modifying our environment. Cognitive theories are theories of personality that emphasize cognitive processes such as thinking and judging in shaping personality. Cognitive theorists like

Albert Bandura, Walter Mischel and Rotter introduced thought into the equation of Personality. They especially focused on how people interpret the situation in which they find themselves and then alter their behaviour.

Trait Theories
A trait is a characteristic way in which an individual perceives, feels, believes, or acts. When we casually describe someone, we are likely to use trait terms. For example: Sudhir is somewhat of an introvert, a pretty nervous person, strongly attached to his Family, frequently depressed, and very intelligent.

Trait theorists generally assume that (a) traits are relatively stable over time, (b) traits Differ among individuals (e.g. some people are outgoing while others are shy), and (c) Traits influence behavior.

Let's take a look at some of the major trait theories.

1. Gordon Allport's Trait Theory
Allport organized personality into three levels of traits:
- **Cardinal trait:** This is the trait that dominates and shapes a person's behavior. These are rare as most people lack a single quality that shapes their lives. Freedom fighter Bhagat Singh's patriotism may be said to be a cardinal trait because it overshadowed all other aspects of his personality.
- **Central trait:** This is a general characteristic found in some degree in every person. These are the basic building blocks that shape most of our behavior although they are not as overwhelming as cardinal traits. An example of a Central trait would be honesty and discipline.
- **Secondary trait:** These are characteristics seen only in certain circumstances (such as particular likes or dislikes that a very close friend may know). They must be included to provide a complete picture of human complexity.

2. Raymond Cattell's Theory
Raymond Cattell's research led to a two-layered personality structure with sixteen "primary factors" (16 Personality Factors) and five "secondary factors." Cattell's 16 primary personality factors are:
- Warmth (A)
- Reasoning (B)
- Emotional Stability (C)
- Dominance (E)
- Liveliness (F)
- Rule-Consciousness (G)
- Social Boldness (H)
- Sensitivity (I)
- Vigilance (L)
- Abstractedness (M)
- Privateness (N)
- Apprehension (O)
- Openness to Change (Q1)
- Self-Reliance (Q2)
- Perfectionism (Q3)
- Tension (Q4)

3. Eysenck's Theory
A different model was proposed by Hans Eysenck, who believed that just three traits extraversion (impulsiveness, friendliness, liveliness, high activity level, and Excitability), neuroticism (tendency to experience anxiety, guilt, anger and Depression) and psychoticism (increased vulnerability to psychoses, a condition of the Mind where there is a loss of contact with reality) - were sufficient to describe human Personality.

4. The Big Five Factor Theory
This is one of the most accepted and applicable trait theories today. Building on the Work of Cattell and others, Lewis Goldberg proposed a five-dimension personality Model, nicknamed the "Big Five":
1. Extraversion - outgoing and stimulation-oriented vs. Quiet and stimulation avoiding.
2. Neuroticism - emotionally reactive, prone to negative emotions vs. Calm, Collected, optimistic.
3. Agreeableness-easy-going, friendly, peace-making vs. Aggressive, Dominant, disagreeable.
4. Conscientiousness-dutiful, plan full, and orderly vs. Laidback, spontaneous and unreliable.
5. Openness to experience - open to new ideas and change vs. Traditional and Oriented toward routine. For ease of remembrance, this can be written as either OCEAN or CANOE.

Jung's Ideas about the Conscious and the Unconscious
First it's important to understand that Jung asserted that a person's psychological make-up is always working on two levels: the conscious and the unconscious. According to Jung, and widely held today, a person's psychology represents by their conscious and unconscious parts. Moreover, a person's conscious and unconscious states are in a way 'self-balancing', if a person's conscious side (or 'attitude') becomes dominant or extreme, then the unconscious will surface or manifest in some way to rectify the balance. This might be in dreams or internal images, or via more physical externally visible illness or emotional disturbance. Jung also asserted that at times in people the unconscious can surface and 'project' (be directed at) the outside world, particularly other people. This acknowledgement of the power of the unconscious features strongly in the thinking of Freud and notably in the underpinning theory of Transactional Analysis.

Personality is the overall pattern of psychological characteristics that makes person a unique individual. It is well known fact that players, of one game differ from the players of other games in their personality traits. The purpose of the study was to find out personality characteristics between inter collegiate level Cricket and Hockey players, with regard to neuroticism and extraversion. The present study was delimited only two psychological variables as it was not horrible to study all the psychological factors which help the sportsman. The two variables which were selected for the present study - extraversion - neuroticism.

Methodology
Twenty Cricket players and 20 Hockey players who participated in inter collegiate tournament conducted by Chaudhary Charan Singh University, Meerut, Uttar Pradesh, were selected as subject for the present study. E.P.I. was administration to the Cricket and Hockey players. Instructions were given to the subject before filling the E.P.I.

Results and Discussion
The result of the present study in Table 1 and Table 2.

Table 1: Means. S.D. and t-ratio of extraversion for Cricket and Hockey Players

Players	N	Means	S.D.	t-ratio
Cricket	20	27.95	2.3	3.75*
Hockey	20	24.80	3.06	

*Significant at 0.05 level

Table 2: Means. S.D. and t-ratio of Neuroticism for Cricket and Hockey Players

Players	N	Means	S.D.	t-ratio
Cricket	20	21.4	5.26	1.83*
Hockey	20	23.9	3.08	

*Significant at 0.05 level

It is evident from Table 1 there was significant difference found (t = 3.75, p is less than .5) between Cricket and Hockey Players with respect to extraversion. In Table 2 no significant difference was found (t = 1.83, p is less than .5) between Cricket and Hockey players with respect to neuroticism.

Conclusion
Statistically significant difference of personality characteristics with respect to neuroticism between Cricket and Hockey players was found. Cricket players were found to have significant neurotic tendency as compare to Hockey players. Statistically significant difference of personality characteristics with respect to extroversion between Cricket and Hockey players was found. Cricket players were found to have got more neurotic tendency as compare to Hockey players.

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