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Assessment of Neuroticism and psychoticism Between cricketers And Swimmers: A Psychological Probe

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ABSTRACT

The purpose of present study was to assess the Neuroticism and Psychoticism between Cricketers and Swimmers. The present study was conducted on 50 Cricketers and Swimmers of Khalsa College Amritsar, Punjab. Keeping in view the objectives, the players were categorized into two main groups: Cricketers ($N_1=25$) and swimmers ($N_2=25$). The age of subjects ranged between 18 to 25 years. The difference in the mean of each group for selected variable was tested by “t” test. The level of significance was set at 0.05. Analysis of data revealed that there were significant difference between Cricketers and Swimmers in the Neuroticism level and Psychoticism level. It is evident that Cricketers and Swimmers in Neuroticism test differed significantly, as they obtained t-value of 5.71 is more than the tabulated Value of $t = 1.68$. It is evident that Cricketers and swimmers in Psychoticism differed significantly, as the obtained t-value of 4.37 is much more than the tabulated Value of $t = 1.68$.

KEY WORDS: Neuroticism, Psychoticism, Cricketers, Swimmers and Khalsa College

INTRODUCTION

Cricket is the most popular sport in India, it is played by many people in open spaces throughout the country though it is not the nation's official national sport (a distinction held by field hockey). The India national cricket team won the 1983 Cricket World Cup, the 2007 ICC World Twenty20, and the 2011 Cricket World Cup, and shared the 2002 ICC Champions Trophy with Sri Lanka. Domestic competitions include the Ranji Trophy, the Duleep Trophy, the Deodhar Trophy, the Irani Trophy and the Challenger Series. In addition, BCCI conducts the Indian Premier League, a Twenty20 competition.

Sports psychology is at once the oldest and the youngest of the sciences. Psychology may be broadly defined as the science of mind. The word is derived from the Greek and means the science of the soul. In ancient and medieval times psychology was regarded as a branch of philosophy dealing with the principle of life, sensation, intelligence and conation, especially in human beings. It was essentially speculative and static, in contrast to the modern practical and dynamic study of psychology. Neuroticism is characterized by high levels of negative affect such as depression and anxiety. Neuroticism, according to Eysenck's theory, is based on activation thresholds in the sympathetic nervous system or visceral brain. This is the part of the brain that is responsible for the fight-or-flight response in the face of danger. Activation can be measured by heart rate, blood pressure, cold hands, sweating and muscular tension (especially in the forehead). Neurotic people — who have low activation thresholds, and unable to inhibit or control their emotional reactions, experience negative affect (fight-or-flight) in the face of very minor stressors — are easily nervous or upset. Emotionally stable people — who have high activation thresholds and good emotional control, experience negative

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affect only in the face of very major stressors – are calm and collected under pressure. The two dimensions or axes, extraversion-introversion and emotional stability-instability, define four quadrants. These are made up of:

Stable extraverts (sanguine qualities such as outgoing, talkative, responsive, easygoing, lively, carefree, leadership) Unstable extraverts (choleric qualities such as touchy, restless, excitable, changeable, impulsive, irresponsible) Stable introverts (phlegmatic qualities such as calm, even-tempered, reliable, controlled, peaceful, thoughtful, careful, passive) Unstable introverts (melancholic qualities such as quiet, reserved, pessimistic, sober, rigid, anxious, moody) An enduring tendency to experience negative emotional states, such as anxiety, anger, guilt and depression. Those who score high on neuroticism scales are more likely than average to respond poorly to stress and to interpret situations as threatening or hopelessly difficult.

Psychoticism/Socialisation: Psychoticism is associated not only with the liability to have a psychotic episode (or break with reality), but also with aggression. Psychotic behavior is rooted in the characteristics of toughmindedness, non-conformity, inconsideration, recklessness, hostility, anger and impulsiveness. The physiological basis suggested by Eysenck for psychoticism is testosterone, with higher levels of psychoticism associated with higher levels of testosterone.

MATERIALS AND METHODS

SAMPLES

The present study was conducted on 50 Cricketers and Swimmers of Khalsa College Amritsar, Punjab. Keeping in view the objectives, the players were categorized into two main groups: Cricketers ($N_1=25$) and Other Team Game ($N_2=25$). The age of subjects ranged between 18 to 25 years. The purposive sampling technique was used to attain the objectives of the study. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in this study.

Table 1: Subjects' Demographics.

S.No	CRICKETERS	SWIMMERS	TOTAL SAMPLE
1.	$N_1=25$	$N_2=25$	$N=50$

SELECTION OF VARIABLES

Out of myriads of psychological variables associated with outstanding athletic performance, it was really a prodigious task to identify the most vital ones. The availability of reliable and valid instruments is also an important consideration in directing one's initiative for the choice of variables. Many psychological instruments i.e. test and inventories are relevant more often than not to the populations on which they have been standardized and for which they have been constructed. The Two variables are:

1. Neuroticism.
2. Psychoticism

The Eysenck Personality questionnaire was used to assess the level of Personality Trait of the players. The test retest reliability of the questionnaire was reported to be 0.79. The questionnaire on mental

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toughness prepared by Eysenck has eighty nine items, which has three categories namely: Extroversion, Neuroticism and Psychoticism

STATISTICAL ANALYSIS

Student's t-test for independent data was used to assess the between-group differences. The level of $p \leq 0.05$ was considered significant.

RESULTS

The results of Extroversion variable in Cricketers players and Swimmers are presented in the following tables:

Table 2: Mean scores and standard deviations of the two groups on Neuroticism variable are presented in Table.

Group	Number	Mean	SD	Mean difference	t-Value
CRICKETERS	25	10.64	1.44	0.8	5.71
SWIMMERS	25	9.84	1.89		

Significant at .05 level of significance

It is observed from the Table-2 that mean value of Cricketers and swimmers for Neuroticism variable was 10.64 and 9.84 respectively, whereas the standard deviation (SD) was 1.44 and 1.89. The critical value of t at 95% probability level is lower (1.684) than the observed value of t (5.71). The data does indicated that the difference between Cricketers and swimmers for Neuroticism variables are significant.

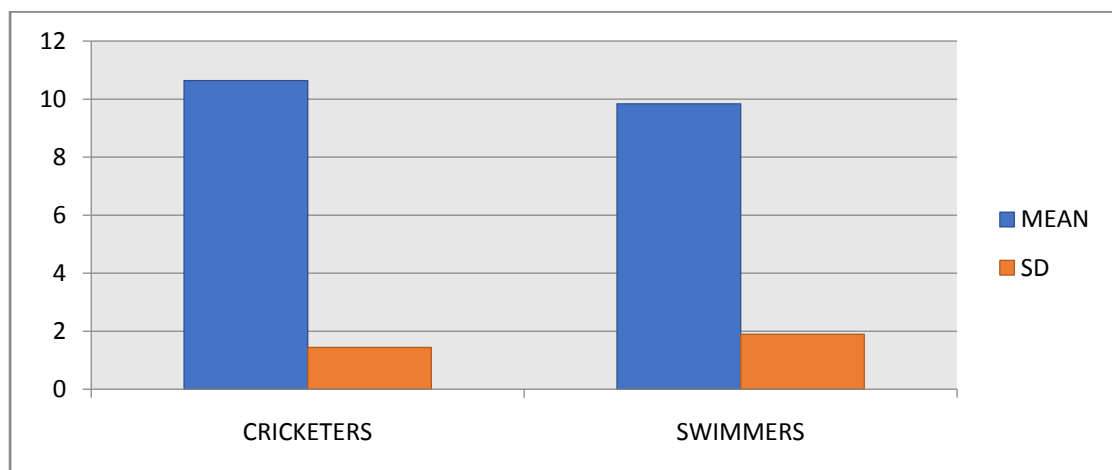


Figure 1: Comparison of Neuroticism of Cricketers and swimmers

Table 3: Mean scores and standard deviations of the two groups on Psychoticism are presented in Table.

Group	Number	Mean	SD	Mean difference	t-Value
CRICKETERS	25	10.86	1.61	1.58	4.37
SWIMMERS	25	9.28	2.38		

Significant at .05 level of significance

It is observed from the Table-3 that mean value of Cricketers and swimmers for Psychoticism was 10.86 and 9.28 respectively, whereas the standard deviation (SD) was 1.61 and 2.38. The critical value of t at 95% probability level lower (1.684) than the observed value of t (4.37). The data does indicated that the difference between Cricketers and swimmers for Psychoticism are significant.

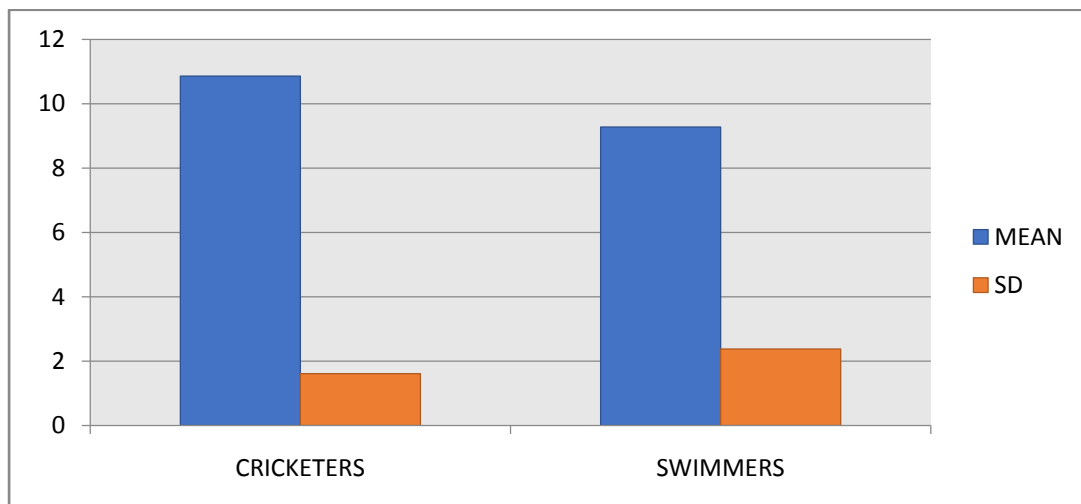


Figure 2: Comparison of Psychoticism of Cricketers and swimmers

DISCUSSION

The present study deals with the comparison of personality traits between Cricketers and swimmers with respect to Neuroticism and Psychoticism. The data was collected with the help of Eysenck personality questionnaire. This inventory provides Neuroticism and Psychoticism psychological dimensions.

From the analysis of data it has been found that there is significant difference between Cricketers and swimmers in the Neuroticism level. It is evident that Cricketers and swimmers in Neuroticism test differed significantly, as the obtained t-value 5.71 is more than the tabulated value of $t = 1.684$. It is obvious that there is significant difference between Cricketers and swimmers on Neuroticism level at 0.05 level as the mean difference 10.64 and 9.84. Hence the null hypothesis is rejected between these groups at Neuroticism level. The Cricketers players have high Neuroticism in comparison with Swimmers because the reason may be Cricketers game is popular in world than swimming. From the analysis of data it has been found that there is significant difference between Cricketers and swimmers in the Psychoticism. It is evident that Cricketers and swimmers in Psychoticism test differed significantly, as the obtained t-value 4.37 is much more than the tabulated value of $t = 1.684$. It is obvious that there is significant difference between Cricketers and swimmers on Psychoticism at 0.05 level as the mean difference 10.86 and 9.28. Hence the null hypothesis is rejected between these groups at Psychoticism.

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