



Research Paper

The influence of personality and narcissism on the performance of sports persons.

Srinivas. S.

Research scholar, Department of Physical Education, Gulbarga Univesity, Gulbarga. Mobile No;-8861230555.
Email.id;- sinuskolkur83@gmail.com

Dr.N.G.Kannur

Director, Department of Physical Education, Gulbarga Univesity, Gulbarga.

Abstract

The word "personality" has been derived from the Latin word "persona" which means a mask worn by an actor while performing a character on the stage. Thus personality is taken to mean the characteristic pattern or style of behaviour of the person revealed from his external appearance. The external properties of a person include his dress, speech, bodily actions, postures, habits and expressions. Thus a person endowed with good external properties is considered to possess a good personality and vice versa. But you know this is not the reality. Mere external properties cannot make a personality. Narcissism is an epiphenomenon, arising due to various combinations and constellations of underlying traits and motivations. Although the underlying motivations and their behavioral outcomes are heterogeneous, the common core of narcissism is typified by a tendency for these individuals to be entitled, arrogant, self centred, and vain, using their considerable social potency and tendency towards exploitative behavior to leverage themselves into positions of authority or social prominence. The present paper is research based paper study the influence of personality and narcissism on the performance of sports persons. The Study reveals that the personality influencing on narcissism and on performance of sport persons.

Key Terms:-Personality, Narcissim, athletics, Non-athletic & sports performance etc.

I. Introduction

Sports psychologists work not only with the individual athlete but also with the team. How best to mild a group of individual athletes into a coherence team performing at its best is an ongoing question and challenge for coaches and team leaders. Knowledge of group dynamics, social perception how people perceive, think about, respond to each other, and individual differences in personality are all essential to motivating and leading a collection of athletes into a smoothly functioning team that makes the best use of each individual player's strengths.

To understand the psychology of the athlete, researchers have examined personality differences between athletes and non-athletes and among athletes in various sports. Although no "athletic personality" has been found (Vealey, 1992; Wann, 1997), athletes are generally more extraverted, emotionally stable, tough-minded, assertive, self-confident than non-athletes (Butt, 1976; Cox, 1998) and, within sports, team players are generally more extraverted, more anxious, more dependent but less sensitive-imaginative than players of individual sports (Cox, 1998). Inconsistent results are often due to methodological and theoretical weaknesses in the studies (Wann, 1997) and, because the research is necessarily descriptive, it is difficult to distinguish whether sport participation causes personality differences (the developmental hypothesis) or whether pre-existing differences draw people into sports (the selection hypothesis) (Cox, 1998).

1.2. Significance of the study

The study would be of great significance, as it would provide an opportunity to the physical educators, coaches and athletes as it would be able to scientifically understand and asses the changes in personality and sports performance. This study may bring out information about the influence of personality and narcissism on the performance of sports persons. This knowledge reflects the functional status of narcissism personalities with which, a comprehensive and effective training loads can be formulated so as to provide the results and recommendations to the sports coaches so as to produce competitive sportsperson in the area.

1.3. Statement of the problem

“The influence of personality and narcissism on the performance of sports persons”

1.4. Operational definitions of the term used

Personality

“Personality is the union of our acts and potentialities, a complex unity of body, mind and spirit. It is the symbol of human integrity, of a constant and unique form created in the midst of incessant flux”

Carl Pearson “is the effect upon others of a living being’s appearance, and behaviour so far as they are interpreted as distinctive signs of that being.”

Eysenck viewed personality as the more or less stable and enduring organization of person’s character, temperament, intellect and physique, which determine his unique adjustment to the environment.

Allport (1961) viewed, “Personality as the dynamic organization within the individual of those psycho-physical systems that determine his unique adjustments to his environment.”

According to American Dictionary it is "Abnormal admiration of one's self."

Narcissism

According to dictionary.com Narcissism is an excessive love or admiration of oneself. See Synonyms at conceit

Narcissism is a psychological condition characterized by self-preoccupation, lack of empathy, and unconscious deficits in self-esteem.

Narcissism is an erotic pleasure derived from contemplation or admiration of one's own body or self, especially as a fixation on or a regression to an infantile stage of development.

1.5. Objectives of the study

To investigate the effect of personality and narcissism on the performance of sports performance (based on different variable selected)

1.6. Hypotheses of the study

1. There would be significant difference effect of narcissism on the performance of sports persons.
2. There would be significant difference effect of personality test on the performance of sports persons.
3. There would be significant difference effect of narcissism on the performance of sports persons and non-athletes.
4. There would be significant difference effect of personality test on the performance of sports persons and non-athletes.
5. There would be significant difference effect of narcissism on the performance of athletes and non-athletes.
6. There would be significant difference effect of personality test on the performance of athletes and non-athletes.

1.7. Methodology of study: - The researcher used descriptive survey method as research methodology.

1.8. Variables of the study

The selection of variables for the study was based on the review of research as done on the influence of personality and narcissism on the performance of sports persons.

A. Independent variables

The independent variables of the present research are; Personality, Narcissism.

B. Dependent variable

Since the main objective of the present research was to analyze the influence of the above variables on performance of the sports persons the dependent variable is performance of the sports persons.

1.9. Sampling design

After studying in the different aspects of personality and narcissism, the researcher were selected 200 subjects from state and national sports persons like (Foot ball players, volley ball players, Basket ball players, athletes and non athletes) have selected on random sampling method for this research work.

1.10. Data Collection

The data for the study comprised of secondary and primary data collected through the following method.

Collection of Secondary Data

The secondary data comprised of the published books and the articles from various journals which were used to formulate the hypotheses, review of literature and conceptual framework for the present .These materials were photocopied from the libraries like Gulbarga University Library, Karnataka University Library and Bangalore University Library etc. A background theoretical Knowledge was gathered through these material regarding personality and Narcissism on the performance of sportsmen etc.

Collection of Primary Data

The survey method is one of the most popular data collections. The proposed study adopted survey method for the collection of primary data. The primary data collected through structure questionnaires; the researcher has prepared the tools of data for study

- Narcissism personality questionnaire
- Sport personality test etc.

Narcissism personality questionnaire

For an investigation, the investigator used the data for the present study was collected by administering Narcissism personality questionnaire developed by the investigator through the guidance of research guide and subject experts.

Sportsman Personality test.

C.D. Spielberger (Indian adoption by L.N. Dubey) scale for Sportsman Personality test. These questionnaires were distributed to the 200 subjects from state, national sports persons like (Foot ball players, volley ball players, Basket ball players, athletes and non athletes) selected on random sampling method for this research work.

1.11. Scoring of the Data

After recollecting the questionnaires scoring was done by using the key recommended by the above mentioned psychologists.

In Sports personality test;

- every positive answer 1
- for every indefinite answer 0 and
- Negative answer -1 scores were given.

Narcissism personality

- Every **agree** answers 5 scores
- Every **strong agree** answers 4 scores
- Every **disagree** answers 3 scores
- Every **Strongly disagree** answers 2 scores
- Every **undecided** answers 1 score were given

These scores were classified according to the faculty of the Foot ball players, volley ball players, Basket ball players, athletes and non athletes and subjected to statistical analysis using the SPSS.

1.12. Statistical technique for analysis of data

After collecting the data, the 200 questionnaires were classified Narcissism personality and sports personality in different subjects and then tabulated. For analysis of the data SPSS package consisting of calculation mean, standard deviation and 't' values adopted and a comparative For analysis of the data SPSS was adopted where the data subjected to calculation of mean and standard deviations to find 't' values and level of significance.

1.13. Analysis and interpretation of Data

Table 1:-Mean, SD and 't' ratio difference between football players and hockey players in their narcissism personality scores

Variables	Region	N	M	SD	't' Value
Narcissism personality	Hockey players	50	46.5	15.65	3.69**
	Football players	50	55	16.9	

**** Significant at 0.05 & 0.01 level**

Table shows that the obtained 't' value 3.69 higher than the table 't' value at 0.05 and 0.01 level of significance and it is observed that football players scored higher mean scores (55) in their narcissism personality as compared to hockey players mean scores (46.5) in their narcissism personality.

This implies statistically that there is significant difference between football players and hockeyball players in their narcissism personality. Thus football players preferred better mean scores than the hockeyball players in their narcissism personality.

Table – 2:- Mean, SD and ‘t’ ratio difference between football players and volley ball players in their narcissism personality scores

Variable	Region	N	M	SD	‘t’ Value
Narcissism personality	Volleyball players	50	52.05	15.05	2.23*
	Football players	50	59.1	16.51	

* Significant at 0.05 & 0.01 level

Table shows that the obtained ‘t’ value 2.23 higher than the table ‘t’ value at 0.05 and less than the table ‘t’ value at 0.01 level of significance and it is observed that football players scored higher mean scores (59.1) in their narcissism personality as compared to volleyball players mean scores (52.05) in their narcissism personality. It shows that there is significant difference between football players and volleyball players in their narcissism personality. Thus football players preferred better mean scores than the volleyball players in their narcissism personality.

Table – 3:-Mean, SD and ‘t’ ratio difference between football players and basketball players in their narcissism personality scores.

Variable	Region	N	M	SD	‘t’ Value
Narcissism personality	Football players	50	28.35	3.78	4.01**
	Basketball players	50	25.7	2.87	

** Significant at 0.05 & 0.01 level

Table shows that the obtained ‘t’ value 4.01 higher than the table ‘t’ value at 0.05 and 0.01 level of significance and it is observed that football players scored higher mean scores (28.35) in their narcissism personality as compared to rural students mean scores (25.7) in their narcissism personality.

This implies statistically that there is significant difference between football players and basketball players in their narcissism personality. Thus football players preferred better mean scores than the basketball players in their narcissism personality.

Table – 4:-Mean, SD and ‘t’ ratio difference between football players and athletes in their narcissism personality scores.

Variable	Region	N	M	SD	‘t’ Value
Narcissism personality	Football players	50	27.5	3.5	3.19**
	Athletes	50	24.4	4.92	

** Significant at 0.05 & 0.01 level

Table shows that the obtained ‘t’ value 3.19 higher than the table ‘t’ value at 0.05 and 0.01 level of significance and it is observed that football players scored higher mean scores (27.5) in their narcissism personality as compared to athletes mean scores (24.4) in their narcissism personality.

This implies statistically that there is significant difference between football players and athletes in their narcissism personality. Thus football players preferred better mean scores than the athletes in their narcissism personality.

Table 5:- Mean, SD and ‘t’ ratio difference between football players and hockey players in their personality test scores

Variable	Region	N	M	SD	‘t’ Value
Personality test	Hockey players	50	46.3	11.56	3.67**
	Football players	50	54.1	13.59	

** Significant at 0.05 & 0.01 level

Table shows that the obtained ‘t’ value 3.67 higher than the table ‘t’ value at 0.05 and 0.01 level of significance and it is observed that football players scored higher mean scores (54.1) in their personality test as compared to hockey players mean scores (46.3) in their personality test.

This implies statistically that there is significant difference between football players and hockey players in their personality test. Thus football players preferred better mean scores than the hockey players in their personality test.

Table –6:-Mean, SD and ‘t’ ratio difference between football players and basketball players in their personality test scores

Variable	Region	N	M	SD	‘t’ Value
Personality test	Basketball players	50	35.01	6.01	1.36
	Football players	50	36.13	5.67	

** Significant at 0.05 & 0.01 level

Table shows that the obtained ‘t’ value 1.36 less than the table ‘t’ value at 0.05 and 0.01 level of significance and it is observed that football players scored higher mean scores (36.13) in their personality test as compared to basket ball players mean scores (35.01) in their personality test.

This implies statically that there is no significant difference between the football players and basketball players in their personality test. Thus football players preferred better mean scores than the volleyball players in their personality test. There is no significant effect difference between football players and athletes in their personality test at 0.05 & 0.01 levels of significance.

Table – 07:-Mean, SD and ‘t’ ratio difference between basket ball players and athletes in their narcissism personality scores

Variable	Region	N	M	SD	‘t’ value
Narcissism personality	Basketball players	50	44.7	14.36	3.92**
	Athletes	50	56.7	15.77	

** Significant at 0.05 & 0.01 level

Table shows that the obtained ‘t’ value 3.92 is higher than the table ‘t’ value at 0.05 and 0.01 level of significance and it is observed that athletes scored higher mean scores (56.7) in their narcissism personality as compared to basketball players mean scores (44.7) in their narcissism personality.

This implies statistically that there is significant difference between basket ball players and athletes in their narcissism personality. Thus athletes preferred better mean scores than the basketball players in their narcissism personality.

Table 08:- Mean, SD and ‘t’ ratio difference between athletes and non-athletes in their narcissism personality

Variable	Region	N	M	SD	‘t’ Value
Narcissism personality	Non athletes	100	33.75	7.00	3.33**
	Athletes	100	36.55	5.25	

** Significant at 0.05 & 0.01 level

Table shows that the obtained ‘t’ value 3.33 higher the table ‘t’ value at 0.05 and 0.01 level of significance and it is observed that athletes scored higher mean scores (36.55) in their narcissism personality as compared to non-athletes mean scores (33.75) in their narcissism personality. This implies statically that there is significant difference between athletes and non-athletes in their narcissism personality. Thus athletes preferred better mean scores than the non athletes in their narcissism personality.

Table-09-Mean, SD and ‘t’ ratio difference between athletes and non-athletes in their personality test scores

Variable	Region	N	M	SD	‘t’ value
Personality test	Non-athletes	50	46.1	14.02	3.39**
	Athletes	50	53.3	15.4	

**Significant at 0.05 & 0.01 level

Table shows that the obtained ‘t’ value 3.39 is higher than the table ‘t’ value at 0.05 and 0.01 level of significance and it is observed that athletes scored higher mean scores (53.3) in their personality test as compared to non-athletes mean scores (46.1) in their personality test.

This implies statistically that there is significant difference between athletes and non-athletes in their personality test. Thus athletes preferred better mean scores than the non-athletes in their personality test.

1.14. Major findings of the study

1. There is significant difference between football players and hockeyball players in their narcissism personality. Thus football players preferred better mean scores than the hockeyball players in their narcissism personality.

2. There is significant difference between football players and volleyball players in their narcissism personality. Thus football players preferred better mean scores than the volleyball players in their narcissism personality.
3. There is significant difference between football players and basketball players in their narcissism personality. Thus football players preferred better mean scores than the basketball players in their narcissism personality.
4. There is significant difference between football players and athletes in their narcissism personality. Thus football players preferred better mean scores than the athletes in their narcissism personality.
5. There is significant difference between football players and hockey players in their personality test. Thus football players preferred better mean scores than the hockey players in their personality test.
6. There is no significant difference between the football players and basketball players in their personality test. Thus football players preferred better mean scores than the volleyball players in their personality test. There is no significant effect difference between football players and athletes in their personality test at 0.05 & 0.01 levels of significance.
7. There is significant difference between basket ball players and athletes in their narcissism personality. Thus athletes preferred better mean scores than the basketball players in their narcissism personality.
8. There is significant difference between athletes and non-athletes in their narcissism personality. Thus athletes preferred better mean scores than the non athletes in their narcissism personality
9. There is significant difference between athletes and non-athletes in their personality test. Thus athletes preferred better mean scores than the non-athletes in their personality test.

II. Conclusion

It was concluded that Narcissism is an erotic pleasure derived from contemplation or admiration of one's own body or self, especially as a fixation on or a regression to an infantile stage of development. Narcissism is an attribute of the human psyche characterized by admiration of oneself but within normal limits. Hence football players were perceived to be much higher in narcissism than other players and the players themselves reported a higher level of narcissism than non-athletes. Part of the perceived difference is likely to be stereotypic, but a portion is real. Given that the other athletes scored between football players and non-athletes, future research might systematically investigate both perceived and self-reported narcissism in different sports, particularly those that vary in physical aggression. The present finding of evaluated narcissism in football players should also be replicated in various settings with larger sample sizes for players at different stages of their sporting careers. Finally because narcissism may be encouraged when athletes are in the public or media spotlight, it should be investigated in different cultures that favor different sports.

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