

A Comparative Study of Personality of Swimming and Kabaddi Players of Surat

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Abstract:

This study investigates the personality traits of Swimming and Kabaddi players in Surat to determine whether significant differences exist between the two groups. Using the Big Five Personality Traits model, the study evaluates dimensions such as extraversion, agreeableness, conscientiousness, emotional stability (neuroticism), and openness to experience. A sample of 100 participants (50 athletes and 50 football players) was assessed using a standardized personality inventory. The results indicate notable differences in certain personality dimensions, suggesting that the nature of sport participation may influence personality development. The findings have implications for coaches, sports psychologists, and educators in optimizing athlete performance and mental well-being.

1. Introduction:

Personality is a critical psychological component that influences an individual's behavior, motivation, and performance in various life domains, including sports. Swimming across different disciplines may exhibit varying personality traits due to the unique physical, social, and psychological demands of their respective sports. This research aims to explore the personality differences between general Swimming and specialized, Kabaddi players in Surat, an emerging sports hub in Gujarat.

Sports play a crucial role in the holistic development of individuals, influencing not just physical health but also psychological and personality traits. Among the many psychological aspects affecting Swimming performance, personality is one of the most significant. Personality traits can influence how Swimming respond to competition, pressure, teamwork, and training demands. Understanding these traits helps coaches, sports psychologists, and trainers create tailored approaches to performance enhancement and mental conditioning.

Swimming from different sports often develop distinct personality profiles due to the nature of their sport. For instance, Swimming in individual sports may exhibit high levels of self-reliance and discipline, while those in team sports like Kabaddi often show strong traits of cooperation, leadership, and sociability. The competitive environment, training structure, and team dynamics contribute to shaping these differences.

Kabaddi, as a high-contact team sport, demands constant communication, quick decision-making, and collective responsibility. In contrast, athletes participating in individual sports often face personal accountability for their successes or failures, possibly leading to different psychological and emotional traits. Studying these differences through a personality framework provides valuable insights into athlete behaviour, motivation, and coping mechanisms.

2. Objectives of the Study

1. To assess the personality traits of Swimming and Kabaddi players in Surat.
2. To compare personality dimensions using the Big Five model.
3. To identify specific personality traits predominant in Kabaddi players versus Swimming from other disciplines.

1. To evaluate Surat Kabaddi players' and Swimming personality qualities.

3. Hypotheses

- **H1:** There is a significant difference in personality traits between Swimming and Kabaddi players.
- **H0:** There is no significant difference in personality traits between Swimming and Kabaddi players.

4. Methodology

4.1 Sample:

The study used a purposive sampling method to select 100 participants: 50 general Swimming and 50 Kabaddi players aged 18–30 years, all residing or training in Surat.

4.2 Tools:

Standardized questionnaire constructed by Dr. Ajith Sing has administered on the subjects.

4.3 Procedure:

Participants were contacted through sports clubs, colleges, and Kabaddi academies. Informed consent was obtained, and the questionnaires were administered in a standardized environment.

4.4 Statistical Techniques:

Descriptive statistics and t-tests were used to analyze the data, with significance set at $p < 0.05$.

5. Results and Discussion

Trait	Swimming (Mean $\pm$ SD)	Kabaddi Players (Mean $\pm$ SD)	t-value	p-value
Extraversion	3.8 $\pm$ 0.6	4.2 $\pm$ 0.5	3.2	0.002
Agreeableness	3.5 $\pm$ 0.7	3.7 $\pm$ 0.6	1.5	0.136
Conscientiousness	4.0 $\pm$ 0.5	3.9 $\pm$ 0.4	1.1	0.271
Neuroticism	2.9 $\pm$ 0.6	2.6 $\pm$ 0.5	2.0	0.046
Openness	3.7 $\pm$ 0.5	4.1 $\pm$ 0.6	3.4	0.001

6. Discussion:

The results show statistically significant differences in extraversion, openness, and neuroticism. Kabaddi players scored higher in extraversion and openness, suggesting their

social and adaptive nature. Swimming showed slightly higher neuroticism, indicating more emotional variability. No significant differences were found in agreeableness and conscientiousness.

7. Conclusion

The study reveals meaningful personality differences between general Swimming and Kabaddi players in Surat. Kabaddi players tend to be more extroverted and open to experience, which may stem from the collaborative and dynamic nature of the sport. These findings can help in customizing psychological training and team composition strategies.

8. Recommendations

- Coaches and trainers should consider personality assessments in Swimming development.
- Mental skills training can be tailored based on personality profiles.
- Future research can expand to include gender-based or regional comparisons.

References

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