CHAPTER – II

REVIEW OF RELATED LITERATURE

Good numbers of studies have been made to investigate the difference between sports sub groups, sportsmen and non sportsmen, successful and unsuccessful sportsmen and team and individual athletes in the light of psychological, sociological, genetic and demographic factors. But very few case studies are conducted on international sports people especially on international volleyball players. However a few studies are reviewed related to individual sports personalities and categories of sports people.

Portified, I.A.L. (1941) says, "Only some of man's experiences can be learned by observing him in action. To understand his behavior fully and intimately, he must supply a detailed and penetrating account of what he does and has been done, what he expects to do and ought to do"

Garratty and John A. (1975) says, "The biographer, however, must not deal only with the fact of subject career, with what he did, why he did and how he influenced his times and was in turn affected by them, he must also describe the man himself, his personality, his character and his individuality".

Though the influence of the family on the achievement of an individual is profound, the role of race, according to Cratty, cannot be undermined. The family has the earliest influence and a most vital influence upon the child's attitudes towards the opportunities for physical activity. The parents continually evaluate the efforts of the child, and as a result, his relative need for subsequent achievement is molded factors like Socio-economic status and race also influence the child's opportunity for proficiency in physical activity. Family background, environment, heredity, socio

economic statuses are the factors that generally influence a person's optimum level performance. Heredity is the sum of inborn traits whether they are exactly similar to those of the parents or not. Environment stands for all the external forces physical, social, economic, geographical, political etc., which are potential enough to change or modify the behaviour of an individual in his life time. Environment offers opportunities to develop to the maximum possible extent, but is incapable of altering the patterns set by the hereditary forces.

Charles K. Brightbill (1971) is of the view that ecological factor, environmental conditions and the hereditary characteristics including their personality traits such as physical features, intelligence and mental capacities, emotional make up and dispositions, social drives, philosophy of life, social expression and self conceptualization, influence the family and physical activity.

Kamalesh and Sangral (1981) stated that- Environment means all the external forces physical, social, economic, political etc., which influence the individual and his development. All the different forces of the surroundings mould the behavior of a person. As we grow in years, much of our inborn behavior is learnt. Environmental force may not completely change the inherited traits yet they do modify them to some extent". The family background, environment, heredity and socio-economic factors generally influence a person's performance. Environment stands for external forces, such as physical, social, economic, geographical and political are potential enough to change or modify the behaviour of an individual in his life time with the patterns set by the hereditary forces.

2.1 CASE STUDIES ON INDIVIDUAL ELITE PLAYERS AND ATHLETES

M. Vanevk and B.J. Cratty (1970) personality test administered on Jan, an Olympic thrower, revealed that high needs for achievement were accompanied by several traits that were likely to interfere with his performance. He proved to be introverted and at time would exhibit paranoid tendencies. His level of sociality was low. He tended to try to dominate those around him. His frustration tolerance was low and he would evidence extra punitive reactions to frustrations for a bad performance, such as, blaming other people and conditions rather than blaming himself. When he is lost, he variably blames judges, the equipment, the climate or on old injury. His intelligence was average. At times, he seems to be aware that others on the team are intellectually superior but he would be careful not to show his awareness of their superiority. His tension level was high. His mood fluctuates from one day to the next and was characterized by feelings of depression alternating with feeling of elation.

A case study conducted by M. Vanvek and B. J. Cratty (1970), on Robert, who was engaged in a combative sport for his country showed that how was an introvert, selfish and generally unsociable even though he was outgoing with people in a superficial way. His frustration tolerance and emotional studies were low. His intelligence was slightly below average. In both Eyseneck and Cattell tests, the score .obtained reflected the tendency of his moods to change frequently and unexpectedly. He showed high level of anxiety. The scores of personality showed that he was patient.

A study of personality on Dick, an archer, conducted by M. Vanvek and B. J. Cratty (1970), reported the following results:

He was introverted and reserved. He was emotionally unstable in some ways particularly when tension and pressure on his performance would mount. His intelligence was high. His frustration tolerance seems to be lessened. However, as he approached the final rounds in each competition, he evidenced needs dominance and also at times control aggression. His moral character was high and held up high standards for those around him to follow. He considered himself a man of principle. He was more realistic than philosophical. He lived in a world facts rather than metaphysical. He was punctual beginning a work out. His team mates said they could set their watches by his comings and goings around the training areas. If he was in charge of a meeting, it was well known that he would wait not more than two minutes after starting time before calling it to order. He was generally low in sociability. His tension level was usually high. He was at times explosive.

The personality trait test conducted on Mira, an Olympian figure skater by M. Vanvek and B. J. Cratty (1970), who performed highest level, clearly stated that, she was introverted. Although she acknowledged others, she would generally not speak unless she was spoken to. She was aggressive and much happier when the competition was difficult. She could not find an outlet for her aggression in the controlled way permitted in the sport. Her frustration tolerance was generally low. She was intelligent and her intellect was applied to her training and sports.

A case study on Tom, a superior basket ball player conducted by M. Vanvek and B. J. Cratty (1970), he was outgoing and extroverted. He could meet and talk to people at all levels with easy. He was sociable at all settings. He was aggressive, at times excitable and often impulsive in his behavior. His frustration tolerance was low and would evidence extra punitive aggression. He was high in intelligence.

S. Sivaramakrishnan (1987) Sunil Gavaskar, His Life, Career and Contributions to Cricket, a case study was done by S. Sivaramakrishnan, He concluded that, Sunil Gavaskar is a bit reserved, deviates towards more intelligence, affected by feelings, submissive, serious, slightly conscientious, timid, sensitive, suspicious, practical, shrewd, apprehensive, and conservative and deviant to be self sufficient, controlled and tense person. He is introverted, possessing high anxiety, tender minded emotionality and subdued. According to the opinion of his friends and relatives, he was attentive in his class, mingled with classmates, did not frequent theaters and did not have fascination to have girl friend. He is religious, interested in social service and possesses a good sense of humor. In -office, it is opined by his friends that he is sincere at work not taking any advantage of his position, uses his popularity in improving the position of the company and involves himself in decision making. He is a tee to taller as vouchsafed by almost all his opponents. The opinion of cricketers, umpires, administrators and spectators bring out that he is an outstanding batsman in the world with no apparent weaknesses in technique. He opened to be secluded which correlates with Cattell's 16 PF analysis, but cooperates with all the members of the team. He puts his mates at ease, respects elders and encourages young talent. He is friendly with umpires and a fine player possessing good sportsmanship qualities. Many opine that he should not have retired from test cricket.

Nicholas L. Holt (2003) the purpose of this article was to examine the coping responses employed by an athlete to manage the daily hassles he experienced in .professional sport. Adopting a phenomenological orientation, data were gathered via four in-depth interviews with an experienced professional cricket player. Findings

indicated that stress appraisals were related to endangerment of personal performance goals. Coping strategies deployed to deal with these stressors were evaluation and planning (learning about opponents, reading (new) -opponents, and understanding conditions), proactive psychological skills (confidence building and maintaining concentration) and reactive psychological skills (resilience and self-talk). Results are discussed in the context of previous situation-specific research on appraisal and coping. Finally, implications for researchers and applied sport psychologists are outlined.

Dennis (1988) conducted a case study on Mony D.P. the Olympian weight lifter. He was born in Putukudi Eruppu, Nagercoil, Kanyakumari District on 12th August 1921. He has two elder sisters and two younger sisters. He studied only up to fifth standard. In his childhood, even though he was lazy in his mind, he had an ambition of becoming a reputed weight lifter. Sri Arunachalam Iyer encouraged his ambition. At the age of 23, to the surprise of all, he came out as best feather weight champion of India by lifting 856lbs. In 1943, he represented India at London Olympic Games, in the Finland Olympic Games, he secured 3rd place in press and won world reputation for himself and for India. In the end of the year 1952 he fell ill and had to take rest for nearly seven years. He worked sometime in the gymnasium as an instructor. He won the championships in weight lifting in all their fair championships and reached the 6th rank in weight lifting in the world. He had the opinion that India could win enviable position in weight lifting, if the youth in India undergo proper training and take interest in weight training.

Alex (1984) conducted a case study on Pathros P. Mathai, Physical Director of Kerala University. He was born on 19th May 1936. Naturally from his early

childhood he was brimming with energy and would be seen playing most of the time. He had represented University in Basketball and Volleyball. He was very brilliant in his studies also. After completing Bachelor Degree in Physical Education, he took the Master of Arts Degree in 1964. He took the Master's Degree in Sports Science from German Democratic Republic. He has done valuable service in Physical Education in Punjab University, Lakshmibai National College of Physical Education in Gwalior, Young Man's Christian Association College of Physical Education, Madras, and Kerala Agricultural University Kerala and is now serving in Sports Authority of India.

Zakir Ahmed (1984) conducted a case study of Victor Mijila, the National Soccer Player. Victor Mijila represented district team at the age of 17 years and played for the University from 1969 to 1972. From 1971, he represented Kerala state team. During the year 1972 he played for India for the 10th Asian Youth Soccer tournament. He donned the Indian colour for the 7th "Presidents" cup at Seoul in 1977 and also the "Kings" cup tournament at Bankok. As a coach he is doing valuable service to the players of Kerala. He is of the firm opinion that in fast attacking football, total character, is a must to bring out desirable improvements.

Paul Joseph (1984) conducted a case study on T.D. Joseph volleyball player and through the study he revealed the following factors. T.D. Joseph was born on 12th March 1939. While as a student he was an all round sportsman, taking part actively in basketball, football and athletics. While studying in the school, he represented Kerala State School team in volleyball. In 1960 he was selected to the Indian team and was the youngest member of the team. In 1962 he got a job in "FACT" won nearly 100 All Karnataka Tournaments and 210 All India Level

Tournaments. He played an excellent game in the Jakartha, Asian Games in 1962. In the world championship held at Moscow, he was selected as one of the best six players in the world. After retirement from first class volleyball, he took up the job as a coach in FACT school. Through his dedicated work many players rose to state level and national level. T.D Joseph was the first winner of the Manorama award in 1962. This award was instituted by the first and foremost newspaper in Kerala. This award stands as a great credit in the career of the great player, Joseph, because the vast majority of the voters were eminent persons from foreign countries.

Thomas (1989) conducted a case study on Shiny Abraham, international athlete. She was born in Kerala. Her brother and sisters were also athletes. She learned her first lessons in athletics from her Chanchan. She enrolled as a member of the Idukki district athletic team in the year 1977 and in the same year she was selected for the Kerala state Athletic team. In 1984 she made a record in 800 meters with best time of 2 minutes and 9 seconds at Delhi Nationals. With the attention of Indian coaches and selectors at the age of 19, she won the distinction of Indian colors and toured number of countries. In 1984, she was appointed in the Food Corporation of India, Trivandrum, in the same year she attained distinction as the first woman athlete of India who entered the semi finals in Olympics. Shiny Abraham is of the opinion that the state athletic associations must take necessary steps to attract more spectators for witnessing even the local meets.

Shajji (1992) conducted a case study on P.T. Usha, athlete and his study reveals that Usha was born on 27th June 1964. O.M. Nambiar, coach moulded her career for 12 years when Usha left her village to join the Kannur Sports Division. The facilities that the school had at that time were to put it mildly primitive. But, Usha had

in her the urge to excel and transcend her own limitations. Soon she proved that she could run just above anybody of her age. She represented the country 56 times including 1980 Moscow, 1984 Los Angeles and 1988 Seoul Olympics and 1982 New Delhi, 1986 Seoul, 1990 Beijing Asian Games. She also represented India in 1983 Kuwait, 1985 Jakarta, 1987 Singapore and 1989 New Delhi Asian Track and field meets. Her remarkable show was at the 1984 Los Angeles Olympics where she emerged as a truly world class serious medal contender in 400 meters hurdles. She still holds the national record in the 100m, 200m, 400m and the 400m in hurdles. She was honoured with Arjuna award –the highest award given to a sportsman in India in 1983. She retired from athletics in 1990. She is honoured as the golden girl of India.

Narasimha Murthy (1993) conducted a case study on Kapil Dev and his study reveals that Kapil Dev was born on 06th January 1959 at Chandigarh. Kapil started his primary education in the year 1964 in a small local school at Chandigarh. In the year 1969, he joined the Dayanand Anglo Vedic School and College. At the age of fourteen he played for his school. When he was fifteen, he was invited along with 24 others talented young boys to attend a live-in-coaching camp in Bombay, conducted by Indian Cricket Control Board. In 1976 when he was just short of seventeen years he went to play for his state Haryana in Ranaji Trophy against Punjab. In 1978 at the age of 19 years, he was selected for Indian Test Team against Pakistan.

Rajan (1991) conducted a case study on Late Jimmy George, Volleyball player and his study reveals that Jimmy George was born on 08th March 1955. He was born in a family of volleyball players. Jimmy George got the primary lessons of volleyball from his hometown. Seeing the interest of Jimmy, his father made a

volleyball court in his own compound, purchased a net and balls and taught him the fundamentals of the game. From 1970 to 1972 he represented Calicut University. In 1973 he was selected to the Kerala State Team. At the age of 19, he was chosen to represent Indian team for the Tehran Asian games in 1974. In 1979 he left for Abudabi and there he played up to 1982 for a government-sponsored club. In 1984 he went to Italy where he played for Italian „A division club. He died in the year 1987 November 30th in a tragic car accident in Italy. The Government of India honoured him with Arjuna award. He was perhaps the most outstanding volleyball player our country has produced so far.

Venkata Niranjan (1988) conducted a case study on Prakash Padukone, Badminton player. His study reveals that, Prakash Padukone was born on 10-06-1955. He learned the basics of the game from his father. Prakash Padukone had opportunities to watch many international matches, which aroused his interest to become a great player. He is the only Indian who could win nationals singles nine times consecutively in Badminton. He represented India in Thomas cup and Asian games. There he got a chance to play with top class Badminton players. In 1978 he won at the commonwealth games. The greatest achievement in his career was when he won the All England Championship.

Manthri (1988) conducted a case study of R. Gnanasekharan, the Arjuna Award holder in Athletics in the year 1982. Gnanasekharan was born on 05-01-1954. He has three brothers and a sister. His father was a great sportsman; his mother a typical Indian wife. He was born at Palayur, a small village in Ramanathapuram district. It was a memorable event in the history of athletics in India. Every Indian and higher authorities had their fingers on their nose to see this ever best timing clocked

by Gnanasekharan in 100 meters. Though Gnanasekharan won many laurels and victories in the International athletic arena, he was calm and quiet. He never welcomed self-boasting. He was very keen in graphing the coaching points at the time of training in the grounds. After one or two demonstrations, he would apply the technique without fail. This type of studies must be taken up by athletics, players, teachers, trainers and coaches who contribute to the fields in the real sense of it.

Vanek and Cratty (1970) case study on Robert, who was engaged in a combative sports for his country showed that he was an introvert, selfish and generally unsociable even though he was outgoing with people in a superficial way. His frustration, tolerance and emotional stability were low. He showed high level of anxiety. The scores on personality tests showed that he was patient.

Sellen (1984) conducted a case study on K.C. Elemma, Arjuna Awardee in Volleyball. He found the following facts through the study. K.C. Elemma was born on 19th January 1952. The environment of the school helped her to exhibit the ability in her. The year 1966 was a turning point in her life. She represented Kerala school team in that year. In 1968 she was selected in senior women's teamed also selected to represent the nation for the test matches against the visiting Paris teams. For her contribution to Indian Volleyball, she was given Arjuna Awardi in 1973.

Smt. Mulini Reddy has carried out her efforts with special intransigence and the same has come a long way in elevating her to the present stature as one of the most imaginative trainers in the country. She possesses the capacity to understand the latest techniques and principles enunciated and applied by International Researchers.

The present stature and standard of the women volleyball game in Andhra Pradesh owes much to our Mulini Reddy and she played an immense part in the

sophistication of the game by introducing latest techniques and atmospheres. A humble woman by nature, she never was glamorous and most of her work has been done in obscurity and without fanfare. As a coach, she is giving coaching to the State team and Osmania University team. She trained a number of girls to the international standards. They are Radhika and Prashanthi Reddy. In 1981-82 she was appointed as a Manager of the Indian Women Volleyball team for Delhi Asiad. She was a delegate to Seoul Asiad. The government of Andhra Pradesh has awarded gold medal to her. The medal was given by then Chief Minister Sri N.T. Rama Rao. Smt. Mulini Reddy is Vice President of Andhra Pradesh State Volleyball Association. She is a selection committee member for Indian Women Volleyball Team. She was the referee at the Delhi Nationals in the year 1985 and in the year 1988 at Faridabad. Smt. Mulini Reddy is the first women Arjuna Award winner in Volleyball.

Thulaseedas (1988) conducted a case study on Suresh Babu, Olympian in the year1988. He was a gold medallist in Long Jump in Bangkok Asian Games. Suresh was born on 10th February 1953, as the 4th son of Sri N. Bhaskaran and Smt. Nalinibai at Pathatharam, in Quilon district of Kerala. He had three brothers and one sister. Being an experienced athlete and an athletic coach, the subject has his own opinion to reduce the intensity and interval of injuries. He believes that, if the organizers of the competition provide standard facilities within the limits for race and jumps, injuries can be minimized to a maximum extent. The coaches should be very careful in sending their trainees to competition. To bring an athlete to international level, he should be trained from 14 or 15 years. In these years, he develops his physical and mental fitness, skills and techniques. The subject also realizes that in India even the most enthusiastic parents will not be able to carry out the expenses of

an athlete for such a long period. The subject suggests some remedial measures for this. He has the opinion that if the Government is opening training centers for talented young athletes, like sports schools and hostels, they will get opportunities to develop their talents through proper coaching and training. The government should also be keen in providing job opportunities for outstanding sportsmen. The subject believes that if things keep happening like this, within ten years, Indian athletes will succeed in the international and Olympic levels.

Chinmay Sarma (1985) conducted a case study on Bhogeswar Baruah, the Arjuna Award winner in athletics. He was born on 29th November 1940. He has two brothers. He was the youngest. His family members were ardent supporters of sports and games. It is notable that Bhogeswar has contributed much towards giving a scientific and objective orientation to sports training in the state of Assam.

His identity was total which is amply reflected in conducting various coaching camps with his own resources, in spite of his economic constraints. This study will help others to make similar studies about some of the prominent sports figures in our country. Similar studies may also be conducted on some of the outstanding athletes or players who have contributed a lot for the cause of sports and games in our country. And this study tells that how our subject was able to lead Assam state for getting many achievements and brought about many young men up to national level.

Daniel Perinbaraj (1988) conducted a case study on P.A. Sulaiman, International volleyball player and found the intransigence at the game has come a long way in elevating him to the present state as one of the most imaginative trainers in the country. He possesses the capacity to understand the latest techniques and principles enunciated and applied by international researchers. He never was

glamorous and most of his work has been done in obscurity and without fanfare. As a coach, he imparts coaching to the state level players. He has trained a number of boys to the national standards. In his period, he coached a lot of young boys in the Anna stadium at Palayamcottai. He is indeed very hard working for the cause of this volleyball game.

2.2 STUDIES ON PERSONALITY ON SPORTS AND NON- SPORTS GROUPS

The studies related personality by using different personality questionnaire like EPPS, ZKPQ, CPI, EPI, EPQ, 16 PFQ on team players were carried out by Sperling (1942), Flanagan (1951), Gold (1955), Booth (1958), Ogilvie (1967), Kroll and Crenshaw (1968), Cooper (1969), Singer (1968), fFlatcher and Dowell (1971), Bushan & Agarwal (1976), Peterson, Weber and Trousdale 91976), Anderson (1977), Thakur and Thakur (1980), Donald (1981), Mahamood (1981), Kirkcaldy (1982), Shukla (1985), Shni, Sood and Moha (1988), Dureha (1988), Bhati and Singh 91988), Sidhy (1989), Shergil (1991), Goma I Freixanet M (1991), Dennis M.O'Sullivan et.al, (1999), the studies and results are as follows :

The relationship between personality adjustment and achievement in physical education activities. Athletes were more extroverts and having more outgoing personality than the non-athletes. Personality traits between athletes and non-athletes, participation in sport strength and the durable personality characteristics were the same for the other sports also where one was a team sport and other an individual sport. Athletes tend to score higher on the traits dominance and aggression than the non-athletes, while non-athletes scored higher in personality trait order than the athletes. Personality traits one game players are ascendant than the other game

players, one game players were more masculine. Players were more submissive, more introverted and less emotionally stable than members of the other groups. There were similar personality traits when compared college-varsity and professional golfers as he did when making the same comparison with tennis players. The high achievers scored significantly higher than low achievers on dominance and urgency. Personality traits of women in team sports viz. individual sports. Male and female athletes and non-athletes significantly differed on the personality factors of flexibility and femininity.

The personality differences between the athletes and non-athletes college are males. Personality profiles of sportsmen and non-sportsmen. Personality and sex differences, the sportsmen and non-sportsmen were differed significantly in their personality characteristics as emotional stability and realism about life, cheerfulness and frankness, tender mindedness and practicability, great control over emotions and greater regards for self-respect and social reputation. Athletes were significantly higher on extroversion dimension than the non-athletes but lower on neuroticism dimension than the non-athletes. Cricketers were less intelligent affected by feelings, serious and shrewd respectively, whereas with respect to personality factors A. E, G, H, I, L, M, 0, Q), Q2, Q3. & Q4, cricketers were found to be just average. The differences between players of team and individual games with respect to extroversion and neuroticism traits of personality and sex differences, individuals were more extroverted than team players. Team players were less neurotic than individuals.

Sean Egan and Robert M. Stelmac (2003) the Eysenck Personality Questionnaire – Revised was administered to a group of climbers (N=39) who were attempting to summit Mount Everest. The personality profiles for these climbers were characterized by higher scores on the Extraversion (sociability) and Psychotics (tough mindedness) scales and lower scores on the Neuroticism (anxiety) scales than for the normative sample. This profile is consistent with the pattern typically observed for athletes and notably for higher achieving athletes.

Mc Donald (1971) Cattell's High school personality questionnaire was administered on 19, 157 female students. It was found that varsity participants scored higher than non- participants on the traits of intelligence assertion, enthusiasm, conscientiousness and adventure and they scored lower than non- participants on the traits of zestfulness and socially group dependent. No differences were found between successful and less successful varsity participants. Less successful participants scored higher on the traits of intelligence than did the successful ones.

Clark (1973) Compared the athletes verses non participants, fresh athletes verses senior athletes by using Cattles to P.F.Q questionnaire and revealed difference (K7.05) Practical verses imagination less super aged strength verses more super aged strength k(7.05) self assured verses apprehensive repetitively.

Bhusan et al. (1978) Conducted a study at evaluate personality characteristics of high and low achievement Indian sports persons. They administered the Cattell's 16 personality factors questionnaires to ten high achievement players, who have never achieved any distinction in their respective games. The result of this study indicated that the high achiever scored significantly higher than lower active on dominances and urgency.

Newman (1968) studied that the personality traits of faster and slower competitive swimmers, the purpose of the study was to add to the knowledge of characteristics of swimmers by determining whether the factor which make a better swimmers, correlate significantly with measured personality traits , twenty one swimmers were trained and rank of each swimmer was given the personality test. Statistical analysis of the ranking of their personality tests was made in the various strokes and then rank differences were correlated and were found significant at 0.05 levels, indicating a tendency for rank of swimmers performance to correspond with rank of personality variables.

Feigl (1974) investigated 175 college male gymnasts in south Eastern United States administering Cattle's 16 P.F. Test to assess personality and from 7 other teams of selected colleges of south-east. He concluded that college gymnasts differed in personality from general college male population. A distinct personality type did not exist for gymnastics events, gymnastics performance level could not be differentiated by personality have similar personalities. Successful teams were not differentiated from unsuccessful teams by personality factors.

Place (1954) attempted to determine whether specific personality traits were associated with success in professional baseball. A "success group" of forty nine major league players were compared to a non-success group of sixty four minor league players. The Minnesota Multiphase Personality Inventory and a biographical data sheet were employed. Results indicated that major league players are better able than minor league players to: (a) apply their strong desire towards a definite objective by exercising self-discipline, (b) adjust to occupations as professional baseball

requiring social contact or the ability to get along well with other people and (c) exercise initiative.

Wellace (1982) conducted a study to find out the relationship of personality and motivational factors to free throw performance (FT) of senior high school and collegiate women varsity basketball players (N65) were determined using the 16 PF and AMI indexes. Multiple regressions was used to select the most important psycho-social predictors to estimate F.T. using all variables, more self-confidence and less mental toughness were the best predictor of free throw performance rather than emotionally stability. For senior high school students only leadership and emotional control were the best predictors for non-starters. Practices FT under pressure situation were of no more benefit to game performance that practice FT without pressure.

Oslow (1967) attempted to discern the personality differences among outstanding male tennis players and concluded that (1) champions appear to be more purposefully tense and serious (2) the champions seldom appear disturbed during a match and (3) the champions express "great exhilaration" after a win and deep depression after a loss. This is not evident in the near greats. The near greats tend to be more concerned with so called intellectual challenges or complex situations than are the champions. Champions were found to be extroverts while near greats were not.

O.Sullivan et. al. (1998) investigated that compares the participants of 4 college sports teams both within groups and non-athlete, college controls on 5 basic dimension of personality. 12 males member of 2 college teams , baseball and football and 64 female members of 2 team , field hockey and lacrosse (combined and Equestrians) were compared on the 5 scale of the Zuckerman Kulhman personality questionnaire (ZKPQ) All teams were significantly higher on the activity and lower

on the neuroticism anxiety scales than the general college population of the university of Delaware Lacrosse and field hockey athletes were higher on activity than equestrians and baseball players on this scale. Contrary to predictions, football players scored lower than the general university male population on impulsive sensation seeking and the lacrosse and field hockey players didn't differ from the general college females on impulsive sensation seeking. The baseball players also scored lower on this scale. The hypothesis that body contact sports attract high sensation seeking and aggressive participants was not supported. Sensation seeking is more characteristics of participants in high-risk sports offerings unusual sensation and personal challenges.

Pedersen M.Darhl (1997) made a study to describe the profile of personality traits for male and female athletes were obtained from 133 men and 71 women raters. Traits were rated using a 7-point semantic differential with 11 bipolar items. A profile analysis showed that the profile of the traits were distinct. There were no significant in the ratings by men and women raters. Male athletes were rated as more active, aggressive, competitive, dominating, controlling, instrumental and public. Female athletes were rated as more goal oriented, organized and rule governed.

Singh and Saini (1993) conducted a study, the purpose of which was to measure psychological characteristics i.e. intelligence, extroversion, neuroticism and adjustment patterns of hockey players playing at different levels of participation viz. school, district and state levels. The study was designed to know as to how the intelligence level, extroversion, neuroticism and adjustment differed among male and female school hockey players playing at three levels. With this aim in view two hundred and forty male and female school hockey level, eight inter zonal and eight

inter-district level players . They were administered Raven's Progressive Matrices Test for intelligence. The EPI for extroversion and neuroticism and Sinha and Singh's Adjustment inventory (for school student) for adjustment.

Fletcher and Dowell (1971) conducted a study on high school athletes and compared them to non-athletes. The Edward's Personal Preference Schedule (EPPS) was administered to 950 male freshmen. These subjects were further subdivided into group who had participated in high school athletics and those who had not. The two groups found to differ on the dominance, aggression and order scaled of the EPPS.

Singh (1982) conducted a comparative study of psychological characteristics and socio-economic status of badminton players of high and low levels of proficiency. He found high level badminton players were emotionally stable, more conservative whereas low level players were unstable and suffers from neurotic break down under stress and pressure. Studies of personality traits showing significant differences between fit and unfit, athletes and non athletes have been found reported in the literature.

Mohan and Avtar (1986) studied personality and adjustment in 200 adolescents, 100 from science and 100 from arts groups of degree colleges in Haryana, India. Equal numbers of males and females served as Ss. Eyesenck's personality questionnaire and the bell adjustment inventory were administered. Results indicate that extraversion was positively correlated with psychoticism and neuroticism was negatively correlated with home, health, social, emotional and total adjustment. Sex emerged as a significant determinant of extraversion, psychoticism and social and emotional adjustment.

2.3 STUDIES ON ACHIEVEMENT MOTIVATION ON SPORTS GROUPS

The studies related achievement motivation by using different questionnaire like sports achievement motivation questionnaire, achievement motive test scale were carried out by Weinberg (1976), Fox (1978), Nesvig (1978), Miner (1979), Maxon (1982), Kamles, Kumari and Kaur (1987), burjurke (1989), Sangwan (1989), Nair (1992), the studies and results are as follows :

Achievement Motivation of athletes and non-athletes, athletes demonstrated a high N. Ach. Than non athletes, individual sports athletes had higher N. Ach level than team sports athletes, significant difference existed between male and female group in achievement motivation. No significant relationship existed between level of achievement motivation and gymnastics performance among men and women, study to determine if difference existed between levels of achievement and affinitive motivation of male and female inter collegiate basketball competitors. A study to find relation between achievement motivation and performance in competitive sports, the level of sports achievement motivation in the inter collegiate female players, significant relationship of achievement motivation to performance of the athletes, high proficiency sprinters scored significantly higher on achievement motivation as compared to low proficiency and middle proficiency sprinters. Achievement Motivation based on reward and level of performance of the sports persons.

Rademarker (1985) compared the achievement motivation profiles between successful and less successful, black and white, male and female track and field athletes. Males were significantly higher on competitiveness then females, white females scored significantly higher on work, findings consistent with previous investigations. No significant interactions among the three independent variables

were found. Two-way X2 analysis between the various comparisons groups revealed that less successful while males were more strongly characterized by the PI profile then successful white male who were more strongly characterized by a profile high on competitiveness, but low on work mastery, conversely successful black males were characterized significantly more by the PI profile than successful white males. This finding won extended when these same black and white subjects of the middle social class were examined, but was then suppressed when the analysis controlled for foreign athletes. Correlation revealed a significant and positive relationship between scale scores from one situations to another, but dependent positive tests revealed a significant difference in competitiveness. Finally, comparison groups showed changes in achievement profiles in the 40% ranges. It was concluded that the efficiency of the PI profiles could not be extended to this group of athletes, that no support was found for Edward's theory and that the technique of profiling athletes based upon scores in relation to medians for each scales subject to situational influence.

Hayashi and Weiss (1994) conducted a study in an absence of cross cultural research on achievement motivation in sports has been identify by Dudda and Allison (1990) as a void in the field of sport psychology. The purpose of the study was to conduct a comparative analysis of achievement motivation characteristics in Anglo-American and Japanese marathon runners. Subjects (N 358) completed measures assessing achievement goal orientation and need for analysis indicated that the Anglo-American runners reported higher level of competitiveness than the Japanese runners. Conversely, Japanese runners reported higher level of win orientation. However, no gender or interaction effects were found. These results suggest that cultural differences exists no achievement motivation indicators among competitive

sports participants, leading support for the nation that cultural factors should be considered more frequently in sports motivation research.

Basu and Banerjee (2003) conducted a study on carried out on 127 tribal (61&66) school going boys. The same set of children was assessed at their 12 and 14 years of age from understanding their levels and sports achievement motivation and possible influence of socio-cultural factors on such motivation. A low- moderate level of achievement was recorded detailed analysis revealed that more or less 50% of the children passes low 25% recorded 'moderate' and less than 25% recorded 'high level of motivation' At 14 years of age most of the tribal children showed 'moderate and high' level which was a good indication. Socio economical point of view no definite conclusion could be drawn however better results of the tribalism indicated a strong 'cultural demand' of the tribal society where sports and games are always given a priority.

Maxson (1982) conducted a study to find the relationship between achievement motivation and performance in competitive swimming. The Mehrabian measure of achievement tendency and the survey of a swimming achievement instrument designed by investigator were given to 44 college swimmers (29 males and 15 females) from four universities. The results obtained were as follows: (1) there were significant positive 'r' between the scores of achievement motivation questionnaire and the swimming success survey. (2) College swimmers achieve significantly higher scores on Mehrabian measurement of achievement tendency than the norms for the college students in general. (3) Female swimmers obtained significantly higher level of achievement tendencies than the level of the male swimmers.

Chantal et al. (1996) conducted the present investigation was to proceed to a multi dimensional analysis of sports motivation in relation with elite performance and gender. The sample was made up of 98 Bulgarian top athletes (35 females and 63 males). Participation athletic performances in national and international events over the last two years were documented. Participants also completed the Bulgarian version of the sport motivation scale. The SMS, which is based on the tenets of self determination theory (Deci and Ryan, 1985, 1991) assess, intrinsic motivation, self determined extrinsic motivation, non self determined extrinsic motivation and a motivation. Results indicated that in comparison with less success athletes, title and medal holder displayed higher levels of non self determined extrinsic motivation and higher level of motivation with respect to gender, the motivation of the female athletes was more strongly characterized by intrinsic motivation. Results and discussed in light of self determination theory and the cultural context which prevailed in Bulgaria at the time of the investigations. It is concluded that these highlight the role of motivation in elite sport performance.

Bujurke et al. (1993) conducted a study on 50 athletes participated in All India Intervarsity Athletic Meet in 1988 to investigate the relationship between achievement motivation and performance in track and field events.

The findings were:

1. Achievement motivation is generally a contributing factor athletic performance.
2. Athletes may attribute their success in some events to ability, task difficulty, effort and luck but not others.

Kamlesh (1980) made an attempt to diagnose the incentive motivation of Indian athletes through wood's Incentive Motivation Inventory and concluded that excellence, affiliation, success and sensation are the major reasons for the athletes to participate in competitive sports, male and female athletes to do not differ on the level of their incentive motivation. He also found that Indian athletes are average in their motivational profile.

Nesug (1978) conducted a study to determine whether a relationship exists between an athlete's level of achievement motivation and gymnastic meet performance .A secondary purpose was to determine if the level of achievement motivation differed between and among male and female gymnasts. The McCell and Thematic Apperception Test (MTAT) was administered to measure the level of achievement motivation among male and female members of the SDSU inter-collegiate gymnastic team. Subject's gymnastic meet scores were taken as the measure of proficiency in gymnastics. Using the Pearson 'r' it was found that no significant relationship existed between achievement motivation and gymnastic meet performance among the men and among the women (P.05).

Though the use of t-test it was found that a significant difference exists between scores attained by men and women on the MATA (P.05)

Hayashi (1996) the purpose of the study was to examine the nature of individual differences and social contextual factors related to achievement motivation among Anglo-American and Hawaiian male physical activity participants. Semi structured interviews were conducted with Hawaiian (N5) and Anglo-Americans who resided in the mainland United State (N5) and in Hawaii (N5). Result of content analysis revealed that all respondents defined positive and negative experiences in

physical activity through task and ego goal orientations and an interdependent prospective of the self. Participants perceived the weight room environment through competitive, individualistic and co-operative goal reward structures. Cultural differences were also detected as Hawaiians defined positive activity experiences based on the demonstration of pride and perceived the weight room as a sitting in which to express pride and an interdependent perspective. These findings suggest the need for more cross cultural research in sport psychology to validate theoretical constructs.

Jane (1987) examined whether differences exist between levels of achievement and affinitive motivation of male and female interscholastic and inter-collegiate basketball competitors. The differences were measured by the achievement and affiliation scale of the personality research form (Form E). The instrument was administered to 80 males and 92 females of these 47 females and 41 males were high school level, with 45 females and 39 males of college level. Results were analyzed through one way ANOVA of group means by gender and competitive level. The following conclusions were drawn (1) Inter-collegiate male and female basketball competitors do not differ in their levels of achievement (2) Interscholastic males have higher levels of achievement motivation than interscholastic females (3) Interscholastic and Inter-collegiate competitors do not differ in their levels of achievement.

Vealey and Campbell (1988) determine what achievement goal orientations are present in adolescent figure skaters, (b) examine the relationship between the goal orientations conceptualized by Maehr and Nicholls (1980) and those conceptualized by Vealey (1986) and (c) investigate the influence of different goal orientations on

the pre competitive Self-confidence, pre competitive anxiety and actual performance of adolescent skaters. Subjects included 106 youth figure skaters participating in regional competition. Skaters were found to have two achievement goal orientations which were termed extrinsic and task orientations. Some support was found for the relationship between the achievement orientations and the sport-confidence competitive orientation constructs of Vealey. Also, a multivariate relationship was supported between the sports-confidence/achievement orientation predictor constructions and the self-confidence, anxiety and performance of adolescent figure skaters in sport competition. Results were discussed based on development characteristics of adolescent athletes and the socially evaluative achievement context of sports for sports. The need to decrease the threatening nature of competitive sport for adolescent by emphasizing intrinsic enjoyment and the pursuit of personal performance goals is advocated.

Duda and Ntoumains (2004) conducted the study on achievement goal theory suggested that the motivational processes operating in achievement settings such as PE are dependent on the achievement goals manifested in that setting . In this paper, research is reviewed examining the motivation-related correlates of task and ego (approach) goal orientations in physical education, namely (a) achievement-related beliefs (i.e. beliefs about the causes of success in and the purpose of PE, beliefs about the nature of physical ability), (b) affective responses (e.g. enjoyment), (c) self- determination (i.e. PE student's level of intrinsic motivation, extrinsic motivation and motivation), (d) behavioral strategies and skill development and (e) level of physical activities engagement.

Krishnan and Nageswaran (1999) studied to analyze the similarities and differences in achievement motivation, competitive trait and state anxieties, sports women ship and self concept among Inter University Kabaddi women players. For the purpose of the study, 80 kabaddi players from various universities who participated in All India Inter University Kabaddi Tournament for women held at Manomaniam Sundaranar University. The data collected was analyzed using‘t’ test study concluded that there was no significant difference between low and high achievers in sports achievement motivation, sports competition anxiety and competition state anxiety (somatic). There was significant difference between low and high achievers in competition state anxiety (self confidence and cognitive).

2.4 STUDIES ON LOCUS OF CONTROL ON SPORTS GROUPS

The majority of the Locus-of-control research in sport was conducted in the 1970s and 1980s. The research activity in the field of sports pertaining to locus control slowed a little bit. However, available studies in the field of sports and locus control have been reviewed here.

Lynn, Phelan, and Kiker (1969) The first locus of control study utilizing the I-E Scale in sport was conducted by Lynn, Phelan, and Kiker. They administered the Rotter scale to equal numbers of basketball players (group sport), gymnasts (individual sport), and non participants in sport. Group sport participants were significantly more internal than were members of the other groups.

The studies related locus of control by using different questionnaires like Rotter Locus of Control scale, Hindi adaptation of Rotter's Scale, Levenson' IPC scale were carried out by D. Giuseppe (1973), Gilliland (1974), Finn and Staub (1977), McKelvie and Huband (1980), Hall, Church, and Stone (1980), Carol (1984),

Kumar and Vaidya (1986), Kumar, Pathak and Thakur (1985), Kumar and Pathak (1986), the studies and results are as follows:

Participants in teams individuals and intramural sports and persons with an athletic involvement. No significant differences were noted among the four groups, various analyses by sex and by athletic activity or non-activity revealed no differences in locus of control, study of highly skilled female softball players; players were more external than their counterparts. College athletes and non athletes and concluded that no systematic relationship exists between athletic participation and locus of control: Athletes compared to the two non-athletic groups were regulated to a greater degree by powerful others. Recreational reported that their lives were controlled the least by powerful others. Non-athletes scored significantly higher mean scores on locus of control scale than the individual and team athletes. Team athletes were found to be more internally controlled than the individual athletes or non-athletes. Female athletes were internally controlled than the non-athletes.

Kumar and Pathak (1986) attempted to clarify the Locus of control issue with regard to female high level competitors. Sample consists of 50 athlete and 50 non athlete graduate female of Varanasi. These groups were matched on age and socio-economic status. Only skilled state level competitive athletes were taken in this study as female athletes. Non athletes were those who had never taken active part in sports since their childhood. Hindi adaptation Rotter's Locus of control scale was administered to them individually and it was found that female athletes are internally controlled than the non-athletes. Findings are interpreted in the context of Indian socialization pattern of the middle socio-economic group.

Sylvia Lee (1981) examined whether any significant differences existed in Locus of control orientation of college women who participated in various teams and individual sports. A second consideration involved assessing the significant relationship existed between those attitudes and locus of control. The subjects were women state university teams field hockey, volleyball, basketball and softball N=73 and fine individual gymnasts, swimming, track and field, tennis and golf N=83 sports were contrasted .The Levenson internal, powerful others and chance (IPC) scale was utilized to assess locus of control. The multivariate analysis (MANOVA) was used to analysis the result at .05 significant levels.

It was concluded that (1) women inter-collegiate athletes are relatively internally oriented, believing that their skill and effort have a definite influence on their behavioral outcomes. (2) There are no significant difference in locus of control between inter-collegiate team and individual sport athletes. There was greater variability within group than between them, pointing out the importance of considering individual difference when working with athletic team. (3) Locus of control appears to have no relationship to athlete's evaluation on their coaches.

Kumar, Pathak and Thakur (1985) conducted a study to ascertain differentiated personality correlates of Locus of control in individual, team and non-athletes.50 individual, 50 team and 50 non athletes undergraduate male of Uttar Pradesh constituted sample of the study. Their age was 18-25 years with a mean age of 22.66 years. Hindi adaptation of Rotter's Locus of control scale was administered to them individually. Non athlete's scores on Locus of control scale than the individual and team athletes. Team athletes were found to be more internally controlled than the individual athletes or non athletes.

Ntoumanis and Graham (1988) this study investigated differences in the cognitive labeling of competitive anxiety symptoms generally experienced prior to an important competition as a function of locus of control beliefs. Eighty three university and country sport performers including 45 males and 38 females, responded to the modified competitive Trait Anxiety Inventoty-2 (Jones & Swain 1995) which measures the intensity of pre-competition anxiety symptoms generally experienced, as well as how they are generally interpreted on a debilitative facilitative continuum. The performers also responded to the Internal-External locus of control scale (Rotter1966). The results showed that although there were no significant differences between those having an internal and those having an external locus of control on the intensity of their cognitive and somatic anxiety symptoms, the internals viewed their trait anxiety as significantly more facilitative and less debilitative than the externals. Discriminant function analysis corroborated these finding by showing that the best predictors for distinguishing between the two locus of control group were the direction scores for cognitive and somatic trait anxiety. The results of the present study provide support for the need to assess the direction as well as the intensity of competitive trait anxiety. Furthermore, they corroborate finding of other studies which have shown that internal locus of control is associated with more emotional responses in sport.

McKelvie and Huband (1980) determine locus of control and anxiety in college athletes and non-athletes. 92 athletes (members of university and college teams) completed the Illinois competition questionnaire measuring trait anxiety in competitive sports situations and the Rotter's I-E scale measuring locus of control. No differences between the groups were found on either test and scores on the tests

did not correlate for either group. Further research on sports participation locus of control and anxiety is suggested.

Sinha (1987) conducted a study on "Need Achievement, Locus of control and Task-Persistence as related to athletic success". The sample for the present study comprised of 50 successful athletes and 50 unsuccessful athletes studying in DEI, Dayalbagh, Agra. The unsuccessful athletes were those students who have lost their events and by successful athletes are meant those who have won their events. TAT measure as prepared by McClelland (1953) was used to measure level of need achievement. Rotter's I-E scale was used to measure Locus of control. The scale consisted of 29 items and 6 of them were the filler items and the remaining were the paved items. One is related to internal and other is related to external locus of control. To measure task persistence five line-drawing figures as used by Glass, Singer and Friedman (1969) were used, which were actually insolvable. The results of the present study showed that successful athletes scored higher on need achievement than their unsuccessful counterparts. The mean for the two groups were 8.00 and 6.91 respectively. Locus of control variable mean scores for successful and unsuccessful groups were 6.73 and 12.80 respectively. The successful athletes show greater task persistence than the unsuccessful athletes. The means was 1050.15 sec and 477.90 sec respectively.

Abdullah (1978) determined the relationship among Internal-External Locus of control drive, manifest anxiety creativity in college students. The purpose of this study was to investigate relationship among Internal-External locus of control drive, manifest anxiety, and self reported creativity assessed actual creative productivity. 93 students in a creativity class were involved in assessment of these personality

variables along group-administered self report inventories originally developed to discriminate the personality dimensions being studied. The internal reliabilities of the measure were evaluated and the means were compared for significant sex differences. Correlation matrices among the different variables including the HDTY subscales were obtained. Finally multiple regressions were performed to identify the best predictors of assessed creative production of college students.

The Internal-External locus of control scale and creativity ratings showed the lowest correlations of all the major variables. Creativity and drive showed some positive relationship that did not reach significance. The relationship between manifest anxiety and creativity was negative and significant as hypothesized.

Hofmann, Klein and Steele (1980) conducted a study on Locus of Control: Its stability across distinctly different subgroups of college freshmen. A modified version of the Nowieki-Strickland locus of control scale is investigated. Utilizing four distinct subgroups (NS-101) of college freshmen education and non education major from a Bible college and a state university a discriminate structure for the locus of control statements was defined. Two statistically significant discriminate functions showed a very clear external orientation for all four groups. The construct locus of control was less bipolar than anticipated.

Adame and Johnson (1989) conducted the study on physical fitness body image and locus of control in college freshman men and women. This study examined the relations among physical fitness body image and locus of control. The Hall physical fitness test profiles the win stead and cash body self relations questionnaire (BSRQ) and the Nowicki Strickland locus of control scale were administered to 243 freshmen. Women were significantly more positive about their physical appearances

than men. Men were more positive about their physical fitness than women. Men were more physically fit than women. Men and women scoring in the internal direction viewed the physical fitness domain of their body image positively. Unlike men internally oriented women had more positive perceptions of the health aspect of their body image, physically fit men and women had positive attitudes toward the physical fitness components of their body image. Physically fit men differed from physically fit women in that men were more internal and held more positive attitude toward the physical wealth dimensions of their body images.

Johnson and Thorn (1985) conducted a study on locus of control and effects of perceptual tasks on heart rate. The hypothesis was tested that the relationship found in prior research between heart rate changes produced in bio feedback settings and locus of control scores derives from the heart brain relationship described by the Laceys in 1967 as well as from "expectances for control" 48 subjects were tested on two perceptual tasks known to elicit changes in heart rate. Significant heart rates changes were observed in response to both tasks but those changes did not correlate with locus of control as measured by scores on the Rotter's I-E scale and the Multidimensional Health locus of control scale.

Sherman and Hofmann (1980) conducted a study on "Achievement as a momentary event, as a continuing state, locus of control: A clarification" The relationship between locus of control and achievement is clarified by disaggregating achievement into a momentary event (standardized test result) and continuing state (grade-point average) utilizing a path diagram approach. Although there are no substantial correlation among socioeconomic status, sex and locus of control in this

study the three variables predict school achievement as a continuing state (R=.83) considerably better than they do as a momentary event (R=.56) of 174 students in grade 8.

Bump (1979) conducted a study on locus of control competitive anxiety and level of aspiration in children, subjects were 53 students (30 female and 23 male) of 5th standard at a middle class school in Saugerties, NY, the interaction between locus of control and the variables of competitive anxiety and level of aspiration was studied. The Nowicki-Stickland locus of control scale the sport competitive anxiety test and target throwing task were used to asses each variable respectively. By one way ANOVA it was concluded that those rating high in internality had lower competitive anxiety levels. No differences based on internality were found with level of aspiration or types of shift in aspiration. A X2 was utilized to analyses type of shift. Level of aspiration was found to decrease as anxiety level increased by person's analysis. Sex differences were not found with respect to locus of control or competitive anxiety. Males appeared to have higher levels of aspirations than females. Data were analyzed by 3 independent one way ANOVA. It was concluded that the 3 variables were related.

Trice and Shuman (1983) conducted a study on locus of control and performance on a perceptual task under Maximal or Normative instructions 147 enrollers in extension courses were screened with Rotter's I-E scale. The 30 most external scores (17-22) and the 30 most internal scores (1-8) were selected from the pool. Then each locus of control group was divided into half randomly with the stipulation that each group would be the same composition by sex (67% female) and have the same mean age composition. Subjects age ranged from 24 to 45 yr, with a mean age for each group of 34 yr. subjects were given a 20 x 20 better matrix in

which 20 words of three or more letters were embedded. One of each locus of control group was told that the average subject found 10 words while the other group was told that there were 20 hidden words. Subjects were tested individually and given unlimited time for solutions.

Under the normative instructions , internal scores found a mean of 14.2 (SD, 1.5) words and persisted for a mean of 6.6 min (SD,1.9) with maximal instructions ,internal scores found 19.1 mean words (SD,0.2) and persisted for a mean of 13.2 min (SD,2.1) while external scores found 6.4 words (SD, 1.3) and persisted for 4.0.min (SD,0.8). A2 x 2 analysis of variance yielded significant main effects and interactions for both measures .while locus of control affected persistence across instructions , maximal instructions seemed to have increased persistence among internal scores and discouraged external scores.

2.5 STUDIES ON SELF CONFIDENCE ON SPORTS AND NON-SPORTS GROUPS

Basavanna (1971) studied self-confidence in relation with self and ideal self and found that self-confidence people particularly who were capable. Successful and adjusted, had significantly higher self-ideal self-congruence than those who were low in their level of self-confidence. Around (1975) in his study tested the relationship between self-confidence and social intelligence and found positive correlation between these two.

Mellaliev and Hantons (2006) conducted a study to examine whether self-confidence mediated the relationship between competitive anxiety intensity and direction. Elite (N 102) and non elite (N 144) participant completed the self-confidence subscale of the competitive Trait Anxiety Inventory-2 and the worry and

somatic subscale from the sport Anxiety scale. Consistent with procedures recommended by Baron and Kenny (1986), liner regression analysis were used. The finding for elite athletes revealed worry intensity to significantly predict self-confidence and worry direction. However, when self-confidence was controlled, worry intensity did not predict worry direction over that which was significantly predicted by self-confidence. Within the analysis for somatic symptoms only self-confidence was found to predict somatic symptom direction. For the non elite athletes, worry and somatic symptom intensity predicted both self-confidence and direction, when self-confidence was controlled. The findings for the elite athletes suggest self-confidence mediates the relationship between performers worry symptoms and subsequent directional interpretations. However, the findings suggest that high level of self-confidence and low symptom intensity are needed for non elite athletes to demonstrate a less debilitative interpretation.

Kjormo and Halvari (2002) studied on model tested among 136 Norwegian Olympic-level athletes yielded two paths related to performance. The first path indicated that self-confidence, modeled as an antecedent of competitive anxiety, is negatively correlated with performance. The second path indicated that group cohesion is positively correlated with group goal-clarity, which in turn is positively correlated with performance. Competitive anxiety mediated the relation between self-confidence and performance. Whereas group goal-clarity mediates the relation between group cohesion and performance result from multiple regression analysis supports the model in the total sample and among individual sport athletes organized in training groups (N 100) .among team sport athletes (N36), personality and group measures are more strongly Inter co related than among individual sport athletes and

the relation with performance is more complex for the former group. The interaction of self-confidence and competitive anxiety is related to performance among team sport athletes.

Voight and Callaghan (2000) examined the multivariate relationship among ego orientation, task orientation, sports self-confidence and the 3 traits anxiety dimensions of worry concern, concentration disruption and somatic anxiety. 196 Mexican-American female volleyball players (aged 13-18years) completed a task and ego orientation in sports questionnaire, a trait sports confidence inventory and a sports anxiety scale. Hierarchical multiple regression analysis shows that self-confidence played mediating role in the goal orientation trait anxiety relationship. Greater competitive trait anxiety was evidenced only among those highly ego-involved athletes reporting low self-confidence.

Reddy et al. (1999) studied the analysis of self confidence and achievement motivation of nation volleyball players. The study was conducted on a total sample of forty subjects drawn from the 46^{th} senior national volleyball championship for men and women held at Vizag. The subject were selected at random and divided into two groups, men and women. For the purpose of data collection Robin's Self Confidence and Kamlesh Achievement Motivation Questionnaire was employed to evaluate these psychological factors of the players. The questionnaire was administered prior to their competition and data was collected. Mean and 't' value was used for comparison of the groups. The analysis of data presented reveals that self confidence, achievement motivation of men and women senior national players is highly determined. They are found to be presented that the calculated value are greater than the table value. The

mean of men confidence and achievement motivation are not equal. They differ in the level of confidence and achievement motivation.

Richard, Stephan and Hanton (2006) in their study examined the intensity and direction of competitive anxiety symptoms and psychological skill usage in rugby union players of different skill levels. Elite (N 65) and non elite (N 50) participants completed measures of competitive anxiety, self confidence and psychological skills. The elite group reported more facilitative interpretations of competitive anxiety symptoms, higher level of self-confidence, lower relaxation usage and greater imagery and self-talk use than their no elite counterparts. The findings suggest that no elite performers primarily use relaxation strategies to reduce anxiety intensity. In contrast elite athletes appear to maintain intensity levels and adopt a combination of skill to interpret symptoms as facilitative to performance. Potential mechanisms for this process include the use of imagery and verbal persuasion efficacy enhancement technique to protect against debilitating symptom interpretations.

Sudhakara Reddy M. (1983) studies self-confidence in relation with achievement and found that self-confident was positively correlated with academic motivation and academic achievement.

Unestahl,-Lars-Eric (1990) the acquisition and the application of mental skills in sports and non-sport settings are discussed in this paper. The paper opens with an overview of the situation in Sweden; it is noted that 25% of the Swedish population have used mental training programs and that in the future all Swedes will have experienced such programming, since basic mental training has become part of the curriculum. The research background that led to the development of systematic mental training is discussed, focusing on the investigation of a state of awareness and

consciousness appropriate for optimal change and growth and on identification of the right content for mental training. Four areas of mental skills for peak performance are identified: self-image (self-confidence, self-evaluation, and self-esteem); goal-images (knowing where to go and commitment to the goal); attitude (reality-testing and reality-interpretation); and control (to identify produce, and control mental skills such as relaxation). Examples of sports skills and life skills training are complemented by findings from evaluations. It is concluded that, in a time where the benefits of sport growth or as a model are questioned by an increasing number of people, it should be important to point to the role of sport and mutual training as a device for personal for life.

Hanton, et.al. (2002) investigated elite and sub-elite swimmers' retrospective perceptions and causal beliefs about the link between anxiety symptoms and performance and the underlying mechanisms involved. Interview data indicated that perceived control was the .moderating factor in the directional interpretation of anxiety and not the experience of anxiety symptoms alone. Increases or decreases in self-confidence were perceived to improve or lower performance.

Tracey Covassin and Suzanne Pero (2004) the purpose of this study was to examine the relationship between self-confidence, anxiety, and mood states in collegiate tennis players. The Competitive State Anxiety Inventory-2 (CSAI-2) and the Profile of Mood States (POMS) were utilized based on their ability to assess a number of different psychological states thought to be crucial for proper mental preparation prior to athletic competition as well as' for their psychometric properties. These inventories were employed to determine pre-competition levels of anxiety, self-confidence and mood disturbance and their relationship to successful or

unsuccessful tennis match outcome. Twenty-four collegiate tennis players completed the POMS and CSAI-2 30 minutes prior to their tennis match during their participation in the NCAA Regional (VII) Team Tennis Tournament. Results revealed winning tennis players displayed significantly higher self confidence, lower cognitive and somatic anxiety levels, and lower total mood disturbance scores' than losing players. In addition, winning tennis players exhibited the iceberg profile on the POMS, which is consistent with the findings in similar research conducted with successful athletes in other sports. As such, athletes who displayed high self confidence and low anxiety levels were potentially able to remain calm and released under pressure and were-not as affected by negative events. Furthermore, these results suggest that mental state prior to the start of a tennis match plays a crucial role in overall success or failure.

Review of the studies related to personality and its concomitants reveal the following:

1. There are not many case studies about successful or successful persons.
2. There are studies related to various categories of sports persons which not very sound in either or in their findings.
3. It is observable that findings in some of the studies are contradictory. Therefore it seems that there is strong case in favor of undertaking minute, in-depth, comprehensive studies on individual sports personalities and groups of sports people.