



Assessment of temperamental traits of gymnasts

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Abstract

In this survey study total sixty male and female gymnasts (n=60) of Madhya Pradesh state were selected and they were categories as under 14, under 17 and under 19. Questionnaire was distributed to the gymnasts and under the supervision of their coaches and the investigator the data was recorded appropriately, questionnaire having 4 different measures (Emotionality, Activity, Sociability, and Impulsivity) EASI, was separately interpreted in the present study to judge the Temperamental traits level of the gymnast. And in the results it shows that EASI measures that the Temperamental traits status which is possessed by the gymnasts is 35.04% and in spite of this the other measures having only 28.01% of gymnast are Emotionally strong and on other hand 71.99% are found weak in their Emotional status whereas Activity status shows that 39.07% are strong and 60.93% gymnasts are weak in it, In Sociability status 42.29% of the gymnasts are strong and 57.71% are weak and in last measure of Temperamental traits gymnasts are found 34.74% strong in Impulsivity whereas 65.26% gymnasts are weak. It shows that results may be affected because the data was collected before the state level championship and it may be differ during training or other situation.

Keywords: gymnastics, temperamental traits, questionnaire, EASI

Introduction

Temperamental traits refer to those aspects of an individual's personality, such that are often regarded biologically based (and some time innate) rather than learned. Buss and Plomin (1975, 1984) [3, 2] defined traits as Temperamental traits if they fulfilled certain criteria—thus the designation of their approach as “criterial.” They chose criteria on the basis of comparative psychology, in particular the work of S. Diamond (1957). Diamond thought that observations of adult human behavior, “no matter how sophisticated in either a statistical or a clinical sense, have the common failing that they are unable to distinguish between the essential foundations of individuality and its cultural elaboration” Temperamental traits is often defined as ‘a subset of early-developing personality traits that display biological origins and are consistent across situations and time stimulated behavioral genetic studies of child Temperamental traits. In psychology, Temperamental traits refers to those aspects of an individual's personality, such as introversion or extroversion, that are often regarded as innate rather than learned. A great many classificatory schemes for Temperamental traits have been developed; none, though, has achieved general consensus in academia. Temperamental traits is a configuration of observable personality traits, such as habits of communication, patterns of action, and sets of characteristic attitudes, values, and talents. It also encompasses personal needs, the kinds of contributions that individuals make in the workplace, and the roles they play in society. To measure Temperamental traits in this study, we employed a psychological measure devised by Buss and Plomin (1975) [3] A Questionnaire of Temperamental traits factors of Emotionality, Activity, Sociability, and Impulsivity (EASI) whereas Emotionality is a

predisposition to get easily distressed and upset. The “total activity level refers to the total energy output” (Buss & Plomin, 1975, p. 32-33) [3]. Sociability “is the tendency to prefer the presence of others to being alone” (Buss & Plomin, 1984, p. 63) [2]. Sociability is not the same as shyness, because shy people may desire the presence of others, but they avoid it because they tend to be tense and anxious when surrounded by other people, especially unfamiliar people & Impulsivity was originally included (Buss & Plomin, 1975) [3] but later dropped because factor analyses had shown that the trait seems to be composed of various subcomponents, only some of which replicated, which contains items designed to assess the present study here by makes an effort to broaden the horizon of knowledge by bringing new facts and thoughts by measuring the Temperamental traits of gymnast from Madhya Pradesh state.

Objectives

1. To study the percentage of Temperamental traits of the gymnasts from Madhya Pradesh.
2. To study the percentage of Emotionality trait of the gymnasts.
3. To study the percentage of Activity trait of the gymnasts.
4. To study the percentage of Sociability traits of the gymnasts.
5. To study the percentage of Impulsivity trait of the gymnasts.

Delimitations

1. The study was delimited to the Gymnasts of Madhya Pradesh only.
2. The study was further delimited to the sixty male and

female Gymnasts those who had participated in state level championship.

3. The study was delimited to the sixty male and female Gymnasts of Madhya Pradesh.
4. The study was delimited to the subjects belonging to the age group of under 14 to 19 years.
5. The study was delimited on the Questionnaire of Temperamental traits factors i.e. Emotionality, Activity, Sociability, and Impulsivity (EASI). By Buss and Plomin (1975) [3].

Limitations

1. True responses given by the subject on questionnaire may act as limitation of the study.
2. Daily routine, training age, individual differences and environmental factors may act as a limitation for the study.

Sample

For the present study the (Non Probability Sampling) purposive sampling technique was employed to select the sample of sixty male and female gymnasts (n=60) of under 14 to 19 years of age participated in Madhya Pradesh state gymnastics championship.

Tool

The selection of suitable tools is of paramount significance in any investigation. The success of research immensely depends upon the instruments, which are used for the data collection. In the present study, the following tool was used: A Questionnaire of Temperamental traits factors of Emotionality, Activity, Sociability, and Impulsivity (EASI). By Buss and Plomin (1975) [3].

Methods

The methodology of the study consist of selection of subjects, selection of variables, criterion measures, testing procedure and the technique employed for analysis of data. In this survey study total sixty male and female gymnasts (n=60) of Madhya Pradesh state were selected as the subject of under 14 to 19 years of age. Questionnaire was distributed to the gymnasts and under the supervision of their coaches and the investigator the data was recorded appropriately, questionnaire having 4 different measures (Emotionality, Activity, Sociability, and Impulsivity) EASI, was separately interpreted in the present study to judge the Temperamental traits level of the gymnast.

Results and Discussions

Table 1: Over all temperamental traits status

Temperamental traits status which is possessed by the gymnasts is 35.04%.

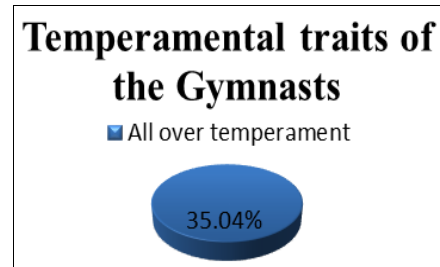


Fig 1: Temperamental traits Status

Table 2: EASI Measures

S.No	Measures	Percentage
1.	Emotionality	28.01% were strong
2.	Activity	39.07% were strong
3.	Sociability	42.29% were strong
4.	Impulsivity	34.74% were strong

In the results it shows that the Temperamental traits status which is possessed by the gymnasts is 35.04% and in spite of this the other measures having only 28.01% of gymnast are Emotionally strong and on other hand 71.99% are found weak in their Emotional status whereas Activity status shows that 39.07% are strong and 60.93% gymnasts are weak in it, In Sociability status 42.29% of the gymnasts are strong and 57.71% are weak and in last measure of Temperamental traits gymnasts are found 34.74% strong in Impulsivity whereas 65.26% gymnasts are weak.

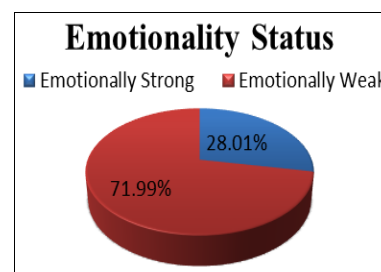


Fig 2

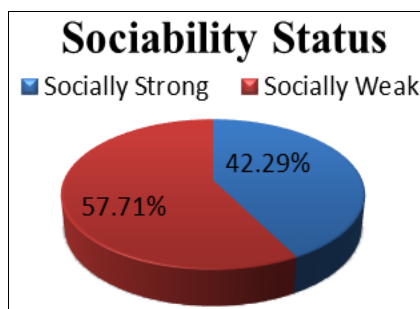


Fig 3

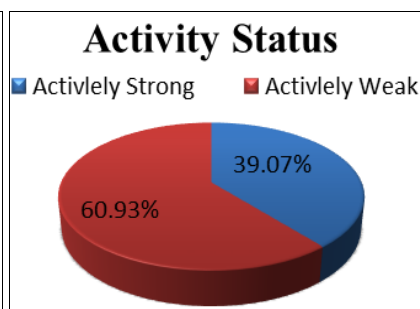


Fig 4

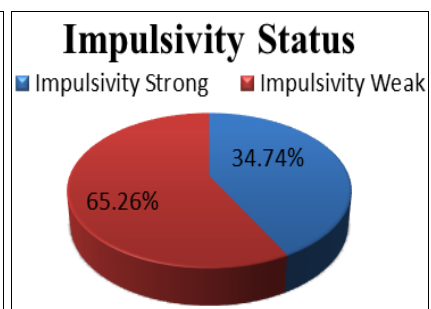


Fig 5

Discussion

The data was collected before the competition in which most of the gymnasts possessed low percentage in temperamental traits which may be due to competition situation, growth and development pattern and environmental factors like presence of the audience, other competitors, judges and performance phobia etc., so that on the basis of the findings the gymnasts may carried out temperamental traits which may differ situation to situation.

Implication of the study

1. The study will help in finding out how the gymnast with varying level of performances would differ from each other on the variable relating to emotions, activity, sociability and Impulsivity.
2. The complied data for sixty male and female gymnast can be further utilized as secondary data by other application also.
3. The results of the study can help to improve the effect of temperamental status on performance and learning.

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