

## THE PERSONALITY ASSESSMENT OF ELITE INDIAN FEMALE ARCHERS OF RECURVE AND COMPOUND DIVISION

**ABSTRACT:** *The main purpose of the study was to assess the personality traits of elite Indian female Archers of Recurve and Compound division. For the purpose of the study, the elite were considered those who were among top eight Archers in the final national ranking tournament followed by four national ranking events conducted by Archery Association of India. The age of the subjects were ranging from 17-35 years. Eysenck's personality inventory was used to assess the respective personality traits. The data was analyzed by applying descriptive statistics such as Mean, Standard Deviation and coefficient of variation were applied to the data. The finding of the study showed that there was Neuroticism and Extraversion stability in the behaviour of archers of every division.*

**KEYWORDS:** Archery, Elite, Personality, Sports.

### INTRODUCTION

Archery is also known as a **mental sport**, which requires high levels of attention. In Competitions, archers should repeat shooting for a long time, and every shot requires high attention. For good performance, i.e., high score, stable position and posture, consistent movement, and precise shooting skills are also required. These physical and physiological factors can be effectively trained with experienced coaches. Many biomechanical apparatus can provide precise information on the posture, body movement, and other skills of shooting. Still there are many factors that affect an archer's performance. External factors include wind, noise and other environmental conditions. Internal factors include mental and emotional conditions, physiological health and muscle fatigue. Eventually, these factors affect mental attention and feeling of comfort.

“Personality is the supreme realization of the innate idiosyncrasy of a living being. It is an act of high courage flung in the face of life, the absolute affirmation of all that constitutes the individual, the most successful adaptation to the universal condition of existence coupled with the greatest possible freedom for self determination.” C. Jung

The personality trait concept is also very much a part of Eysenck's (1967) theory of personality. In Eysenck's view, personality consists of a hierarchy structure of personality factors. At the top of this hierarchy are broad, general dimensions called types. Personality

types are composed of traits, which in turn are made up of habitual responses, which are composed of specific response, the behaviour actually observed. Eysenck hypothesized three broad personality dimensions: neuroticism stability, extraversion- introversion and psychoticism, which are evaluated and measured through a personality inventory. The Eysenck personality inventory (EPI) is designed to measure the two pervasive and relatively independent dimensions of neuroticism stability and extraversion-introversion as identified by Eysenck. Neuroticism refers to general emotional instability and the individual's predisposition to neurotic breakdown under stress, while extraversion refers to the uninhibitive, outgoing impulsive and sociable inclination of a person. The test is useful in personality counselling and educational guidance. Each of two dimensions is measured by means of 24 questions, to which the subject answer 'yes' or 'no', a response distortion or lie scale is also included to false response. Parallel forms (a and b) are available for retesting situation. Test time is approximately 15 minutes.

## **PROCEDURE AND METHODOLOGY**

### **Subjects:**

For the purpose of the study, the elite female were considered those who were among top eight Archers in the final national ranking tournament followed by four national ranking events conducted by Archery Association of India.

### **Tools:**

Eysenck's Personality Inventory (E.P.I) was used to assess the personality traits.

### **Statistical procedure:**

The data attained from inventory were statistically treated using Mean, Standard Deviation and Coefficient of Variation.

## **RESULTS**

**TABLE-1**

**MEAN VALUE, STANDARD DEVIATION AND COEFFICIENT OF VARIANCE OF STANDARD SCORE OF FEMALE RECURVE ARCHERS ON NEUROTICISM (N) AND EXTRAVERSION (E)**

No. of	Trait	Minimum	Maximum	Mean	Std.	Coefficient of
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Subjects					Deviation	Variation
08	N	33	71	51.125	14.03	0.169
08	E	42	60	48.625	5.62	0.118

**EXPLANATION:**

**Neuroticism**

The mean value of Standard score was found to be 51.125 and Standard deviation was found to be 14.03 whereas the coefficient of variation was found to be 0.169.

**Extraversion**

The mean value of Standard score was found to be 48.625 and Standard deviation was found to be 5.62 whereas the coefficient of variation was found to be 0.118.

**TABLE-2**

**MEAN VALUE, STANDARD DEVIATION AND COEFFICIENT OF VARIANCE OF STANDARD SCORE OF FEMALE COMPOUND ARCHERS ON NEUROTICISM AND EXTRAVERSION**

No. of Subjects	Trait	Minimum	Maximum	Mean	Std. Deviation	Coefficient of Variation
08	N	36	63	49.375	8.48	0.38
08	E	32	60	44	9.36	0.43

**EXPLANATION:**

**Neuroticism**

The mean value of Standard score was found to be 49.375 and Standard deviation was found to be 8.48 whereas the coefficient of variation was found to be 0.38.

**Extraversion**

The mean value of Standard score was found to be 44 and Standard deviation was found to be 9.36 whereas the coefficient of variation was found to be 0.43.

**Discussion and conclusion**

The obtained result from Archers belonging to Recurve and Compound event shows the Neuroticism and Extraversion stability in their behaviour. Archery is a sport in which concentration is prerequisite. Sport like archery requires concentration also needs emotional stability of the sportsperson in order to excel in sports.

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