

A Comparative Study of Reasoning and Emotional Stability Dimension of State Level and National Level Body Builders

Vitthal Tole¹, Rajendra Jadhav², Ejaz Siddiqui³

Assistant Professor, Department of Sports¹

PhD Scholar, Department of Physical Education²

Associate Professor, Department of Physical Education³

Rajmata Jijau Senior College Ghodegaon, Khultabad, Aurangabad, Maharashtra, India¹

Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, Maharashtra, India²

MSMS College of Physical Education, Khadkeshwar, Aurangabad, Maharashtra, India³

Abstract: Several studies have done on major personality factors they shows the personality factor of a various games players, and coaches. In this present examination was to look at the reasoning and emotional stability dimension of Maharashtra states state level and national level bodybuilders. The examination done on 80 samples comprising of 40 state level and 40 national level bodybuilders whose age group is 18 to 22 years. In this examination the item 16 preliminary IPIP scale measuring construct similar to those in cattle's personality factors questionnaire used as a test tool for reasoning and emotional stability dimension in this examination t-test is applied for the testing hypothesis or compare the reasoning and emotional stability dimension. This study is used for bodybuilding coaches and player for improving knowledge about bodybuilders reasoning and emotional stability.

Keywords: Personality factors, reasoning, emotional stability, body building, state level, national level, body builders

I. INTRODUCTION

Many modern personality psychologists believe that there are five fundamental dimensions to personality, named the "Big 5" personality traits. Extroversion, agreeableness to openness, conscientiousness, and neuroticism are the five broad personality qualities outlined by the theory. But in these five big dimensions there are so many factors. We are studied two factors from this dimension. Individual differences in thinking, feeling, and acting patterns are known to as personality.[1]

The act of considering something and coming to a conclusion or choice or the use of reason, specifically the making of inferences or findings based on logic is a reasoning factor. Emotional stability (opposite of neuroticism) is a fundamental personality trait that has to do with being even tempered, particularly in the face of challenges and threats.

II. METHODOLOGY

2.1 Objectives

1. To measure reasoning ability of state level and national level bodybuilders of Maharashtra.
2. To measure emotional stability of state level and national level bodybuilders of Maharashtra.
3. To compare the scores of reasoning ability and emotional stability.

2.2 Hypotheses

1. State level Body Builders and National level Body Builders would be differed significantly in term of their scores on reasoning dimension of personality.
2. National level Body Builders and State level Body Builders would be differ significantly in terms of their score of emotional stability dimension of personality is accepted.

2.3 Selection of Sample

The sample consist of eighty state level and national level bodybuilders of Maharashtra state were selected as a subject of the study, in which 40 state level bodybuilders and 40 national level bodybuilders whose age group is 18 to 22 years. In this study convenience sampling method of non-probability sampling is adopted.

2.4 Tool Used

British psychologist Raymond cattle's sixteen personality factors test was used for data collection. This personality test consists of 164 statements about yourself, for each indicate how accurate it is on the scale of (1) disagree (2) slightly disagree (3) neither agree nor disagree (4) slightly agree (5) agree. It will take most people around ten minutes to complete. This test is conducted online for the absolute result and economy of time.[2]

2.5 Statistics Used

T-TEST (student t test) is used to find out the significant difference between two groups at 0.05 significant level or 95% confidence level. In the t-test calculate both groups mean, combine standard deviation, difference, standard error, calculated value, degree of freedom and tabular value and after all the collecting value check relation between calculated value and tabular value. If the absolute value of the t-value is greater than the critical value, you reject the null hypothesis. If the absolute value of the t-value is less than the critical value, you fail to reject the null hypothesis.[3]

III. RESULT AND DISCUSSION

Statistical result of comparison of reasoning dimension and emotional stability of state level bodybuilders and national level bodybuilders is calculated and presented in a following table.

mean State player	2.4575
standard deviation	0.5543827
mean National level	3.12
Difference	0.67
standard error	4.9585497
calculated value	0.13
degree of freedom	78
tt,0.05,78=	1.990847

Table 1: The State level and National level Bodybuilders scores of reasoning dimension of personality.

mean state level	2.4128205
mean national level	3.2307692
standard deviation	0.6172094
Difference	0.82
standard error	5.4510454
calculated value	0.14941
degree of freedom	78
tt,0.05,78	1.990847

Table 2: The State level and National level Bodybuilders scores of emotional stability of personality.

T-value is calculated at 0.05 significant level for both personality dimensions of state level bodybuilders and national level bodybuilders. Hence the state level bodybuilders and national level bodybuilders are differ is reasoning and emotional stability dimension at 0.05 level of significant. So both hypotheses of the study are accepted.

IV. CONCLUSION

1. State level Body Builders and National level Body Builders would be differed significantly in term of their scores on reasoning dimension of personality is significant.
2. State level Body Builders and National level Body Builders would be differ significantly in terms of their score of emotional stability dimension of personality is significant.

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