

# Sensitivity and Dominance Profile of State Level and National Level Body Builders

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**Abstract:** *This study investigated the relation between state level and national level body builders sensitivity and dominance profile. In this present examination was to look at the sensitivity and dominance profile 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 r sensitivity and dominance profile in this examination t-test is applied for the testing hypothesis or compare the sensitivity and dominance profile of state level and national level bodybuilders. This study is used for bodybuilding coaches and player for improving knowledge about bodybuilder's sensitivity and dominance profile.*

**Keywords:** Personality factors, sensitivity, dominance, body building, state level, national level, body builders.

## I. INTRODUCTION

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 quality or state of being sensitive: such as the capacity of an organism or sense organ to respond to stimulation : IRRITABILITY, the quality or state of being hypersensitive, the degree to which a radio receiving set responds to incoming waves, the capacity of being easily hurt and awareness of the needs and emotions of others.[2]

The dominance of a particular person or thing is the fact that they are more powerful, successful, or important than other people or things. An attempt by each group to establish dominance over the other. [3]

## II. METHODOLOGY

### 2.1 Objectives

1. To measure sensitivity profile of state level and national level bodybuilders of Maharashtra.
2. To measure dominance profile of state level and national level bodybuilders of Maharashtra.
3. To compare the scores of sensitivity profile and dominance profile.

### 2.2 Hypotheses

1. State level Body Builders and National level Body Builders would be differ significantly in term of their score of sensitivity dimension of personality.
2. State level Body Builders and National level Body Builders would be differ significantly be differing in term of their score of dominance dimension of personality.

**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.[4]

**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.[5]

**III. RESULT AND DISCUSSION**

Statistical result of comparison of sensitivity profile and dominance profile of state level bodybuilders and national level bodybuilders is calculated and presented in a following table.

mean state level	2.265
mean national level	2.79
standard deviation	0.7351278
difference	0.811
standard error	6.4924732
calculated value	<b>0.12</b>
degree of freedom	78
tt,0.05,78	<b>1.990847</b>

**Table 1:** The State level and National level Bodybuilders scores of sensitivity profile of personality.

mean state level	2.6625
mean national level	2.585
standard deviation	0.6773447
Difference	0.0775
standard error	6.0583555
calculated value	<b>0.0127</b>
degree of freedom	78
tt,0.05,78	<b>1.990847</b>

**Table 2:** The State level and National level Bodybuilders scores of dominance profile 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 sensitivity profile and dominance profile 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 differ significantly in term of their score of sensitivity dimension of personality is significant.
2. State level Body Builders and National level Body Builders would be differ significantly be differing in term of their score of dominance dimension of personality is significant.

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