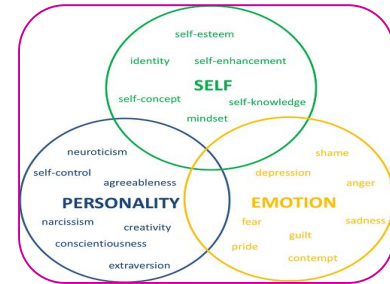




A STUDY OF PERSONALITY DEVELOPMENT AND SPORTS

Mr. Abhishek B. Banate

Assistant Professor in English , D.S.Garad Mahavidyalaya,
Mohol, Dist Solapur.



ABSTRACT

Personality development is the development of the organized pattern of behaviors and attitudes that makes a person distinctive. Personality development occurs by the ongoing interaction of temperament, character and environment. Personality is what makes a person a unique person, and it is recognizable soon after birth. Sports are one of the important elements of child's personality development. It is a medium that provides the child an opportunity for fullest self-expression, freedom and pleasure. It is also a creative activity. Moreover, sports are refreshing and rejuvenation. It is helpful in developing habit of sharing cooperation, mixing up with others, being assertive and leadership quality.

KEYWORDS : *Personality development , sharing cooperation , interaction of temperament, character and environment.*

PERSONALITY DEVELOPMENT AND SPORTS

Introduction:

Human bodies are made for motion. Whether for long purposeful strides across a backcourt, or for the expressive creation of a dance, there is something very magnetic and totally captivating about physical activities. It challenges and it satisfies, it excites and it calms, it wins our allegiance with a coupling urge that may be an answer to some fundamental human needs. We are enlivened and rejuvenated by the pure joy of movement. Modern sport has its roots deeply embedded in the history of western society. In classical Greek society the body developed through vigorous and graceful physical movement was the epitome of beauty. The importance of physical excellence is readily evident in the culture of this period. The more beautiful the body, the better the man or woman in pantheistic terms. The Olympian gods were accorded characteristics that were values of their society – strength, beauty, courage, wisdom and athletic ability.

The term 'personality' is derived from the Latin word *Persona*, which was the name given to the masks that actors and characters the portrayed. The term personality has been defined in various ways by the psychologists who worked on the development of personality and the variables influencing its development. The inability of various existing definition to describe personality in acceptable terms led G. W. Allport (1948) to engage in trying to discover some useful suggestions.

After evaluating some of the definitions of personality, he concluded that “Personality is dynamic organization within the individual of those psycho-physical systems that determine the unique adjustment to his environment”.

Although G. W. Allport tried to give a comprehensive definition of the term personality by recognizing its dynamic nature and organizational aspects and by emphasizing the role of it can play in an individual’s adjustment to his environment. All the psychologists agree on the certain basic common characteristics. One basic fact is that personality is unique. No two individuals have alike personality. The second fact regarding personality is that it is the product of its own functioning. What we do today depends on our accumulated experiences of that past. The experiences are accumulated day after day and shape our personality by continuous interaction with the external environment. The third characteristic of the most definition is that they stress the need to understand the meaning of individual differences. Personality is what makes individuals unique, it is only through the study of personality that the relevant differences among individuals can be made clear.

PERSONALITY DEVELOPMENT AND SPORTS:

Personality plays a paramount role in sports. It is a challenge in sports participation, which produces personality. Personality is likely to be greater in higher competitive sports, than that in relatively non-competitive sports. Body is the plinth of personality. Good personality must have a good physique, good appearance, good bearing, good health etc. The common men assessment of personality veers around the body structure and physical appearance. The sound mind exists only in a sound body. The body structure of an individual is matter of heredity but certain qualities may be acquired during the year of growth and development, social interaction, education and training which go to improve personality. In modern sports, psychological preparation of a team is an important as teaching them the different skills of a game with scientific methods. Most of the coaches and physical education experts agree that the physical characteristics, skill and training of the players are extremely important, but they also feel that good mental and psychological preparation for competition is a necessary component for success.

The growing knowledge about aptitude, abilities, and skills has just begun to explain performance differences, in terms of depending in some extent on the individual’s unique and personal and behavioral dispositions. Such dispositions that an individual brings to a performance are not fully understood, neither as to the nature of the predisposition nor as to the predictive value. This is not surprising, given that the field of personality traits theories within psychology is a complex and imprecise science. Yet these theories purport to deal with such issues as the permanence of personality states, the effects of cognitive and perceptual styles, the nature of motivation and the individual’s mode of interpreting learning experiences. The physical education literature dealing with personality factors and their effects on performance is heavy with implied and stated links between personality development and involvement in appropriately conducted programs of planned physical activity, games and dance.

A sportsman is motivated to achieve and has the determination and perseverance to do whatever work is necessary. This person is more a leader than a follower and may object more than most when restricted or prevented from doing things in his or her own way. There is a close relationship between sports and personality. A study by Howard, Cunningham, and Rechnitzer (1987) used longitudinal data to determine the effects of personality on the natural decline in fitness in 121 middle aged men. Fitness measures included grip strength, predicted body fatness

and predicted maximum oxygen intake. It was found that the second order personality dimension, introversion-extroversion, was related to grip strength and predicted maximum oxygen uptake but not to body fatness.

IMPROVEMENT OF PERSONALITY THROUGH SPORTS

There are following suggestions for improving personality through sports –

- Sports activities should be based on interests and needs of students, facilities and staff available. There is an important place for co-education at the higher education level such sports.
- Educational institutes must provide opportunities for practicing right living and learning all the sports' skills and habits necessary in way of life.
- Most of the opportunities for developing personality, skill developing and the best habits formation can be provided through the cooperative efforts of principals, teacher-staff, students and community too.
- Sport teachers should be competent in guiding of every sport field which is oriented for developing personality of the students.
- Sport teachers should motivate in different ways, so that the students grow and improve their personality.
- Sportsmen need adequate and appropriate space, indoors and outdoors, ample and suitable play materials, varied and stimulating programmes offering through which they develop strong and well coordinated bodies, increase understanding of the relationship of body care to physical performance, gain command of satisfying physical skills and enlarge their range of active, healthful, recreational pursuits.
- Provision should be made for close physical education programmes at the primary, secondary, higher secondary and higher education level.
- The students need at least one daily period of sufficiently strenuous guided activities to develop in strength, flexibility and agility for developing their personality.
- A system of standardized and meaningful records keeping are essential, to insure continuity and progression at each education level. These records would show the sports engaged in by the students, progress made, weaknesses, measurement and evaluation results which would be helpful in planning purposeful physical education programmes and for developing their personality.

CONCLUSION:

It can be said that sport and recreation programs are creating environments that are safe and promote stable relationships between children and adults, and among children themselves. They are providing children of all ages with opportunities to express themselves, to contribute their voice, opinions and ideas, and to become agents for change. They are helping to build communities and are contributing to a positive personality development. Sports are able to increase physical efficiency, mental alertness and the development of certain qualities like perseverance, team spirit, leadership, obedience to rules, moderation in victory and balance in defeat. All these qualities are helpful for developing personality of the sportsmen. We may sum up the importance sports with a quotation from Aldous Huxley, Like every other instrument that man has invented sports can be

used for good purpose, used well, it can teach endurance and courage, a sense of fair play and a respect for rules, coordinated efforts and subordination of personal interest to those of the group.

REFERENCES:

1. Bucher, Charles. *Administration of Physical Education and Athletic Program*. London: C.V. Mosby Company, St. Louis, 1983.
2. Shaffer, David. *Social and Personality Development*. Independence KT: Wadsworth Publishing, 1999.
3. Shiner, R. and Caspi. "Personality Differences in Childhood and adolescence: measurement, development and consequences". *Journal of Child Psychology & Psychiatry*. 44, Sport and Human Development.
4. Humphrey, James. *Child Development through Sports*. Routledge, 2003.
5. Chaudhari, Raysing. "Sports and Personality Development". *University News*, 24-26 (2010).
6. Dey, Chandana. "Role of Sports for Wholesome Personality Development". *University News*, 21-23 (2010).