

Relationship of selected personality traits and attitude of School students and old aged persons toward Physical Exercise

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Abstract

The main purpose of this research paper was to investigate the relationship of selected Personality Traits and Attitude of school going students and old aged persons toward physical exercise. The data pertaining to the study were collected by standard questionnaires. The Questionnaire designed by Rekha Agnihotri (Gupta) was used to assess the personality traits. For the present study, the data were collected from the Rohtak District of Haryana State. Out of the total 40 subjects, twenty (20) subjects were selected from school students and twenty (20) subjects were selected from old aged persons, through purposive random sampling for testing the hypothesis. The data obtained from the responses given by the subjects on standard questionnaire of personality traits was marked according to the key and analyzed by using 'correlation 'r' test to find out the significant difference in personality traits between school students and old age persons towards physical exercise at 0.5 level of attitude significance. It was hypothesized that there would be significant difference in personality traits between school students and old age persons towards physical exercise.

Keywords: Personality traits, Attitude, Physical exercise, School students and Old age persons

Personality Traits

If we speak psychologically, personality is all that a person is. It is the totality of one's behavior towards oneself and others as well. It includes everything about the person, his physical, emotional, social, mental and spiritual make-up. It is all that a person has about him. Personality is covered with the 'social stimulus value' of the individual behavior, attributes and qualities or with conceptions of one's self which differentiate one human being from the other personalities and the entire organization of the individual at each stage of his life. Traits like imagination, ambition or perseverance may be found in many people but it is in relation to other abilities and environmental opportunities that they develop and influence life and behavior. Personality

should be distinctive or unique. It is continually changing and growing as people may acquire and develop their personalities in the course of their life . Growth takes place by reorganization and integration of new experience and behavior in the total system. Disposition refers to habitual tendencies inherited or previous experience and term character is inter changeably with personality.

Attitude

The main aim of education is the modification of the behavior of the students, according to the needs and expectations of the society. Behaviour is composed of so many attributes. One of these important attribute is attitude. One's behaviour, to a great extent depends upon his attitude towards the things- idea, person or object, in his environment. The entire personality and development of the child is influenced by the nature of his attitudes. Learning of a subject and acquisition of habits, interest and other psycho physical dispositions are all affected by his attitudes.

Attitude is responsible for behaving in a particular and definite way. If one keeps positive and favourable attitude towards an object, he will be attracted toward, it he will admire it and try to achieve it. On the other hand if one has negative or unfavourable attitude he will try to avoid it and ever feel hostile to it. For example, a person having positive attitude towards democracy will respond positively to democratic practices and institutions and negative to authoritarian procedures. This behaviour will speak out his behaviour.

Physical Exercise

Physical Exercise/yoga is a 5000 year old Indian body of knowledge. Though many think of yoga only as a physical exercise where people twist, turn, stretch, and breathe in the most complex ways, these are actually only the most superficial aspect of this profound science of unfolding the infinite potentials of the human mind and soul.

Methodology

Source of data

For the present study the source for the data was physical exercise practicing students and old aged persons in Rohtak District of Haryana.

Selection of Subjects

For the present study 20 students and 20 old aged persons were selected. Those students and old persons were selected for the study that practice physical exercise regularly.

Sampling Method

The subjects were selected by using purposive sampling method.

Collection of data

The data pertaining to the study was collected by standard questionnaire of personality and Self-made questionnaire of attitude towards physical exercise.

Analysis and interpretation of data

Analysis of data

The data was collected by using the standard questionnaire meant by Rekha Gupta for personality and the self-made questionnaire of attitude towards yoga. After the collection of data from the different yoga practicing students and old aged persons in university of Jammu and also main campus of jammu university, raw data were converted into standard one by using a statistical technique 'product moment correlation' test for testing of hypothesis.

Table 1 Inter correlation matrix of personality traits and attitude of college students towards Physical Exercise

Group	Introvert	Extrovert	Ambivert	Personality Calculated 'r'	Tabulated 'r'
Attitude	0	-0.125	0.321	0.104	0.444

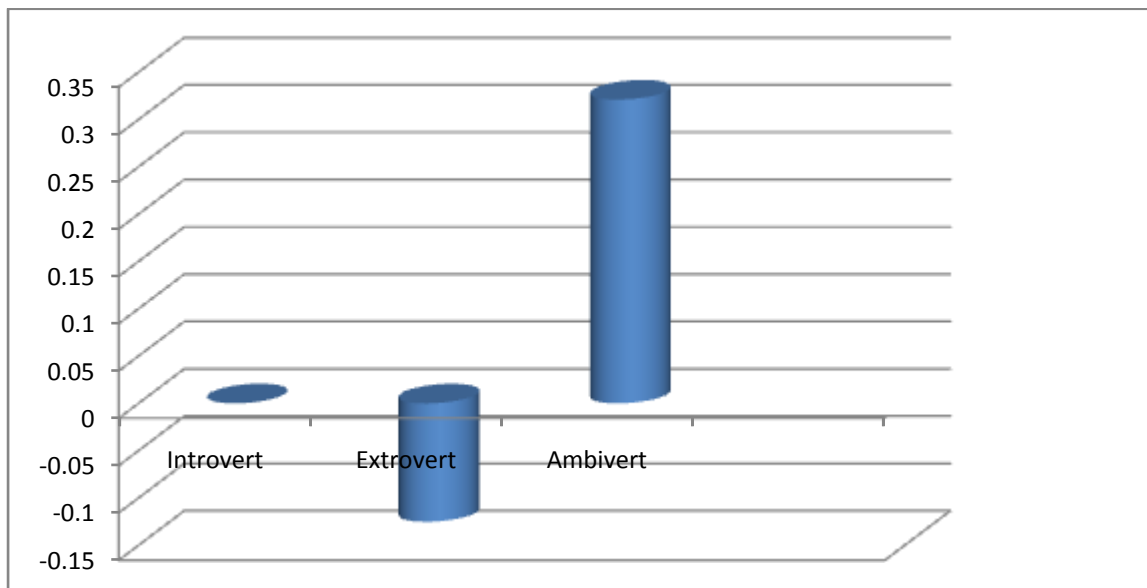


Fig 1

A fig showing relationship of personality traits and attitude of college students towards physical exercise

Table 2 Inter Correlation Matrix of Personality Traits and Attitude of Old Aged Persons towards Physical Exercise

Group	Introvert	Extrovert	Ambivert	Personality Calculated 'r'	Tabulated 'r'
Attitude	0	-1	-0.191	-0.024	0.444

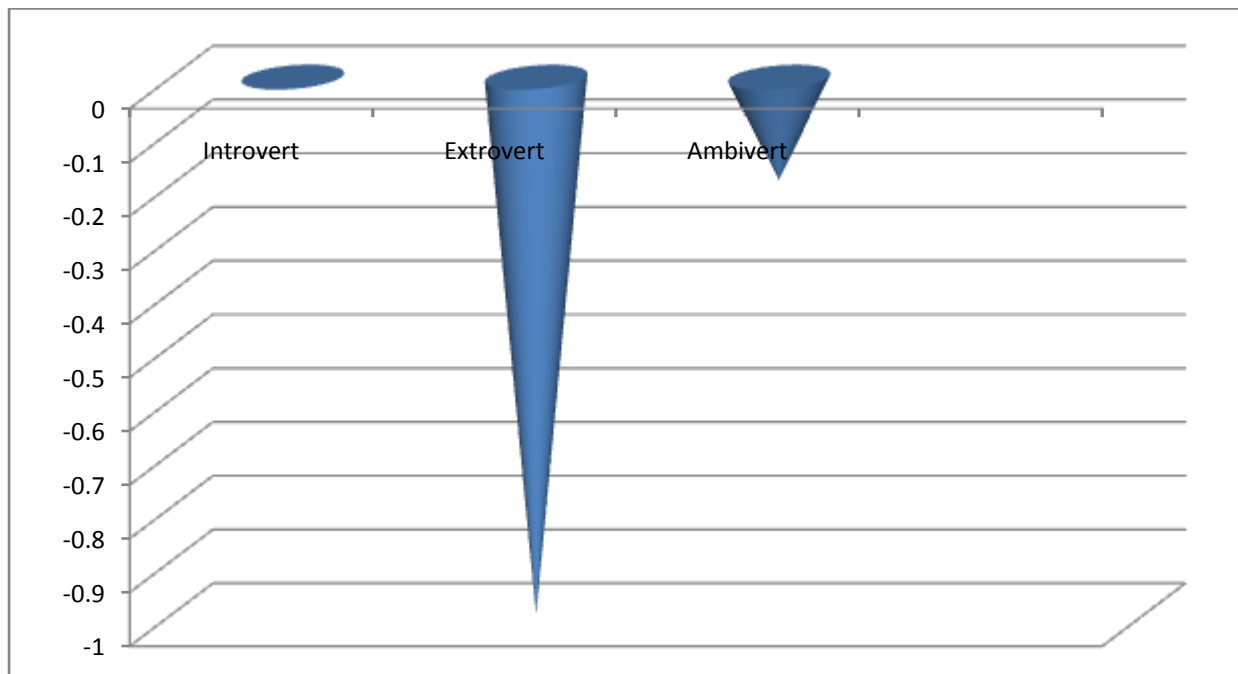


Fig 2

showing relationship of personality traits and attitude of old aged persons towards physical exercise

Table 3

Showing personality traits of school students

Group	Introvert	Extrovert	Ambivert
Students	0	21	39

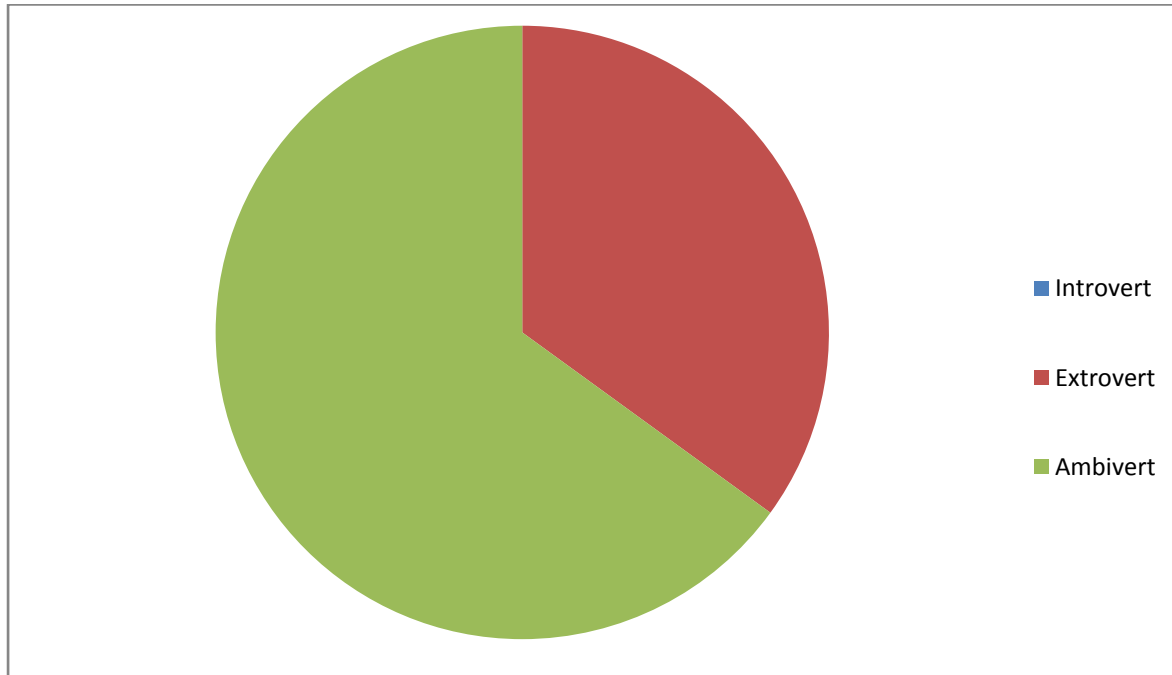


Fig. 3

Showing personality traits of school students

Table 4

Showing personality traits of old aged persons

Group	Introvert	Extrovert	Ambivert
Old Persons	0	0	18

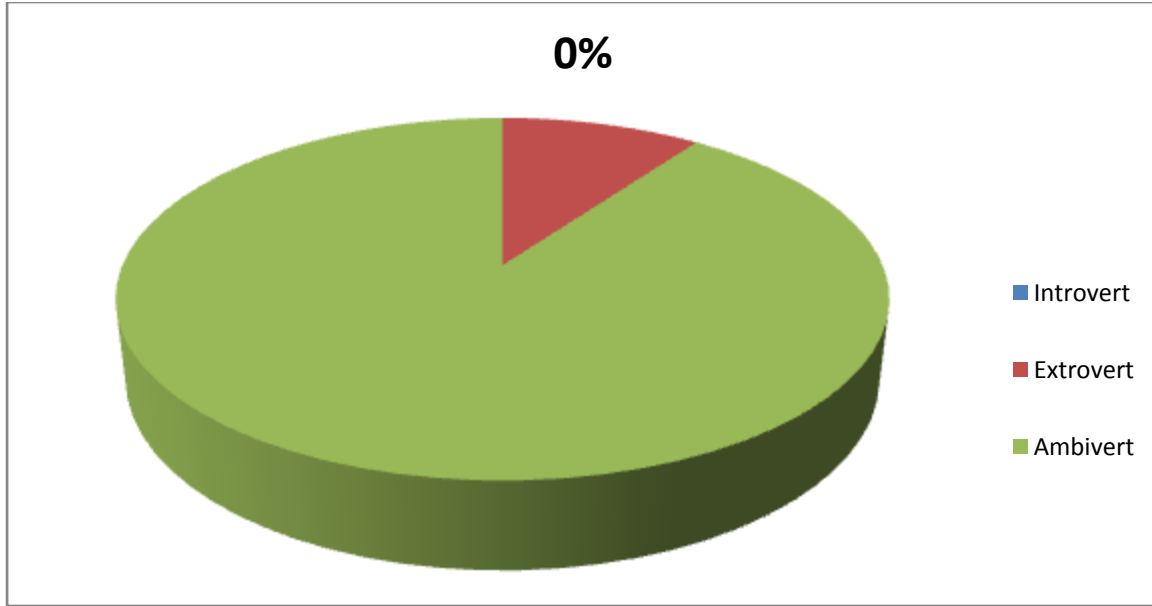


fig.4 Showing personality traits of old aged persons

Table 5 Showing Mean Attitude of School Students and Old Age Persons towards Physical exercise

Groups	Students	Old Persons
Mean	199.95	211.55

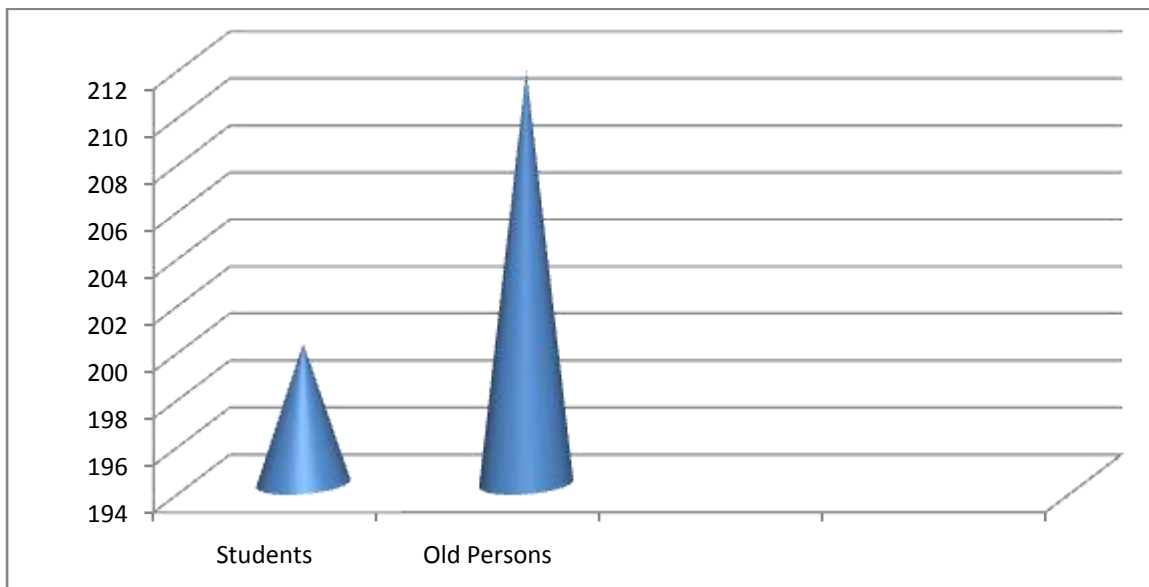


fig. 5

Showing Mean Attitude of School Students and Old Age Persons towards Physical exercise

Conclusion

The researcher correlates the personality and attitude towards physical exercise of yoga practicing school students and old aged persons. Firstly the researcher correlates the introvert, extrovert and ambivert personality with attitude of school students and old aged persons. With the limitations of the study and from the statistical analysis of the collected data it is concluded that there is found insignificant relationship, So that the hypothesis given by the researcher is rejected.

At last it is also concluded that the (0%) students are Introvert, (25%) students are Extrovert and (75%) students are Ambivert whereas (0%) old aged persons are Introvert, (10%) old aged persons are Extrovert and (90%) old aged persons are Ambivert and the Mean Attitude of school Students towards physical exercise is (199.95) Mean Attitude of old aged persons towards physical exercise is (211.55).

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