

A Personality Assessment of Top Eight Interuniversity Female Recurve Archers in India

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Abstract: *The main purpose of the study was to assess the personality traits of top eight Interuniversity female Recurve archers in India. For the study 8 archers were selected from Interuniversity tournament. The age of the subjects were ranging from 17-30 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.*

Keywords: Personality, traits, Archery, genetics, emotional stability

1. Introduction

Archery is one of the oldest sports that are still being practiced today. The bow and arrow can be traced back as far as the Paleolithic era (35,000 to 8000 B.C.), and is the most widely used weapon in human history. Archery is a sport that dates back years and years before the modern day version that we have today with all sorts of high-tech equipment and different techniques of shooting and competing with other archers.

The history of archery can be traced back to the ancient civilization, when bows and arrows were used as a weapon to hunt wild animals and used at the warfare. The heroic efforts of the archers at the battlefield helped gain triumph over several kingdoms. Studies suggest pines serves as the arrows in the ancient times, because they consisted of a long fore shaft and a flint point. According to the history of archery, bows were first developed in either early years of the Mesolithic age or the late Paleolithic age. The oldest bow used by archers is native to Denmark. Archaeologists have discovered arrow shafts in many countries where archery was prevalent, which includes Egypt, Sweden, and Denmark. Archery was also developed in **Asia and Islamic** kingdoms.

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 highly complex construct that has various meanings and interpretation. One of the more seemingly simple ways of identifying personality however is by describing it in the term of a person's personality traits. A personality trait is generally considered representing the characteristic tendency a person has for acting or behaving in certain way. If person is aggressive for example, he is set to possess the personality traits of aggressiveness to a great or lesser degree depending on the frequency and intensity of his behaviour. Thus, one can accurately identify which traits exists within a person, and to what degree he possess each of them. It is thought that one can proceed to predict how the person will act in the future, or at least be able to explain his current behaviour. If the means for accurately identifying these traits are valid and reliable then the observer possesses a powerful instrument for analyzing human behaviour. Unfortunately, though too little thought has understood what is being measured when we evaluated the personality traits of the people. Too often, intuitive jumps are made between very ordinary information and high complex behavioural explanation without realizing the limitations or restrictions that many of our personality inventories possess. To partially alleviate this problem, it is suggested that some basic understanding of "trait psychology" is necessary.

Personality is usually broken into components which are openness to experience, conscientiousness, extroversion, agreeableness, and neuroticism (or emotionality). These components are generally stable over time and appear to be attributable to a person's genetics rather than the effects of one's environment.

2. Procedure and Methodology

2.1 Subjects

For the purpose of the study the top eight elite Interuniversity female Recurve Archers for the year 2012-13 were selected. The age of the subjects were ranging from 17-30 years.

2.2 Tools

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

2.3 Statistical procedure

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

3. 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 Subjects	Trait	Minimum	Maximum	Mean	Std. Deviation	Coefficient of Variation
08	N	39	66	52.25	9.69	0.36
08	E	34	68	52.12	10.30	0.47

As shown in the table 2, the mean value of Standard score for Recurve archers was found to be 52.25 and Standard deviation was found to be 9.69 whereas the coefficient of variation was found to be 0.36 for Neuroticism and for Extraversion the mean value of Standard score was found to be 52.12 and Standard deviation was found to be 10.30 whereas the coefficient of variation was found to be 0.47.

4. Discussion and Conclusion

The obtained result from Recurve Archers 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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