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A STUDY OF TEMPERAMENTAL TRAIT (EMOTIONALITY) IN RELATION TO SPORTS ACHIEVEMENT AMONG SPORTS PERSONS*

BY

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ABSTRACT

The psychoanalysis of data for the dimension of temperamental trait i. e. Emotionality has been performed. The analysis of emotionality level between inter university participating and inter college position holder sportspersons revealed that the mean score of interuniversity participating sportspersons and inter college position holder sports person on emotionality level do not differ significantly.

KEYWORDS

Emotionality, Sports Achievement.

Introduction

The study of temperament is as old as Hindu Upanishads and as recent as yesterday's studies in molecular genetics . Charak (5th century BC) and Sushruta Samhita(2nd century BC) presented the ancient Indian version of "Prakriti" (temperament). The Ayurvedic (medical) thinkers Charaka and Sushruta recognized the influence of body humours. Vatta, Pitta, Kapha over three "gunas" Satva, Rajas and Tamas (Shastri and chaturvedi, 1989).

Your temperament is like an artist's canvas. It is your basic inherited style. It is the fabric underlying why you are? Temperament is generally identified with:

1. The components of personality that are biological in origin(Buss and Plomin 1984);
2. Traits that are relatively stable, cross situational,consistent and evident throughout the age span and diverse cultures(Rothbart and Derryberry 1981);
3. The style (how) rather than the content (what) or purpose (why) of behavior (Thomas and chess 1977).

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