Review of Related Literature

For conducting any piece of research study, review and survey of literature related to the study being conducted, is of paramount significance. Surveying of researches conducted in the field helps the investigator in understanding the problem from different perspectives. Such a review of the studies conducted by the other investigators in the field related to the problem in hand also helps the researcher in framing the objectives and the correspondence hypothesis of the study. However, the most significant contribution of such surveys helps the investigator in interpretation of the results of the study that the researcher investigates.

Karad and Wahid (2011) studied the aim of the present study was to find out the differences in the Personality traits between Kabaddi and Kho-Kho players; with regard to neuroticism psychosticism and extraversion. In this study 50 Kabaddi and 50 Kho-Kho players selected as subjects. Their age ranged between 17-25 years, who were participating in Dr. Babasaheb Ambedkar Marathwada University inter-collegiate Kabaddi and Kho-Kho tournaments held at Vaidyanath College Parli-Vaidyanath and M.I.T. College, Aurangabad 2010. The Eysenck Personality Inventory (E.P.I.) was administered to find out the Personality traits of the Kho-Kho and Kabaddi players, with regards to neuroticism extraversion, psychosticism and Lie-Scale. Means Scores for neuroticism, psychosticism extraversion and Lie-Scale for these two types of players were computed. T-test was used to compare the significance difference between Kabaddi and Kho-Kho players, t-ratios for extraversion, psychosticism are (3.17, P < .01), (t=2.63, P<.05) respectively indicating that Kabaddi players are less extrovert and more psychotic than Kho-Kho players.

Eagleton et al. (2007) Scores on Extraversion and on Neuroticism as measured by the
Eysenck Personality Inventory were compared for 90 undergraduate team sport participants, individual sport participants, and nonparticipants (43 men, 47 women, M age = 20.3 yr.). From past research and Eysenck's biological theory of personality, it was hypothesized that sport participants would score higher on Extraversion and lower on Neuroticism than nonparticipants, and that team participants would score higher on Extraversion and perhaps higher on Neuroticism than individual sport participants. By comparing scores for students in first year and final year, it was also investigated whether pre-existing personality differences drew people to sport (the gravitational hypothesis) or whether personality changed as a function of sport participation (the developmental hypothesis). The main findings were that team participants scored higher on Extraversion than both individual sport participants and nonparticipants, and that test scores did not change over time, supporting the gravitational hypothesis for Extraversion.

Nigam (February, 2011) investigate the effects of self-efficacy on sports competition anxiety. A total of forty students of psychology belong to D. P. Vipra College, Bilaspur (CG) affiliated to Guru Ghasidas University, Bilaspur were randomly selected for the purpose of study. Sports Competition Anxiety Test and the Physical Self-Efficacy Scale were administered upon all subjects who volunteers to participate in the experiment. Results of the study revealed that females who are high in self-confidence will have low levels of competitive trait anxiety. The findings from this study also indicated that private and public self-consciousness and social anxiety are all contributing factors in predicting competitive trait anxiety.

McKelvie et al. (2003) Two groups (n = 86) of university athletes (contact, no contact) and two matched groups (n = 86) of non-athletes completed the Eysenck Personality Inventory (Eysenck & Eysenck, 1968). Extraversion did not vary significantly between athletes and non-
athletes or between contact and no contact athletes, but it was higher for athletes compared to American college norms. For neuroticism, athletes scored significantly lower than non-athletes. Because neither extraversion or neuroticism changed over time (four years of study), these results are consistent with the gravitational hypothesis that people higher in extraversion and lower in neuroticism are attracted to university sports.

Lane (2005) investigated the influence of personality on exercise-induced mood changes. It was hypothesised that (a) exercise would be associated with significant mood enhancement across all personality types, (b) extroversion would be associated with positive mood and neuroticism with negative mood both pre- and post-exercise, and (c) personality measures would interact with exercise-induced mood changes. Participants were 90 female exercisers (M = 25.8 yr, SD = 9.0 yr) who completed the Eysenck Personality Inventory (EPI) once and the Brunel Mood Scale (BRUMS) before and after a 60-minute exercise session. Median splits were used to group participants into four personality types: stable introverts (n = 25), stable extroverts (n = 20), neurotic introverts (n = 26), and neurotic extroverts (n = 19). Repeated measures MANOVA showed significant mood enhancement following exercise across all personality types. Neuroticism was associated with negative mood scores pre- and post-exercise but the effect of extroversion on reported mood was relatively weak. There was no significant interaction effect between exercise-induced mood enhancement and personality. In conclusion, findings lend support to the notion that exercise is associated with improved mood. However, findings show that personality did not influence this effect, although neuroticism was associated with negative mood.

Lynn and Frances (1996) examined the role of stress, competitive anxiety, mood state, and social support in athletic injury. Specifically, we hypothesized that athletes reporting high
levels of stress, high competitive trait anxiety, negative mood state, and low social support would exhibit greater incidence of injury and injury severity. Voluntary sample, 55 male varsity athletes (42 football, 81% of the football team, and 13 rugby, 74% of the rugby team), ages 19-28 yr (x = 22). Measurements: The inventories Sport Competition Anxiety Test (SCAT), Social Support Scale, Social Athletic Readjustment Rating Scale (SARRS), and Profile of Mood States (POMS) were administered. Internal consistency of the selfreport measures was tested using Cronbach’s alpha coefficient. Injury rate and severity were recorded by the head student therapist throughout the season. Correlational analyses performed using Pearson correlational coefficient revealed that competitive anxiety (r = .29, p = .03) and tension/anxiety mood states (r = .43, p = .001) were related to injury frequency, and that tension/anxiety (r = .44, p = .008), anger/hostility (r = .30, p = .02), and total negative mood state (r = .28, p = .038) were related to injury severity. Individually, the two sports yielded somewhat different results: for football, injury frequency and injury severity were related to tension/anxiety (r = .43, p = .004 and r = .47, p = .002, respectively). Vigor/activity was found to be significantly related to injury rate (p = .02), but since the internal consistency of vigor/activity was less than .70 on the Cronbach alpha scale, this significant finding was disregarded. In rugby, injury frequency was related to tension/anxiety (r = .58, p = .04) and depression/dejection (r = .57, p = .04).

Behzadi et al. (2011) studied the relationship between goal orientation and competitive anxiety and comparing them in female athlete students engaging in individual and team sports. Using Morgan’s table, 120 athletes were randomly selected from the team sports and 80 were selected from the individual sports. The Task and Ego Orientation in Sport Questionnaire (TEOSQ; Duda and Nicholls, 1992) and Sport Competition Anxiety Test (SCAT; Martens, 1990) were used for data collection. The results of Spearman’s test revealed that only in team sports is
there a negative significant relationship between task orientation and competitive anxiety. Moreover, the results of Mann-Whitney U test showed that there is no significant difference between individual and team sports in task orientation and goal orientation and that there is only a significant difference between team and individual sports in competitive anxiety and ego orientation with higher competition anxiety in the team athletes and higher ego orientation in the individual athletes (p > 0.05). Apparently, since the performance of an athlete in team sports depends on the team performance, the role given to the individual may interfere with their inner role and this issue leads to anxiety in the individual.

Bray and Martin (2003) examine the performance and pre-competition psychological states of individual sport athletes in relation to competition location. It was hypothesized that skiers would perform better when competing at home. Self-reports of state anxiety were expected to be lower and self-confidence higher prior to home races compared to away. Within-subjects design to examine athletes’ performance and pre-competition psychological states at home and away competitions. Junior alpine skiers (N=26) completed the Competitive State Anxiety Inventory-2 approximately one-half hour prior to competitions that were held at home and away. Objective (race points) and subjective (coach ratings) measures of performance were also obtained. Contrary to hypotheses, no differences between home and away performances were observed (i.e. no home advantage). Athletes reported no differences in pre-competition state anxiety or self-confidence at home compared to away. Results bring into question the reliability of the home advantage when examined from the perspective of individual athletes competing in individual sports and highlight the need for further research on the association between game location and competitors’ psychological states.

Singh (2011) the study is mainly concerned with volleyball players who participated in
the inter college competition. Now days, the Game volleyball is becoming as a professional sport rather than the competitive sport. So the competitiveness among the volleyball players is growing up day by day with different color. The main purpose of this study was to compare pre-competitive anxiety and post-competitive anxiety in inter-collegiate volleyball players. A group of 170 volleyball players (boys=85 and girls=85) were selected from different colleges affiliated to Guru Nanak Dev University, Amritsar, Punjab, India through purposive sampling technique. Their age was ranged from 18 to 25 years. Data were collected from athletes using a Sports Competitive Anxiety Test - (SCAT) consists of fifteen items which include 5 spurious items, 8 positive items and 2 negative items. The t-test was used to test the effect of anxiety level between pre and post completion. The significance level was determined as p<0.01. The result of the study reveals that there was significant difference in 0.01 levels of pre-competitive anxiety and post competitive anxiety among the male and female inter-collegiate volleyball players.