INTRODUCTION

Physical Education

Physical education is the most important part to earn strong fitness in today’s life. All types of sports are playing leading role into the development of physical fitness. Athletes is one of the famous sports in world that used to play professionally on the international level. Physical education takes currently acknowledged universally as a vital part of overall education system. Fitness is the key of quality of life. It is a need of modern age.

1.2 Sport Psychology

The impact of this phenomenal change has been equally strong on athletes, spectators, sponsors and administrators. People are associated with sport in different capacities- as athletes, as trainers, as scientists (researchers, doctors, physiotherapists), as championship organizers, as administrators, as tournament officials (judges, referees, umpires, jury), as team management (managers, coaches, captains) and finally as spectators. Sport psychology, as such, is a recent addition to the ever-expanding family of psychology. Sort of continuity in such psychological variables as growth, development, learning, emotions, training, motivation, achievement and performance. The interplay of innumerable observable and non-observable factors and forces that influence muscle and mind preparation for performance excellence, plays sports a difficult psycho-social phenomenon to deal with by a single tribe of individuals called sport coaches. Administrators and scientists too have to put their heads together and join hands with coaches to take the bull called competitive sport by horns. Experts in sports training systems consider three sports sciences viz. physiology, biomechanics and psychology of critical importance in the preparation of athletes for top performances. Physiology develops the energy basis, biomechanics helps improve mechanical skills and psychology is the ultimate determining factor in winning a game.

Personality

Personality is a set of traits that define the way a person's behaviour is perceived. Personality is the particular combination of emotional, attitudinal, and behavioural response patterns of an individual. Different personality theorists present their own definitions of the word based on their theoretical positions. The term personality is derived from the Latin word „persona” it means or „mask” which actors used to put on whenever they appeared on the stage in Rome later persona was understood to be specific role on the state of Romans.
Psychologically speaking personality is all that a person is. It is the totality of one’s behaviour 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 behaviour, attributes and qualities or with conceptions of one’s self which differentiate one human being from other personalities 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 environment opportunities that they develop and influence life and behaviour. Personality is the way be affected others. Personality is distinctive or unique. It is continually changing, and growing people may acquire and develop in the course of his life and experience. Growth takes place by reorganization and integration of new experience and behaviour in the total system. Disposition refers to habitual tendencies inherited, or previous experience and term character is interred changeably with personality.

Personality is mental organization of a human being at any stage of his development. The human being is a completely integrated functioning unit as a complete whole is separates the physical from the mental or leads to a dualistic interpretation of the facts of human existence cannot be accepted to us.

Personality is their dynamic organization with the individual of these psychophysical systems that determine his unique adjustment to his environments. Individual has inherent needs, urges or drives serves as motivation of behaviour towards satisfied goals. If the individuals fails to achieve one or more of these behaviour goals, if occurs a disorganization of his personality unless a changed mode of action results in the satisfaction of the needs or unless the goal itself is modified.

Personality is related to his system reaction and reaction possibility in total as viewed by follow members of society. It is the sum total of behaviour trends manifested in his social adjustment. Human personality does not exist unless there are other individuals to react to the individual and to whom he may respond or surround him by a system of reactions and behaviour.

Personality trait is a “mode of behaviour”. It is some particular quality of behaviour such cheerfulness or self-reliance, which characterized the individual in a wide range of his activities and it fairly consistent over a period of time. A person who is cheerful and self-reliant or gloomy and hesitant, does not indicate that he is the sum total of gloominess and hesitancy or
cheerfulness and reliance but is more than these. Total personality is a sum of traits with the differences that personality is more than sum of qualities.

In the age of advancement of science and technology we are taking maximum advantage of man-made machines. The tremendous explosion of recent knowledge and its advancement have given us maximum comfort, so that we are able to do work by sitting at one place by utilizing a limited time. Such comfort and availability of excessive leisure time have changed our living environment which is turn is leading us towards several degenerative diseases. Personality factors include one’s physical structure, emotional reactions, attitudes, interests, motivation and intellectual level.

Personality depends on the physique, physiological and behaviour. Kretschmer, a German psychiatrist, distinguished three body forms, the panic (short) the asthenic (tall, thin) and athletic (muscular). The types of personality along with there were extroverts, introverts and midway respectively. Brand postulated three major bodies builds the endomorphic (fat) the Ectomorphic (lean) and Mesomorphic (muscular). The endomorph is a pleasure lover. The Ectomorphic is energetic and competitive. Although the study of body types was carefully made, the psychologists have not been able to find any consistent relationship between physique and personality.

**Three Traits of Personality**

**Extraversion**

Extraversion is the act, state, or habit of being predominantly concerned with and obtaining gratification from what is outside the self”. Extroverts tend to enjoy human interactions and to be enthusiastic, talkative, assertive, and gregarious. They take pleasure in activities that involve large social gathering, such as parties, community activities, public demonstrations, and business or political groups. Politics, teachings, sales, managing, and brokering are fields that favours extraversion. An extraverted person is likely to enjoy time spent with people and find less reward in time spent alone. They tend to be boredom when they are by themselves.

**Introversion**

Introversion is the state of tendency towards being wholly or predominantly concerned with and interested in one, own mental situations. They often take pleasure in solitary activities such as reading, writing; drawing and using computers. The archetypal artist, writer, sculptor, composer, and inventor are all highly introverted. An introvert is likely to enjoy time spent alone and find
less reward in time spent with large groups of people, though they tend to enjoy interaction with close friends. They prefer to concentrate on a single activity at a time and like to observe situation before they participate. Introverts are easily overwhelmed by too much stimulation from social gatherings and engagement. They are more analytical before speaking. Introversion is generally not the same as shyness. Introverts choose solitary over of fear.

**Ambiversion**

Although many people view being introverted or extroverted as a question with only two possible answers, most contemporary trait theories (e.g. the Big Five) measure levels of extroversion–introversion as a part of single, continuous dimension of personality, with some score near one end, and others near the half-way mark. Ambiversion is a term used to describe people who fall more or less directly in the middle and exhibit tendencies of both groups. An Ambivert is normally comfortable with groups and enjoys social interaction, but also relishes time alone and away from the crowded.

Another potential weakness with trait theories is that they lead people to accept oversimplified classification, or worse offer advice, based on a superficial analysis of their personality. Finally, trait models often underestimate the effect of specific situations on people’s behaviour. It is important to remember traits are statistical generalizations that do not always correspond to individual behavior.

**Creativity**

No nation whether big or small can afford to overlook the importance of creativity in this age of competition. Who survives this competition largely depends upon its creative minds. The creative acts affect enormously not only scientific and technological progress, but society in general. The nations who learn best how to identify, encourage and develop the creative potential in their people may find themselves in very advantageous position. On the contrary, the nations that are still underdeveloped are rather differently motivated towards the identification and development of this rare talent.

Although creativity has been a topic of some interest throughout man’s history, but it is only very recently when efforts were made to study it scientifically. Prior to 1950, there were only trickle of research articles on creativity. The Russian threat in technological advancement was probably the immediate reason for American scientists to sensitize the need of creativity in technological competition.
Most psychological researchers generally agree that all persons have some creative potential, though there are wide individual differences in degree. Lowen Feld (1959) distinguished between actual creativity and potential creativity, the former being that potential which is already developed and functioning, the latter including the total creative potential (both developed and undeveloped) within an individual. Progress in fostering the creativity of our children will be obtained most effectively if we understand that we must simultaneously progress in the preparation of the individual, from both an intellectual and an emotional point of view, and in the provision of stimulating climate.

A review of research into stress-resistant individuals by Garmezy (1987) identified three broad sets of variables that promote resilience: individual factors, social factors and other external support mechanisms. Personality characteristics "self-esteem), social -factors (family and peer support) and the availability of coping resources contribute to individuals' ability to develop problem-solving strategies needed to achieve an optimal response to adversity.

Statement of the Problem
The researcher thinks that the personality trait of sports persons is responsible for the all-round development of the sports persons. Being the students of physical education profession, the researcher is also of the view that the personality and creativity of sports persons are somewhat leading and different from non-sports persons. In order to see the personality trait and anxiety of sports person of the sports man the researcher selects the study entitled A comparative study on personality traits among urban and rural players in Pune district.