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Relationship between personality and intelligence with subjective well-being of handball players

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Abstract
Background: - In the competitive world of today, many athletes and coaches seek sports psychology and psychological training programs to learn and to manage competitive stress, control concentration, improve confidence and increase communication skills and team harmony. Alderman (1974) defines personality as “integration or merging of all the post of one’s psychological life the way one thinks, feel, acts and behaves”. Intelligence includes concern for the broader social context in which intelligent behavior occurs. It may be defined as the subjective feeling of contentment, happiness and satisfaction with a sense of achievement, utility and no distress. The purpose of the study was to find out the relationship between personality and intelligence with subjective well beings of handball male players.
Materials and methods: - A total number of subjects for the present study were 60 male players, who had participated at least at inter-collegiate level of k.u.k. in the age group of 17 to 24. The tools used for the study were Eysenck Personality Inventory (E.P.I.) by H. J. Eysenck and S.B.G. Eysenck, Hindi version, B. S. Gupta. General Mental Ability Test developed by S. Jaltoa.PGI General well-being measured by Dr. Santosh K. Verma and Miss Amita Verma. For the present study mean value, standard deviation and t-test were applied to analyze the data and also different steps in t-test were used.
Results and discussions: - After the interpretation of data there was found a significant difference between high well-being groups and low well-being groups of Handball players on the basis of N factor and E factor. No significant difference was found between high well-being groups and low well-being groups of Handball players on the basis of intelligence.
Conclusion: - On the basis of results of the present study, we concluded that low well-being groups had more neurotic than the high well-being groups on the basis of personality N-factor of Handball players. High well-being groups were more extroverts than the low well-being groups on the basis of E-factor of Handball players. High well-being groups had slightly better intelligence than the low well-being groups on the basis of Handball players.

Keywords: Personality, Intelligence, subjective well-being and handball.

1. Introduction
At the present time sports have achieved such high level of development that the physical, technical and tactical preparation of the strongest athletes in the world is approximately the same. The major the competition, the more stressful is the sports and psychological state of the players. The importance of sports is a universally established thought of Rishis and great thinkers of the East and the West. In the words of Doncash Soaton (1956), "Sports by their nature are enjoyable, challenging, all absorbing and require a certain amount of skill and physical condition".
Personality has been viewed from various angles and as such its definitions have never been fixed. It has been changing from time to time. Some defines personality as the pattern of behavior in a certain way for others personality constitutes the intelligence of the mind. The word personality is derived from the Latin word 'PERSONA' which means 'MASK'. In the ancient Rome people acting in dramas and plays used to wear 'PERSONA' (MASK) to depict their particular character to the audience. The modern concept of personality is the extension of same concept, which takes into accounts all physical, psychological- and social characteristics of the individual while describing his personality.
Alderman (1974) in discussing the development of personality, said that "Individual are born with a blue print of basic traits, for example a child of athletic parents might inherit certain basic traits which, if nurtured, could lead him or her to select sports in the same or similar to those of the parents. Personality begins to develop at birth, when infants interact with those around them." As the child grows older he begins to display behaviors that can be traced to specific personality traits. Although for potential a given behavior must first be present.

In the words of Munn (1975) personality may be defined as **"**the most characteristic integration of an individual structure, mode of behavior, interests, attitudes, capacities, abilities and aptitudes." Wood-Worth (1964) defined personality "as total quality of the individual behavior."
According to Wechsler (1958) "Intelligence is the aggregate or the global capacity of an individual to act purposefully, to think rationally and to deal effectively with the environment". Wechsler believes that intelligence enables an individual to act purposefully adapting to the environment. Psychological tests have been used to measure a wide range of human characteristics-everything from highly specific work related skills to more global measures of personality. Perhaps the single characteristic that has received the more attention is intelligence that is generally defined as the ability to think abstractly and to learn readily from experience (Flynn, 1987).
Well-being is a somewhat malleable concept which is to do with people's feeling about everyday life activities. Such feelings may range from negative mental states or psychological strains such as anxiety, depression, frustration, Emotional exhaustion, unhappiness, dissatisfaction, to a state which has been identified as positive mental health (Jahoda, 1958: Warr 1978)

2. Materials and Methods

2.1 Sample

60 Handball male players in the age group of 17 to 24 years, who had at least participated at inter-collegiate level of K.U.K. were considered the subjects of the study. These subjects were selected randomly on the basis of their availability.

2.2 Tools used

The following tools were used for the purpose of the present study: Eysenck Personality Inventory (E.P.I.) by H.J. Eysenck and S.B.G. Eysenck, Hindi version, B.S. Gupta (1987). General Mental Ability Test developed by S. Jaltoa (1963). PGI General Well-being measured by Dr. Santosh K. Verma and Miss Amita Verma (1989).

2.3 Collection of Data

The data was collected by the investigator with the help of his professional colleagues, Physical Education Teachers and with the help of Handball players. Personal visit was made by the investigator along with his team to conduct the survey for comparison of personality and intelligence with subjective well-being of Handball male players.
For conducting this study, the investigator visited various colleges of Kurukshetra University, Kurukshetra and met the players of handball tournaments after obtaining the permission from respective principal. The investigator introduced himself in the class in the respective colleges and described the purpose of the study to the respondents. Thereafter, the answer sheets of General Mental Ability Test by S. Jalota were distributed to randomly chosen Handball players in colleges. Time duration for answering the questions was 20 minutes. After the completion of stipulated time period, all those sheets were collected and scoring was done. After a gap of two days the investigator described the Eysenck Personality Inventory (E.P.I.) to the same 60 Handball players and instructed them accordingly, After collecting the administered sheets, the investigator gave them a short break of ten minutes and distributed the PGI General well-being measure test developed by Dr. Santosh and Miss Amita Verma. When all the answer sheets were taken back the investigator thanked the students, the teachers and principal of the respective college for their co-operation. Thus, the data was collected from 60 Handball players and the scoring of all the tests was done and the scores were computed.

2.4 Statistical Techniques Used

For the present study, the mean value, standard deviation, 't' test were applied to analyze the data, different steps in 't' test were used and the final conclusions were drawn and it was also compared with the significant value at .05 level. The utilization of mean values, standard deviation and t-test were made according to the requirement of the present study as per the statistical technique.

3. Results and Discussion

In order to compare personality N-factor, E-factor & Intelligence of Handball players with high & low well-being, the significance of difference mean personality score of Handball players having high & low well-being was computed which is given in table -3.1 to 3.3

Table 3.1: Comparison of personality 'n' factor of handball players with high & low well-being

Respondents	N	Mean	SD value	T value	Level of significance
High well being	30	9.08	2.85	7.55	Significance
Low well being	30	13.89	2.03		

Significant at 0.01 levels

As shows in table-3.1 the mean score of high well-being Handball players is 9.08 & mean of low well-being Handball players is 13.89 similarly, S.D. of high & low well-being Handball players is 2.85 & 2.03 respectively. So the mean scores of low well-being group is higher than that of high well-being group and the value of 't' is computed 7.55 which is highly significant at 0.01 level of significance. Therefore the hypothesis is rejected. It further shows that low well-being group is significantly different from high well-being group on the basis of personality 'N- factor. This easily can be explained as the low well-being group has more 'N'-factor as compared to high well-being group.

Table 3.2: Comparison of personality E- factor of handball players with high & low well-being.

Respondents	N	Mean	SD value	T value	Level of significance
High well being	30	12.76	3.89	6.36	Significance
Low well being	30	7.91	1.52		

Significant at 0.01 levels

As shows in table-3.2above the 't'-value obtained is 6.36 the mean score of high and low well-being Handball players is 12.76 & 7.91 S.D. of high & low well-being is 3.89 & 1.52 respectively. So the mean scores of high well-being group and the value of t-ratio is computed 6.36 which is highly significant at 0.01 level of significance. Therefore the hypothesis is rejected. It further shows that high well-being

group is significantly different from low well-being group on the basis of personality 'E' factor. This easily can be explained as the high well-being group has more E- factor as compared to high well-being group.

Table 3.3: Comparison of Intellegence of handball players with high & low well-being

Respondents	N	Mean	SD value	T value	Level of significance
High well being	30	111.97	13.03	1.88	No Significance
Low well being	30	106.43	9.523		

Not significant at any level

As shows in table-3.3above the mean score of high and low well-being Handball players are 111.97 and 106.43 respectively. The't' scores obtained is 1.88 it indicates that the't' ratio between the means of two groups is not significant even at 0.05 level of significance. Therefore the hypotheses are accepted. It further shows that high well-being group has not significant different from low well-being group on the basis of intelligence.

4. Conclusion

On the basis of results of the present study, we concluded that low well-being groups had more neurotic than the high well-being groups on the basis of personality N- factor of Handball players. High well-being groups were more extroverts than the low well-being groups on the basis of E-factor of Handball players. High well-being groups had slightly better intelligence than the low well-being groups on the basis of Handball players.

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