

# **Character patterns according to Freiburg classification and its relationship to self - realization of players participating in the Championship Mustansiriya University volleyball**

**Saad Abbas Abed Al- Janabi, Raad Abdul Amir Finjan, and Mehdi Ali Dwiger**

Tikrit University – College of Physical Education and Sports Sciences

## **Introduction**

The game of volleyball is a sport that has gained popularity recently and is practiced in various countries of the world, whether by men or women and become held for the official world tournaments and is one of the games that have the skills and requirements that can be seen by all who watch their games.

Attention to the player's personal qualities has emerged as a subject that is the cornerstone that concerns the player's processes of regulating the player's behavior, through which he becomes increasingly aware of his psychological dimension, and which focuses on his behavior from himself and others in the house, street, stadium and classroom.

Self-knowledge includes a focus on the hidden aspects of the personality and people are more certain of their cognitive processes, beliefs, moods, feelings and others as self-study is concerned with the social appearance and the type of impression that the individual leaves others and their beliefs.

Self-knowledge is a feature that needs to be studied and the player needs to continuously know the level of abilities and psychological preparations. In addition, it is one of the psychological elements that are concerned with sports psychology to know the internal and emotional state of the player. Hence emerged the importance of studying personality traits and applied in the sports field because the study and development of the players No less important is the development of physical and motor skills as they give and add strength and importance to the training process.

Through the above, the importance of the current research comes in harmony by knowing the relationship between personality patterns and self-esteem for volleyball players and the use of appropriate measurement methods for these psychological variables. The current research can provide a new scientific addition to the library of physical education to contribute to provide appropriate opportunities for scientific research in This field.

## 1.2 Research Problem:

The study of sports from a psychological perspective is a process based mainly on a set of structural factors of mathematical theory in society, by clarifying a number of principles and principles of behavior in the environment in which the athlete lives and belongs to a player, coach, educator and sports lover.

One of the recent trends in such studies is the study of personality patterns as an important indicator of personal impressions of others, a constructive or organizational process of alerts received by the perception of the other person includes several aspects, including personal, social or psychological factors. As the pillar of comprehensive development and its tools, and at the same time its basic purpose, as the process of development in all its aspects and economic, cultural, educational and social..., depends to a large extent on self-esteem, which is the means and purpose of the individual and can not play its role properly should only be accompanied by attention to characteristics Mental

By informing the researcher on the performance of the players participating in the university championship volleyball noted that there are other elements are complementary and effective for the task of the coach or teacher after a survey of the researcher asked about the extent of coaches interest in the psychological side of the player was the answer is very little or almost no interest from here came The research problem, which tended most of the research to deal with the physical and motor skills of the player without exposure to psychological factors, whether in training or competition, according to the researcher's knowledge

The problem is to answer the following question:

Is there a relationship between the personality traits sense of self in the players participating in the championship of the volleyball league?

## 1.3 Research Objectives:

- 1- Identify the personality patterns according to the Freiburg classification among the players participating in the championship of the University of Alexandria volleyball.
- 2 - Identify the level of self-esteem of the players participating in the University of Mustansiriyah volleyball championship.
- 3- Identifying the relationship between personality patterns according to Freiburg classification and self-realization among the players participating in the championship of Mustansiriya University volleyball

#### 1.4 Research hypothesis:

1- There is a significant correlation between personality patterns and self-esteem among the players participating in the championship of the University of Alexandria volleyball.

#### 1.5 Research Areas:

1-5-1 Human field: Players participating in the championship of the University of Alexandria volleyball for the academic year (2018-2019)

1.5.2 Time domain: from 25/2/2019 to 25/4/2019

1-5-3 Spatial Field: Volleyball Stadium at Mustansiriya University

#### 1.6 Defining terms:

1.6.1. Achievement in particular "defined by Naimi:" is a characteristic of the tendency or tendency of the individual to pay attention to himself as the focus of attention to the individual's internal thoughts, motives, plans and feelings. ().

#### 2. Theoretical and similar studies:

##### 2.1 Theoretical studies

##### 2.1.1 Concept of personality

The subject of personality is one of the most important topics of psychology, whether in the past or present because the interaction of man imposes himself on the medium in which he lives and belongs. The personality is one of the most exciting and important topics during the ancient and contemporary history, as it covers the concept of human behavior in many different aspects, especially sports. Greek philosophers also put forward predominant views on the personality of the human, and the first attempts to understand the personality made by the Greek physician Hippo when he identified the variables in the emotional aspects of the prevailing personality at the time and this is known today as the organic chemistry of the body SAN and those variables are different temperaments.

The Greek physician Galen believes that the quality of the fluid that circulates in the human body has an effect on the difference of personality from individual to individual.

#### Personal definitions

The origin of the word character is derived from the Latin word (Persona) and means the mask that the actor puts on his face in order to play a role commensurate with that character or face used.

In Mukhtar al-Sahah (person) is the darkness of man and others you see from afar and collected in the few person and in many people and persons.

This sense gives the external appearance of the person in the subject matter of personality, but this trend did not discourage psychologists from hollow in the depths and descend to the essence and

accordingly must distinguish between the two directions to understand the nature of personality. Or virtual them including Allport who sees the personality as the individual's distinctive responses to social stimuli and the manner of its compatibility with social manifestations in the environment.

### 2.1.3 The concept of personality patterns

Trait: A trait on which one can compare between one and the other, and the trait means (a relatively consistent manifestation of distinctive behavior or a dimension of behavior). Linguistically the trait: any man has made himself (a trait) known to him and who is most interested in the subject of Raymond pattern Freiburg, as he considered the most important concepts of a pattern and requires study and research, dealt with various psychological changes in detail, the attribute for him a mental structure and a rule through which to evaluate behavior.

### 2.1.4 Self-Esteem:

Human psychologist Abraham Maslow suggested that man is born with five systems of needs that he seeks to achieve, arranged in a hierarchical form, beginning with physiological needs that represent requirements for survival and are generally the most powerful needs or we assume they exist more than the rest. A sense of protection (away from danger, peace and security), and then the need for love and affiliation and belonging and acceptance and familiarity (social interaction), then comes the needs of self-respect and respect for others as individuals, where people want to feel their value in society, work and home, and when securing For all these needs, individuals seek to achieve their self and strive to realize their potential and achieve their ideals. Maslow believed that the needs of self-esteem that improve life and not only to maintain it and these needs prevail in the healthy personalities, Maslow says that very few people aspire to achieve themselves from the people. Urgent in adolescence and continue the rest of life depending on the change and his environment.

The individual's idea of himself is unique, but is subject to modification by the influence of the environmental and social conditions that surround him and the viewpoint of others. An individual may sometimes see himself positively, sometimes negatively, but generally has a near-constant perception of himself.

## 2.2 Previous Studies:

### 1-2-2 Study of Nidal Obaid Hamza Al-Ghanmi 2004.

Title of the study: numbers of a measure of sports personality and its relationship to the evaluation of the performance of badminton referees.

The aim of the study is to prepare the personal scale of the badminton referees as well as to identify the most important personal style and the level of referees performance in this game. The researcher used the descriptive method in a deliberate way as the sample consisted of the first, second and third grades of badminton in Iraq. The researcher used the statistical bag spss to extract the results of the research and the researcher concluded that more than half of the sample number is unhappy between their performance between good and average.

### 2 - 2 - 2: (Study waiting for Friday Khazali 2002) (1).

Title (The concept of self and its relationship to the technical performance of players back line handball)

Objectives of the study:-

- 1 - Recognize the degree of self-concept and artistic performance of the players of premium clubs handball in Iraq.
- 2 - Identify the differences in the dimensions of the concept of self and artistic performance of the players of the premium class handball in Iraq.
- 3 - knowledge of the relationship between the concept of self and the artistic performance of the players of the excellent degree handball clubs in Iraq.

The study sample: - The research sample reached (50) players from the back line players of the excellent handball clubs in Iraq for the season 2001-2002.

Main Conclusions: -

- 1- All differences were random in the results of analysis of variance (F) between the four dimensions of the concept of self (physical self and performance motor, social self, mental self and emotional, psychological self (complacency).
- 2 - The results of the correlation coefficients have a significant relationship between the concept of self and the artistic performance of handball clubs (Army, Diyala, Karkh).
- 3 - The results of the correlation coefficients of random significance between the concept of self and the artistic performance of the handball clubs (Salah al-Din, Kufa, bully, police).

### **3. Research methodology and field procedures:**

#### **3.1 Research Methodology**

Choosing the appropriate method to solve a problem or achieve a goal is one of the most important steps that lead to the success of the research, and on this basis, the method (is the method used by the individual to reach a specific goal.) (1) The researcher used the descriptive method of methods of survey studies and correlations.

#### **3-2 Community and Sample Research:**

The research community consisted of (68) students participating in the tournament of the University of Alexandria. The research sample was (50) students (87.69%). The survey sample was (5) students

#### **3.3 Research tools:**

Bata is intended to "collect the tools and tools that will be used by the researcher at each stage of his research." (2)

The researcher used to achieve the objectives of their research the following: -

- Scientific sources: where reliance on books, references and research to use them in the current research as theoretical information and to support the results of the research.

Raymond Freiburg personality patterns (Freiburg test).

- Self Esteem Form

#### **3-4- Measures used:**

##### **3.4.1 Personality Patterns Scale**

The researcher used the Freiburg test as (this test is one of the personality tests with the ability to provide the researcher with more information about the personality patterns of the individual) (1)

The survey of experts and specialists confirmed the validity of applying the paragraphs of the Freiburg scale and appropriate for the age of the research sample and after the paragraphs were identified the eight axes of the scale, which includes the first axis, the axis of nervousness and paragraphs (3,4,13,16,21, 35), which is six paragraphs The second axis is the aggressive axis and its vertebrae (6,9,24,25,37,40,45) which are seven vertebrae, the third axis is the depressive axis and its vertebrae (19,23,31,34,48,50) which is six vertebrae, the axis The fourth axis is the excitability axis and its paragraphs (29, 30,33,36,42) which are five paragraphs, the fifth axis is the social axis and its paragraphs (2,11,26,43,44,47) which are six paragraphs, the main axis Q is the axis of calm and its paragraphs (1,18,27,38,39,41,49) which is seven paragraphs, and the seventh axis is the axis of control and its paragraphs (8,10,14,20,22,28,46) which is seven paragraphs, the axis The eighth is the axis of the palm (seizure) and its paragraphs (5,7,12,15,17,32) which are six paragraphs, note that all

paragraphs of the scale are positive except three negative paragraphs of the social axis is a number (2,443,47), and is Infer the player to indicate the paragraphs of the scale by giving two degrees for the positive paragraphs with a yes answer and one score for the answer without, and give two degrees for negative paragraphs with no answer and one degree to answer yes, the highest score of the scale (100) and the lowest score (50) and e Basically, the researcher adopted this test to measure the personal patterns of volleyball players (the research sample) as the test forms were distributed to the players to answer the questions in the forms.

#### Self-Estimation Scale

It is a measure containing a set of phrases related to situations in daily life and in front of each statement there are four options (not applicable to me at all - do not apply to me - apply to me - apply to me exactly), and this measure was from a set of measures prepared by (Mohamed Shehata) (1) to measure Personality in the laboratory of psychology.

The scale consists of (15) words dealing with things that reveal self-esteem as a psychological need, which is the pyramid of the American psychologist Maslow (1934), where he believes that the needs of self-esteem is the summit of human satisfaction, where the individual asserts himself and achieves his identity. The highest score of the scale (60) and the lowest score (15) and on this basis the researcher adopted this test to measure the level of self-esteem for volleyball players (sample search) as the test forms were distributed to the players to answer the questions in the forms.

#### 3.5 Scientific Conditions of Measurements Used:

The researcher sought to find the scientific conditions for the tests used in the research (Freiburg scale of personality patterns, and self-esteem scale) as follows:

##### 3.5.1 Stability:

The test is static (if it leads to the same results if it is repeated, especially if the conditions surrounding the test and the laboratory are identical in both tests) () and on this basis find the coefficient of stability by re-tests as the tests were applied to a sample of volleyball players (5) Players from outside the basic research sample on 12/3/2019 and redistributed the metrics after (10) days on 22/3/2019 as the results of the law of association (Pearson) proved that the tests have high degrees of stability

##### Honesty:

For the purpose of ensuring the validity of the two scales, the researcher presented the Personality Pattern Form (Freiburg Test) as well as the Scale (Self-Esteem) to the experts and specialists to ensure the validity of the content and content in psychology and sports psychology. \* They all agreed on the

validity of the two scales to apply to the research sample. These two measures measure the quality that has been set for measuring, as the test is honest if it measures what is prepared for measuring only (), and the agreement rate was 80%, which is a high rate that is adopted in scientific research.

### 3.5.3 Objectivity

Accordingly, the objectivity of the tests of the field of research has been evaluated by two evaluators as it achieved high objective coefficients as shown in Table (1) which shows that the Freiburg and Personality Scales are real. The self has achieved high objectivity as it is clear that all calculated values are greater than the tabular value of 0.79 at the level of 0.05 and below the degree of freedom 49, which indicates the objectivity of the two measures

Table 1

It shows objective coherence and honesty coefficients for personality pattern tests and self-esteem for volleyball players

Objectivity factor	Factor of honesty	Stability coefficient	Statistical parameters Scales	N
0.88	0.83	0.84	Freiburg Scale of Personality	1
0.84	0.82	0.81	Self-Esteem Scale	2

### 3.6 Basic research experience

After confirming the scientific basis of the measurements, the researcher distributed the forms of the Freiburg scale and self-esteem to the members of the basic research sample during the establishment of the Mustansiriya University Volleyball Championship by following the method of direct individual contact with them and explaining the importance of the research and its objectives. The answers were very accurate and that was before the start of the tournament, which was held on 27/3/2019 and after answering the questionnaire form by the players, the researcher collected the forms and unloaded the data based on the keys of the questions. For the raw material for this measure and then grades the researcher adopting a fixed calendar schedule for answers interferometers converts



these grades to final grades and then the researcher unloaded this data and then make the necessary statistical treatments to obtain the desired results.

### 3.7 Statistical means:

The researcher used the statistical system (spss) as follows:

1. Percentage
2. Arithmetic mean
3. Standard deviation
- 4- Pearson intermediate correlation coefficient

Percentage

4. View and analyze the results and discuss them

4.1 View and analyze the results of the personal style scale of volleyball players and discuss them.

Table 2

The arithmetic mean and standard deviation of the factors representing the character pattern by axes of volleyball players are shown

(+_) Standard deviation	Arithmetic (S)mean	The personality style of the factors	T
1,07	65.89	Nervousness	1
1.12	76.98	Aggressiveness	2
2,65	54.87	Depressive	3
3.98	84.56	Susceptibility to excitability	4
2.87	87.09	Social	5
2.09	56,98	Calm down	6
2.89	78.09	the control	7
3.98	78,98	Palm (adjustment)	8

Table (2) shows the arithmetic media and the standard deviations of the character pattern fields of the volleyball players (the research sample). With a standard deviation of 1.12. For the depression factor, the mean value was (54.87) with a standard deviation (2.65). The mean value of the arithmetic factor for excitability factor was (84.56) with a standard deviation of (3.89). The mean value of the social

pattern was (87.09) with a standard deviation (2.87). The mean value of the calm pattern was (56.09) with a standard deviation (2.09). The mean value of the control pattern was (78.09) with a standard deviation of (2.89). Finally, the mean value of the palm pattern was (78.98) with a standard deviation of (3.98).

#### 4-1-2 Display the results of hookworm patterns in general.

Table (3)

Shows the mean and standard deviation of factors that represent the character pattern scale in general for volleyball players

Statistical parameters		Search variables	T
standard deviation	Arithmetic mean		
4,86	77,93	Personality style	1

We can see from Table (3) that the mean value of the calculation of the character pattern scale was (77.93) with a standard deviation of (4.86).

#### 4-1-1 Presentation of the results of the self-esteem scale

Table (3)

Shows the arithmetic mean and the standard deviation of the factors that represent the self-esteem of volleyball players

Statistical parameters		Search variables	T
standard deviation	Arithmetic mean		
1,06	31,54	Self-esteem	1

We can see from Table (3) that the mean value of the self-esteem scale was 31.54 with a standard deviation of (1.06).

Table (4)

Shows the correlation between the two character patterns and the self-esteem of volleyball players

The result	Indication level	Degree of freedom	(R)		standard deviation	Arithmetic mean	Variables
			Tabular	Calculated			
Function	Function	49	1.97	4.94	11.73	71.62	Personality style
					12.90	37.41	Self-esteem

We can see from table (5) that the mean value of the calculation of the personality patterns has reached (71.62) with a standard deviation of (11.62) The mean value of the calculation of the measure of self-esteem has reached (37.41) with a standard deviation of (12.90)

The correlation between the two character patterns and the self-esteem of volleyball players has emerged

## 2.2 Discussion of the results:

When we look at the nature of the arithmetic circles recorded for volleyball players, what actually drives us to be a serious view of the variable of self-esteem may explain that the need for self-esteem makes sense to be associated with a sense of response towards himself

Through Table (3) we find the social patterns and desist (control) and excitability has got the highest arithmetic mean reached respectively (87.0984.56, 78.98) excitability is available in all sports and especially in group games and through the previous table shows Volleyball players have a high value in excitability and the researcher believes that the game of volleyball must get high value in the axis of excitement because they fear loss and this leads to these players get the highest value to demonstrate their abilities and ability to win. A social pattern that means a A harmony between the members of the team where the harmony between the members of the team play an important role in achieving victory or loss and they are more inclined to share their emotions and feelings, which increases their ability to social communication and the formation of relationships, which reduces their sense of psychological unity and attribute as well as that players tend to work and cooperation With each other and the formation of social relations by virtue of their activity and movement which increases the social factor

As well as the pattern of palm (control) as this pattern is very important for volleyball players exactly required in this game, which is achieved through the focus and discipline and control and emotions and the game of volleyball requires the strength of hands and muscles and a strong focus together, yes, the player needs to control His movement is to control the movement of the feet first, and therefore, he has to do tens of exercises in order to master the reality of his steps, the control of the ball and focus during the game and skill in the game Volleyball is not an easy sport as some imagine, it is the sport of the moment and the ability to control the movement of the hand with the movement of the body, it is also known as the sport of the nerves of the quiet and strong during the action They are the essence of the game of volleyball.

From Table (3) it is clear to us that the pattern of nervousness ranked fourth among the patterns that are characterized by volleyball players and as a result of this high value the researcher believes that the high value of these players due to the nervous and muscular tension that dealt with the player within the stadium, which leads to a few Energy consumption by muscles and in metabolic processes causes nervous emotions and stress

The pattern of aggressiveness has obtained a mean of (76.98) standard deviation of (1,12) as this activity includes many skills and this is similar to other games and these skills that characterized by this game requires high friction and direct with the ball and the result This friction has generated an aggressive factor directed towards the ball as a result of a strong friction through which aggression appears and that misconduct here is a positive characteristic of the player mastering the strike distinguishes the player outstanding from the normal, which increased the value of aggressiveness when players more than other players.

As for the depression and the results shown in Table (3) we find that the pattern of depression has obtained the lowest value in the mean (54.87) standard deviation (2.65) and the researcher finds that the player may be exposed in the game to some criticism stemming from multiple From the coach or players or the public may resort to the public to show some unacceptable phrases lead to the emergence of some of the player's depression and fear of performance due to confusion and since the players of volleyball have obtained the lowest value, this indicates their enjoyment of high morale and self-confidence make them play their role With dedication

As for the control and calm modes, I got a mean of (78.09 and 56.98), although this result came contrary to the researcher's expectation that the control of emotions and self and concentration in the play is required for players this effectiveness because it is characterized by difficult skills require the player to fully control his emotions In order to achieve victory, especially the calm nerves and his ability to face the frustrations or obstacles faced during the game, especially if we know that the calculation of points in the game is cumulative "The control stimulates thinking and mental processes and movement and increases the tendency to continue to work The severe emotions cripple control of the Will, and affect all mental processes negatively, making the player in the case of lack of control of his emotions, resulting in behaviors and actions that reduce his efficiency in the performance of his role.

Based on the results of the current study, it was noted that there are positive levels above average on the scale of self-esteem in general volleyball players can be explained by the fact that sports activity and match and opportunities for social interaction and personal experiences contribute to increase the level of self-esteem as indicated by many studies Fox, 1992; Rector & Roger, 1997; Iso-Ahola& Hatfield,

1992). The university environment and its opportunities for social interaction have balanced positive effects and contribute to the development of high appreciation of all students. Foubert & Okun (1993) found a statistically significant relationship between the level of general academic achievement and the level of self-esteem. Psychological and educational literature and many studies conducted in foreign environments (and in Arab environments) Hawari and Shenawi: 1989). High self-assessment is based on the efficiency and achievement of individuals in the fields of life.

This finding is consistent with the findings of most of the studies that have addressed the topic and have concluded that individuals who engage in sporting activities or have fitness levels perceive themselves more positively and have a high appreciation (Harris, 1992; Marsh & Sonstroem, 1995; Hrycaiko, 1997; Shelly, 1997;).

The results from Table (5) showed that there is a statistically significant correlation between personality patterns and self-esteem. This indicates that the research sample of volleyball players is characterized by positive personality patterns. This is what we observed through the tendency of players to integrate with their colleagues and develop their self-confidence and this result was consistent with the studies (MP, 1968), (Al-Essa, 1969), (Nasser, 2002). Young believes that a positive individual tends to work with the group and often think positive and practical,

Moreover, self-esteem is an evolving task so the student cannot reach this stage without exceeding many crises and difficulties, and reaches self-acceptance, uniqueness, self-sense and stability through which he gets differentiation, self-assurance and decision-making. The result was identical to studies (Marcia et al., 1966, 1970), (Muhammad, 1995), (Ma'adidi, 2004).

### 5.1 Conclusions

- 1 - Volleyball players are characterized by social patterns and desist (control) and excitability and occupied the first, second and third
- 2 - occupied the pattern of aggression and nervousness and the pattern of palm (control) and represented fourth and fifth
- 3 - As for the patterns of control and calm have got the last ranks within the patterns that distinguish the players of volleyball
4. Self-esteem is positively influenced by sports activities and the level of physical fitness of players participating in Mustansiriyah University Volleyball Championship.
- 5 - a relationship between the patterns of personality and self-realization of the players participating in the Championship Mustansiriya University volleyball

## 5.2 Recommendations

- 1 - Use the Freiburg scale to measure the personality pattern within individual games to compare their attributes in each game within the higher mathematical levels.
- 2 - the use of the Freiburg scale of personal characteristics of the players of rosy games and within the various levels of players.
- 3 - the need to conduct more studies on this subject, especially in the university environment, where the proof of the relationship between self-esteem and exercise and sports activities cause decision-makers to give more consideration and grant more facilities for sports activity.
- 4 - Increased attention to psychological training when developing training curricula for sports teams
- 5 - Holding training courses for trainers of Ruqyah Games in psychological preparation and training in psychological skills.

## References

- 1 - Thaer Abbas Ali. Personal Characteristics of Tennis Players and their Relationship with Mathematical Achievement Master Thesis, University of Baghdad, College of Physical Education, 1992.
- 2. Richards, Lazurus. Sayyed Muhammad Ghuneim and Muhammad Othman Najati, Beirut: Dar El Shorouk, 1981.
- 3 - Abdel Moneim Hanafi Encyclopedia of Psychology and Psychoanalysis, vol. 2, Cairo, Serag Library 1978
- 4 - Aziz Reza Dawood, Nazim Hashem al-Obeidi. Personality Psychology, University of Baghdad, 1990.
- 5. Linda. to. Davidov. Introduction to Psychology, 2nd Floor, (Translation) Sayed Tawab Mahmoud Omar, Naguib Khouzam, Cairo: McGraw-Hill Publishing House, 1984.
- 6 - Saleh bin Hamad Al-Asan. Introduction to Research in Behavioral Sciences, 1st Floor, Riyadh: Obeikan Library, 1995.
- 7- Fakhri Al-Dabbagh. Steps on the Ocean Floor - Studies in Psychology, Beirut: Arab Foundation for Studies and Publishing, 1979.
- 8- Nidal Obaid Hamza Al-Ghanmi 2004.: Preparation of a measure of sports personality and its relation to the evaluation of the performance of badminton referees. Unpublished Master Thesis, College of Physical Education for Girls, University of Baghdad
- 9- Mohammed Hassan Allawi, Osama Kamel Rateb. Scientific Research in Physical Education and Sports Psychology, Cairo: Dar Al-Fikr Al-Arabi, 1999.

10 - Mohammed bin Abi Bakr Abdul Qader Razi. Mukhtar Al-Sahah, (Person Material), Beirut: Arab Book House, 1983.

Mohamed SobhyHassanein. Measurement and Evaluation in Physical and Sports Education, 1st floor, Cairo: Dar Al Fikr Al Arabi, 1997.

Suinn. R. M. Psychology in Sport, 3rd edition, India, Surjeet publications, 1994. x.