

**A STUDY ON THE NEUROTICISM OF THE UNSELECTED PLAYERS IN  
VARIOUS SPORTS AFTER SELECTION TRIALS FOR UNIVERSITY TEAM  
OF Dr. B. A. M. UNIVERSITY, AURANGABAD**

***Dr. Shatrunjay M. Kote, Ph.D., Assistant Professor,***  
*M. S. M's. College of Physical Education, Khadkeshwar, Aurangabad, Maharashtra, India*  
*E-Mail: [shatrunjaykote@yahoo.co.in](mailto:shatrunjaykote@yahoo.co.in)*

**ABSTRACT**

**INTRODUCTION:** “Sports produce more losers”, bitter, but true. Sports achievement is not a bread bite or it decides the only best three, even the participation is three or thirty or three hundred and it is the basic difference between competition and examination. We witness more dropouts by percentage in sports when compared to education; the very reason is the level of frustration or depression from recurring failures. The one who is bound to be mental tough is made to absorb the shocks of continuous failures in sports and hence the higher level of sustenance and depression leads to neuroticism. The research scholar is in pursuit to know the anxiety level, tender mindedness, submissiveness and depression among the unselected players in various sports after selection trials at university level.

**PROCEDURE:** 86 students of different sports were selected randomly who have not received selection in the Dr. B. A. M. University team in various sports and they are administered with Neuroticism Scale Questionnaire by

**METHODOLOGY:** Present NSQ questionnaire developed and standardized by Ivan Scheier and Remond Cattell. It is a brief and standard, easily administered and scored inventory measuring degree of neuroticism. Four neurotic associated personality factors measured by NSQ i.e., Tender-mindedness (I); Depression (F); Submissiveness (E); Anxiety (An), it consists of 40 questions with alternatives ‘Yes’, ‘No’, ‘In-between’ & ‘Undecided’.

**STATISTICAL ANALYSIS:** Average scores and sten scores are compared with the standard norms of the factors of neuroticism.

**FINDINGS:** The average raw score in totality is found 35 for which the sten value is found '4' which shows the low neuroticism by the standard norms.

**CONCLUSION:** The average neurotic total score in Neurotic Scale Questionnaire was found to be 35 with the stencil score 4 which shows low neuroticism and neurotic tendencies among the unselected players of different sports during selection trials of the Dr. B. A. M. University, Aurangabad team.

*(AN ABSTRACT FOR THE INTERNATIONAL CONFERENCE ON PHYSICAL EDUCATION AND SPORTS SCIENCE SCHEDULED ON 18<sup>TH</sup>, 19<sup>TH</sup> AND 20<sup>TH</sup> JANUARY 2012 AT BHU VARANASI BY BHU DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS)*

**A STUDY ON THE NEUROTICISM OF THE UNSELECTED PLAYERS IN  
VARIOUS SPORTS AFTER SELECTION TRIALS FOR UNIVERSITY TEAM  
OF Dr. B. A. M. UNIVERSITY, AURANGABAD**

***Dr. Shatrunjay M. Kote, Ph.D., Assistant Professor,***

*M. S. M's. College of Physical Education, Khadkeshwar, Aurangabad, Maharashtra, India*

*E-Mail: [shatrunjaykote@yahoo.co.in](mailto:shatrunjaykote@yahoo.co.in)*

**INTRODUCTION:**

“Sports produce more losers”, bitter, but true. Sports achievement is not a bread bite or it decides the only best three even the participation is three or thirty or three hundred and it is the basic difference between competition and examination. We witness more dropouts by percentage in sports when compared to education; the very reason is the level of frustration or depression from recurring failures. The one who is bound to be mental tough is made to absorb the shocks of continuous failures in sports and hence the higher level of depression leads to neuroticism. The research scholar is in pursuit to know the anxiety level, tender mindedness, submissiveness and depression among the unselected players in various sports after selection trials at university level.

**Neuroticism** is a fundamental personality trait in the study of psychology. It is an enduring tendency to experience negative emotional states. Individuals who score high on neuroticism are more likely than the average to experience such feelings as anxiety, anger, guilt, and depressed mood. They respond more poorly to environmental stress, and are more likely to interpret ordinary situations as threatening, and minor frustrations as hopelessly difficult. They are often self-conscious and shy, and they may have trouble controlling urges and delaying gratification. Neuroticism is associated with low emotional intelligence, which involves emotional regulation, motivation, and interpersonal skills. It is also a risk factor for “internalizing” mental disorders such as phobia, depression, panic disorders, and other anxiety disorders (traditionally called neuroses).

**Emotional Stability** on the opposite end of the spectrum, individuals who score low in neuroticism are more emotionally stable and less reactive to stress. They tend to be calm, even-tempered, and less likely to feel tense or rattled. Although they are low in negative emotion, they are not necessarily high on positive emotion. That is an element of

the independent trait of extraversion. Neurotic extraverts, for example, would experience high levels of both positive and negative emotional states, a kind of “emotional roller coaster”. Individuals who score low on neuroticism (particularly those who are also high on extraversion) generally report more happiness and satisfaction with their lives. Neurotic anxiety occurs when unwanted impulses overwhelm the ego's defenses and try to come into action.

To Freud's classical dictum: “Anxiety is the central problem in neurosis” most modern observers would add: “neurosis is the central problem in society.” Epidemiological studies place the incidence and prevalence of neurosis in our society at anywhere from five to thirty five percent of population. Generally such studies define neurosis as “being in an institution with a diagnosis of neurosis, or otherwise in definite need of treatment for neurosis”. But the problem is even more severe when we realize that neurosis cannot be regarded as confined within the institution's walls or to the therapist's couch some degrees of neurosis exist throughout the entire population, affecting real life exclusive province of the clinician, but has to be considered by any practitioner concerned with selection and success in school occupation, marriage, group relations, etc. it may be dramatically relevant for only about five percent of the population, but it has some real relevance to degree of adjustment for the other ninety-five percent as well.

**Measurement:** Like other personality traits, neuroticism is typically viewed as a continuous dimension, rather than as a distinct type of person. People vary in their level of neuroticism, with a small minority of individuals scoring extremely high or extremely low on the dimension. Because most people cluster around the average, neuroticism test scores approximate a normal distribution, given a large enough sample of people. Neuroticism is one of the most studied personality traits in psychology, and this has resulted in a wealth of data and statistical analysis. It is measured on the EPQ, the NEO PI-R, and other personality inventories.

Neuroticism has also been studied from the perspective of Gray's biopsychological theory of personality, using a scale that measures personality along two dimensions: the Behavioural Inhibition System (BIS) and the Behavioural Activation

System (BAS). The BIS is thought to be related to sensitivity to reward as well as approach motivation. Neuroticism has been found to be positively correlated with the BIS scale, and negatively correlated with the BAS scale.

**Physiology:** Neuroticism appears to be related to physiological differences in the brain. Hans Eysenck theorized that neuroticism is a function of activity in the limbic system, and his research suggests that people who score highly on measures of neuroticism have a more reactive sympathetic nervous system, and are more sensitive to environmental stimulation. Behavioral genetics researchers have found that a significant portion of the variability on measures of neuroticism can be attributed to genetic factors.

A study with positron emission tomography has found that healthy subjects that score high on the NEO PI-R neuroticism dimension tend to have high attention binding in the front limbic region of the brain – an indication that these subjects tend to have more of the 5-HT<sub>2A</sub> receptors in that location. Another study has found that healthy subjects with a high neuroticism score tend to have higher DASB binding in the thalamus; DASB is a substance that binds to the serotonin transporter protein.

Another neuro-imaging study using magnetic resonance imaging to measure brain volume found that the brain volume was negatively correlated to NEO PI – R neuroticism when correcting for possible effects of intracranial volume, sex, and age.

Other studies have associated neuroticism with genetic variations, e.g., with 5-HTTLPR – a polymorphism in the serotonin transporter gene. However, not all studies find such an association. A genome wide association study (GWA study) has associated single nucleotide polymorphisms in the MDGA2 gene with neuroticism, however the effect sizes were small. Another GWA study gave some evidence that the rs362584 polymorphism in the SNAP25 gene was associated with neuroticism.

A 2009 study has found that higher neuroticism is associated with higher decreased brain size with increasing age.

**Mental Noise Hypothesis:** Studies have found that the mean reaction times (RTs) will not differ between individuals high in neuroticism and those low in neuroticism, but

that there is considerably more trial-to-trial variability in performance reflected in RT standard deviations. In other words, on some trials neurotic individuals are faster than average, and on others they are slower than average. It has been suggested that this variability reflects noise in the individual's information processing systems or instability of basic cognitive operations (such as regulation processes), and further that this noise originates from two sources; mental preoccupations and reactivity processes.

Flehmig et al (2007) studied mental noise in terms of everyday behaviors using the Cognitive Failures Questionnaire which is a self-report measure of the frequency of slips and lapses of attention. A slip is an error by commission, and a lapse is an error by omission. This scale was correlated with two well-known measures of neuroticism (the BIS/BAS scale and the Eysenck Personality Questionnaire). Results indicated that the CFQ-UA subscale was most strongly correlated with neuroticism ( $r = .40$ ) and explained the most variance (16%) compared to overall CFQ scores which only explained 7%. The authors interpret these findings as suggesting that mental noise is "highly specific in nature" as it is related most strongly to attention slips triggered endogenously by associative memory. In other words, this may suggest that mental noise is mostly task-irrelevant cognitions such as worries and preoccupations.

**Geography:** Neuroticism, along with other personality traits, has been mapped across states in the USA. People in eastern states such as New York, New Jersey, West Virginia and Mississippi tend to score high on neuroticism, whereas people in many western states, such as Utah, Colorado, South Dakota, Oregon and Arizona score lower on average. People in states that are higher in neuroticism also tend to have higher rates of heart disease and lower life expectancy.

## **PROCEDURE:**

**Administration of the Test: Precautions:** (1) Good rapport has established with the testee. (2) The testee is not allowed to handle the test materials prior the administration of the test for reading. (3) All the questions, queries and doubts of the testee regarding the test have clarified by the administrator. (4) Testee has to answer all the statements.

Neuroticism Scale Questionnaire (NSQ) was given to the testee, and instructions were given. After being confirmed that the testee has understood the instructions clearly, the actual administration of the test was carried out. The testee read each question carefully and selected one alternative answer out of three, which suited him/ her best and put a (X) in the appropriate box. When he / she have completed the test, it was taken back from him / her.

In all 86 subjects were selected randomly from different sports those who were not got selected in the selection trails of the university teams.

### **METHODOLOGY:**

**Tools:** The following tools were used: Ivan Scheier and Remond Cattell's Neuroticism Scale Questionnaire (NSQ) – handbook, test booklet, scoring key, paper and pencil.

**Description:** Present NSQ questionnaire developed and standardized by Ivan Scheier and Remond Cattell. It is a brief and standard, easily administered and scored inventory measuring degree of neuroticism. Four neurotic associated personality factors measured by NSQ i.e., Tender-mindedness (I); Depression (F); Submissiveness (E); Anxiety (An), it consists of 40 questions with alternatives 'Yes', 'No', 'In-between' & 'Undecided'.

**Scoring:** Scoring of the NSQ was done with the help of handbook and scoring key for analyzing the results. Higher score mean more neurotic trend, to a degree indicated by standardization. Place the scoring stencil on the booklet, reading off the raw scores for each of the four neuroticism components and adding to give the total neuroticism score after that convert the raw scores obtained to standard normative scores. Simple, standard rules for placing and using the key are printed on the key itself.

### **FINDINGS:**

#### **RESULTS TABLE:**

NSQ Components	Average Raw Scores	Average Stencil Score	Average Level
----------------	--------------------	-----------------------	---------------

<b>Tender-mindedness (I)</b>	6	4	Low
<b>Depression (F)</b>	8	4	Low
<b>Submissiveness (E)</b>	10	5	Average
<b>Anxiety (An)</b>	11	6	Average
<b>Total NSQ Score</b>	35	4	Low

**(1) The Tender-Mindedness (I)** factor of the neurotic component's average raw scores was found to be 6 with the stencil score falling in 4 which shows Low level of Tender-Mindedness among the unselected players of different sports during selection trials of the Dr. B. A. M. University, Aurangabad team.

**(2) The Depression (F)** factor of the neurotic component's average raw scores was found to be 8 with the stencil score falling in 4 which shows Low level of Depression among the unselected players of different sports during selection trials of the Dr. B. A. M. University, Aurangabad team.

**(3) The Submissiveness (E)** factor of the neurotic component's average raw scores was found to be 10 with the stencil score falling in 6 which shows Average level of submissiveness among the unselected players of different sports during selection trials of the Dr. B. A. M. University, Aurangabad team.

**(4) The Anxiety (An)** factor of the neurotic component's average raw scores was found to be 11 with the stencil score falling in 6 which shows Average level of tender-mindedness among the unselected players of different sports during selection trials of the Dr. B. A. M. University, Aurangabad team.

## **CONCLUSION:**

The average neurotic total score in Neurotic Scale Questionnaire was found to be 35 with the stencil score 4 which shows low neuroticism and neurotic tendencies among the unselected players of different sports during selection trials of the Dr. B. A. M. University, Aurangabad team.

## **REFERENCES:**



- 1. Mucha, T. F., and Reinhart, R. F. (1970) Conversion reactions in student aviators. American Journal of Psychiatry, 127; 493-97.**
- 2. Munn, N. L., (1951) Psychology: the fundamentals of human adjustments, Boston; Houghton Mifflin, 12**
- 3. Seligman, M. E. P. (1975) Helplessness. San Francisco; Freeman**

*(COMPLETE PAPER FOR THE INTERNATIONAL CONFERENCE ON PHYSICAL EDUCATION AND SPORTS SCIENCE SCHEDULED ON 18<sup>TH</sup>, 19<sup>TH</sup> AND 20<sup>TH</sup> JANUARY 2012 AT BHU VARANASI BY BHU DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS)*