

International Multidisciplinary Research Journal

Golden Research Thoughts

Chief Editor
Dr.Tukaram Narayan Shinde

Publisher
Mrs.Laxmi Ashok Yakkaldevi

Associate Editor
Dr.Rajani Dalvi

Honorary
Mr.Ashok Yakkaldevi

Golden Research Thoughts Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial board. Readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

Regional Editor

Dr. T. Manichander

International Advisory Board

Kamani Perera
Regional Center For Strategic Studies, Sri Lanka

Mohammad Hailat
Dept. of Mathematical Sciences,
University of South Carolina Aiken

Hasan Baktir
English Language and Literature
Department, Kayseri

Janaki Sinnasamy
Librarian, University of Malaya

Abdullah Sabbagh
Engineering Studies, Sydney

Ghayoor Abbas Chotana
Dept of Chemistry, Lahore University of
Management Sciences[PK]

Romona Mihaila
Spiru Haret University, Romania

Ecaterina Patrascu
Spiru Haret University, Bucharest

Anna Maria Constantinovici
AL. I. Cuza University, Romania

Delia Serbescu
Spiru Haret University, Bucharest,
Romania

Loredana Bosca
Spiru Haret University, Romania

Ilie Pinteau,
Spiru Haret University, Romania

Anurag Misra
DBS College, Kanpur

Fabricio Moraes de Almeida
Federal University of Rondonia, Brazil

Xiaohua Yang
PhD, USA

Titus PopPhD, Partium Christian
University, Oradea, Romania

George - Calin SERITAN
Faculty of Philosophy and Socio-Political
Sciences Al. I. Cuza University, Iasi

.....More

Editorial Board

Pratap Vyamktrao Naikwade
ASP College Devrukh, Ratnagiri, MS India Ex - VC. Solapur University, Solapur

Iresh Swami
Ex. Prin. Dayanand College, Solapur

Rajendra Shendge
Director, B.C.U.D. Solapur University,
Solapur

R. R. Patil
Head Geology Department Solapur
University, Solapur

N.S. Dhaygude
Ex. Prin. Dayanand College, Solapur

R. R. Yaliker
Director Management Institute, Solapur

Rama Bhosale
Prin. and Jt. Director Higher Education,
Panvel

Narendra Kadu
Jt. Director Higher Education, Pune

Umesh Rajderkar
Head Humanities & Social Science
YCMOU, Nashik

Salve R. N.
Department of Sociology, Shivaji
University, Kolhapur

K. M. Bhandarkar
Praful Patel College of Education, Gondia

S. R. Pandya
Head Education Dept. Mumbai University,
Mumbai

Govind P. Shinde
Bharati Vidyapeeth School of Distance
Education Center, Navi Mumbai

G. P. Patankar
S. D. M. Degree College, Honavar, Karnataka

Alka Darshan Shrivastava
Shaskiya Snatkottar Mahavidyalaya, Dhar

Chakane Sanjay Dnyaneshwar
Arts, Science & Commerce College,
Indapur, Pune

Maj. S. Bakhtiar Choudhary
Director, Hyderabad AP India.

Rahul Shriram Sudke
Devi Ahilya Vishwavidyalaya, Indore

Awadhesh Kumar Shirotriya
Secretary, Play India Play, Meerut (U.P.)

S. Parvathi Devi
Ph.D.-University of Allahabad

S.KANNAN
Annamalai University, TN

Sonal Singh,
Vikram University, Ujjain

Satish Kumar Kalhotra
Maulana Azad National Urdu University



“EFFECT OF PESSIMISTIC AND OPTIMISTIC ATTITUDE ON PERSONALITY CHARACTERISTICS OF INTERUNIVERSITY CRICKET PLAYERS”

Bhosale Suresh Rajaram

Sangola College ,Sangola, Dist-Solapur (MH)

ABSTRACT

The world's expert in the study of Optimism is Dr. Martin Seligman, whose book, "Learned Optimism," is a classic in the field. Seligman's research shows that pessimistic athletes and teams believe that losses and even poor performance during crunch time reflect their lack of ability to succeed. These athletes and teams have learned to feel helpless in terms of controlling their performance, and thus their success or failure.

KEYWORDS: Pessimistic and Optimistic Attitude, Personality Characteristics, pessimistic athletes.

INTRODUCTION

The research shows that when these athletes are confronted by unfortunate circumstances—such as, in tennis, a series of double faults, windy conditions or the belief that their opponent is cheating



they will weaken, get angry, tighten up and believe they cannot succeed. This self-fulfilling prophecy almost always leads to continued poor performance, so the athlete will ultimately lose the set and match. These pessimistic thinkers don't expect to win the next time out and with this negative expectation, they most likely will lose subsequent matches. This, of course, reinforces their negative view of themselves and their abilities and the negativity snowball is rolling down hill. On the other hand, optimistic athletes look at the same negative events as temporary setbacks, and as

opportunities to actually re-focus and crank up their performance during the rest of the match. They recognize that they have ultimate control over their internal dialogue and how they view negative events. For example, they may "blame" a poor game or set on being distracted by fans cheering for their opponent or on the weather on getting irritated by the opponent cheating. They recognize that they can now change their thinking, re-focus on their game plan, recapture the momentum and still grasp victory. Even if they eventually lose the match, these optimistic thinkers understand how to

change their internal dialogue prior to and during their next match. Accordingly, these players will go into the next match expecting success and will usually win!

The psychological dimensions of optimism and pessimism have been the topic of a substantial amount of research (Carver & Scheier, 2002a; Scheier & Carver, 2003; Scheier, Matthews, & Owens, 2003). Optimistic individuals are categorized as having positive expectations and perceptions on life. Optimists also believe the future holds desirable outcomes. In contrast, pessimistic individuals tend to represent a negative bias towards life because the future is undesirable (Carver & Scheier, 2002a; Scheier & Carver, 2003). Optimism has been linked to both psychological (Scheier & Carver, 1985; Carver & Gaines, 1987; Carver &

Scheier, 2002a, Carver & Scheier, 2002b; Scheier, Matthews. & Owens, 2003), and physical (Scheier et al., 1989; Carver & Scheier, 2003) well-being. For example, Carver and Gaines found an inverse relationship between postpartum depression and optimism. More recently, Fournier, Ridder, and Bensing (2003) found the impact of disease-related stressors on optimistic beliefs during a one-year period was decreased when patients reported depressive symptoms. Scheier, Matthews, and Owens found optimistic post-operative coronary heart patients to report lower levels of hostility and depression and achieved recovery goals more quickly than pessimistic coronary heart patients. Gerend, Aiken, and West (2004) found lower perceived susceptibility to particular disease (breast cancer, osteoporosis, and heart disease) in older women who are more optimistic.

Kevin L. Burke (2006) An Exploratory Investigation of Superstition. Personal Control, Optimism and Pessimism in NCAA Division I

Intercollegiate Student-Athletes. The usage of superstitious behavior in relation to personal control and optimism and pessimism was examined among 208 National Collegiate Athletic Association (NCAA) Division I athletes. Questionnaires were administered to determine if personal control or optimism and pessimism was associated with the use of superstitious behaviors in Division I athletes. Previous research regarding locus of control (LOC) and the use of superstitions by athletes was equivocal. The Superstitious Ritual Questionnaire (Bleak & Frederick, 1998), Life Orientation Test- Revised (Scheier, Carver, & Bridges, 1994), and Belief in Personal Control Scale (Berrenberg, 1987) were the instruments used to assess the variables of interest. Findings supported previous research (Bleak & Frederic, 1998; Todd & Brown, 2001) that LOC does not effect superstitious behavior in Division 1 athletes. Optimism and Pessimism did not affect athletes' overall practice of superstitious behaviors. Athletes who had lesser beliefs in God-mediated control were less likely to be optimistic. A lesser belief in God-mediated control emerged as a slight predictor of less belief in the effectiveness of superstitions and therefore, less usage of superstitious behaviors. Individual athletes were found to exhibit a higher internal LOC compared to team athletes. Contrary to previous research, female athletes subscribed to different ritual habits than male athletes (Buhrmann, Brown, & Zaugg, 1982; Gregory & Petrie, 1975).

METHODOLOGY:

Objective and aim of the study:

The main objective and aim of the present study are to see the effect of pessimistic and optimistic attitude on personality characteristics of interuniversity cricket players.

Hypothesis:

Optimistic interuniversity cricket players were significantly high personality characteristics than the pessimistic interuniversity cricket players.

Sample:

For the present study 180 Sample were selected from Maharashtra State, India. The effective sample consisted of 180 subjects, 90 subjects were Optimistic interuniversity cricket players and 100 subjects were pessimistic interuniversity cricket players. The age range of subjects was 18-25 years Ratio were 1:1, as well as ratio of male and female were 1:1.

Tool:

PDS:

Personal data information sheet was used for collecting necessary information about the players.

Multi Assessment Personality Series (MAPS) (1996):

This scale was constructed and standardized by Psy Com. It consists of 147 sentences and each item provide three alternatives the subjects had to select one of the three alternative and this test used Split-Half and Test-Retest Reliability Coefficients & Factorial Validity.

Procedures of data collection:

For data collection first permission has been taken from respective sources than the response has

been selected for data collection. Personal data sheet (PDS) has been given to collect the preliminary information with respect to subjects related variables then standardized test administered to the subjects. Before that rapport was established with subjects. And they have been told that their responses were kept confidential and the information is used for research purpose only.

The study was conducted in two phases. In the first phase, optimistic and pessimistic scale were given to the 180 interuniversity cricket players. The data were obtained and median value on optimistic and pessimistic scale was calculated. Students at and above median value were treated as having optimistic interuniversity cricket players and below median value were treated as having pessimistic interuniversity cricket players. From among 180 subjects, 90 subjects having optimistic interuniversity cricket players and 90 subjects having pessimistic interuniversity cricket players, were selected. The selected subjects

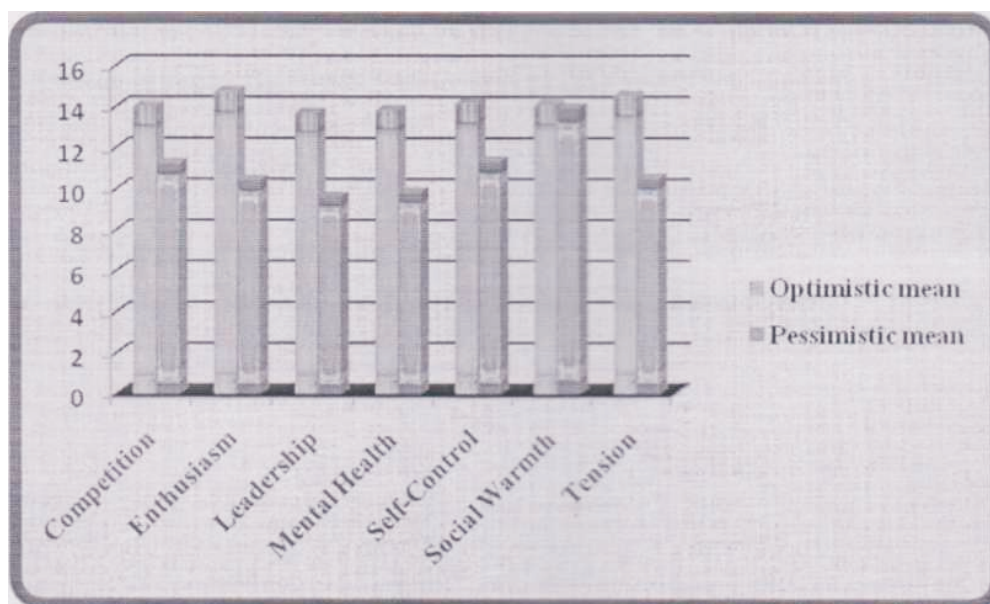
were subjected to Multi Assessment Personality Series (MAPS) test in the second phase. The obtained data analyzed using t-test.

Variables:

Independent variable: 1) Players a) Optimistic b) Pessimistic
 Dependent variable: 1) Personality Characteristics

RESULTS AND DISCUSSION:

| Dimension of Personality | Optimistic (N=90) | | Pessimistic (N=90) | | t- ratio | df | P |
|--------------------------|-------------------|------|--------------------|------|----------|-----|------|
| | Mean | SI | Mean | SI | | | |
| Competition | 14.03 | 2.43 | 11.21 | 2.19 | 8.18** | 178 | <.01 |
| Enthusiasm | 14.72 | 4.13 | 10.40 | 3.41 | 7.65** | 178 | <.01 |
| Leadership | 13.70 | 3.78 | 9.60 | 3.01 | 8.05** | 178 | <.01 |
| Mental Health | 13.83 | 3.10 | 9.81 | 2.73 | 9.23** | 178 | <.01 |
| Self-Control | 14.18 | 3.57 | 11.33 | 3.03 | 5.77** | 178 | <.01 |
| Social Warmth | 14.09 | 2.69 | 13.93 | 3.10 | 0.37 | 178 | NS |
| Tension | 14.53 | 4.63 | 10.49 | 2.23 | 7.69** | 178 | <.01 |



The results related to the hypothesis have been recorded. Mean of Competition score of the optimistic interuniversity cricket players are 14.03 and pessimistic interuniversity cricket players Mean are 11.21. The difference between the two means is highly significant ($t' = 8.18$ $df = 178$, $P < 0.01$). Mean of enthusiasm score of

the optimistic interuniversity cricket players are 14.72 and pessimistic interuniversity cricket players Mean are 10.40 The difference between the two mean is highly significant ($t=7.65$ $df=178$, $P < 0.01$) . Mean of leadership score of the optimistic interuniversity cricket players are 13.70 and pessimistic interuniversity cricket players Mean are 9.60 The difference between the two mean is highly significant ($t=8.05$ $df=178$, $P < 0.01$) .Mean of mental health score of the optimistic interuniversity cricket players are 13.83 and pessimistic interuniversity cricket players Mean are 9.81 The difference between the two mean is highly significant ($t=9.23$ $df=178$, $P < 0.01$) . Mean of self-control score of the optimistic interuniversity cricket players are 14.18 and pessimistic interuniversity cricket players Mean are 11.33 The difference between the two mean is highly significant ($t=5.77$ $df=178$, $P < 0.01$) . Mean of social warmth score of the optimistic interuniversity cricket players are 14.09 and pessimistic interuniversity cricket players Mean are 13.93 The difference between the two mean is not significant ($t=0.37$ $df=178$, $P = NS$) .Mean of tension score of the optimistic interuniversity cricket players are 14.53 and pessimistic interuniversity cricket players Mean are 10.49 The difference between the two mean is highly significant ($t=7.46$ $df=178$, $P < 0.01$) .

RESULTS:

Optimistic interuniversity cricket players were significantly high personality characteristics than the pessimistic interuniversity cricket players.

REFERENCE

- 1.Carver, C. S., & Gaines, J. G. (1987). Optimism, pessimism and postpartum depression. *Cognitive Therapy and Research*, 11, 449-462.
- 2.Czech, D. R., Burke, K. L, Joyner, A. B., & Hardy, C. J. (2002). An examination of NCAA Division I athlete's optimism, pessimism and sport orientation levels. *International Sports Journal*, 6, 136-146.
- 3.Dember, W. N., Martin, S. H., Hummer, M. K., Howe, S.R., & Melton, R. S. (1989). The measurement of optimism and pessimism. *Current Psychology: Research and Reviews*, 8, 109-119.
- 4.Fontaine, K. R., Manstead, A. S. R., & Wagner, H. (1993). Optimism, perceived control over stress, and coping. *European Journal of Personality*, 7, 267-281.
- 5.Fournier, M., Ridder, D., & Bensing, J. (2003). Is optimism sensitive to the stressors of chronic disease? The impact of Type 1 diabetes mellitus and multiple sclerosis on optimistic beliefs. *Psychology & Health*, 18, 277-294.
- 6.Scheier, M. F., & Carver, C. S. (1985). Optimism, coping and health: Assessment and implications of generalized outcome expectancies. *Health Psychology*, 4, 219- 247.
- 7.Scheier, M., & Carver, C. (2003). Optimism. In S. J. Lopez & C. R. Snyder (Eds.) *Positive psychological assessment: A handbook of models and measures* (pp. 75- 89). Washington, DC: American Psychological Association.

Publish Research Article

International Level Multidisciplinary Research Journal For All Subjects

Dear Sir/Mam,

We invite unpublished Research Paper, Summary of Research Project, Theses, Books and Book Review for publication, you will be pleased to know that our journals are

Associated and Indexed, India

- ★ International Scientific Journal Consortium
- ★ OPEN J-GATE

Associated and Indexed, USA

- EBSCO
- Index Copernicus
- Publication Index
- Academic Journal Database
- Contemporary Research Index
- Academic Paper Database
- Digital Journals Database
- Current Index to Scholarly Journals
- Elite Scientific Journal Archive
- Directory Of Academic Resources
- Scholar Journal Index
- Recent Science Index
- Scientific Resources Database
- Directory Of Research Journal Indexing

Golden Research Thoughts
258/34 Raviwar Peth Solapur-413005, Maharashtra
Contact-9595359435
E-Mail-ayisrj@yahoo.in/ayisrj2011@gmail.com
Website : www.aygrt.isrj.org