

## A COMPARATIVE ANALYSIS OF PASSION AND SHYNESS IN SPORTS: A KEY TOWARDS SUCCESS

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### ABSTRACT

*The researchers of this study aims to know about the role of passion and shyness in sports. For this purpose, the investigator had selected Forty (N=40) male inter-college level basketball and football players of 20 to 25 years of age to act as subjects. The purposive sampling technique was used to select the subjects. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in this study. To measure the level of Passion was measured by applying Passion questionnaire developed by Vallerand et al., 2003 and Shyness was measured by applying Shyness questionnaire developed by Md. Rafi (2002). To determine the significant differences between basketball and football players, unpaired t-test was employed for data analyses. To test the hypothesis, the level of significance was set at 0.05. The results revealed insignificant difference with regard to variable passion and shyness between basketball and football players.*

*Key Words: Passion, Shyness and Sports.*

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### INTRODUCTION:

Passion is a term applied to a very strong feeling about a person or thing. Passion is an intense emotion compelling, feeling, enthusiasm, or desire for something. The term is also often applied to a lively or eager interest in, or admiration for, a proposal, cause, or activity or love to a feeling of unusual excitement, enthusiasm or compelling emotion, a positive affinity or love, towards a subject, idea, person, or object. (Vallerand et al., 2003) (Vallerand et al. 2006), Vallerand and Houliort (2003), and Vallerand and Miquelon (2007), "have offered a conceptual analysis of passion toward activities. Passion is a strong inclination toward an activity that individual like, that they find important and in which they invest time and energy.

It is also important to note that because they both entail a passion for the activity; harmonious and obsessive passions are hypothesized to be moderately and positively correlated. However, as posited above, each type of passion entails a specific type of activity engagement, which is expected to lead to different experiences and effects, with harmonious passion leading to

adaptive outcomes, and obsessive passion predominantly leading to less adaptive and at times maladaptive effects.

Shyness is what causes that “funny” feeling one may get when one is with other people. Shyness can happen when we are nervous about meeting a new teacher (or becoming one you), scared about joining a new school or worried about being part of a drama troupe. Chronic shyness can clearly be distinguished from introversion. Introverts are people who prefer solitary to social activities but do not fear social inventors as do the Shy. Shy individuals have a wish for more contact with others and are not content with the degree of isolation that pervades their lives. Whether it is situational or chronic shyness that is experienced, the shy individual will report feeling some degree of disconnection with others and a longing for closer bonds with people in their lives.

Shyness is the fear to meet people and the discomfort in others’ presence. At its core is anxiety about being evaluated by others and consequently rejected. It is associated with excessive monitoring of behavior and takes the form of hesitation in making spontaneous utterances, reluctance to express opinions, and making responses to the overtures of others that reduce the likelihood of further interaction. Shy people suffer numerous disadvantages. Compared with others, they are more likely to regard their social networks as less supportive and less satisfying and are happy to be by themselves or to participate minimally in social encounters.

#### SELECTION OF SUBJECTS:

For this purpose, the investigator had selected Forty (N=40) male inter-college level basketball and football players of 20 to 25 years of age to act as subjects. The purposive sampling technique was used to select the subjects. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in this study.

#### SELECTION OF TOOLS:

Sr.no	Tools	Authors	Year
1.	PASSION	Vallerand et al.	2003
2.	SHYNESS	Md. Rafi	2002

**DESCRIPTION OF THE TESTS:**

In order to measure the level of passion and shyness of the subjects, three tools (i.e., questionnaires) have been used in this study. These tests have been described below:

**PASSION-**

Passion was measured by applying Passion questionnaire developed by Vallerand et al. (2003).

**SHYNESS-**

Shyness was measured by applying Shyness questionnaire developed by Md. Rafi (2002)

**STATISTICAL TECHNIQUES EMPLOYED-**

To determine the significant differences between basketball and football players, unpaired t-test was employed for data analyses. To test the hypothesis, the level of significance was set at 0.05.

**RESULTS:**

Table 1

Significant differences in the Mean scores of Basketball and Football players on the variable Passion

Basketball Players (N=20)			Football Players (N=20)			t-value	P-Value Sig.
Mean	SD	SEM	Mean	SD	SEM		
89.54	7.32	1.22	94.49	9.04	1.23	3.09	0.21

*\*Significant at 0.05 level*

*Degree of freedom= 38*

Table-1 presents the results of basketball and football players with regard to the variable Passion. The descriptive statistics shows the Mean and SD values of basketball players on the variable passion as 89.54 and 7.32 respectively. However, football players had Mean and SD values as 94.49 and 9.04 respectively. The 't'-value 3.09 as shown in the table above was found statistically insignificant ( $P > .05$ ). But while comparing the mean values of both the groups, it has been observed that football players have demonstrated better passion than the basketball.

Table 2

Significant differences in the Mean scores of Basketball and Football players on the variable  
Shyness

Basketball Players (N=20)			Football Players (N=20)			t-value	P-Value Sig.
Mean	SD	SEM	Mean	SD	SEM		
63.57	8.66	1.67	57.37	9.58	1.83	2.48	0.11

\*Significant at 0.05 level

Degree of freedom = 38

Table-2 presents the results of basketball and football players with regard to the variable Shyness. The descriptive statistics shows the Mean and SD values of basketball players on the variable shyness as 63.57 and 8.66 respectively. However, football players had Mean and SD values as 57.37 and 9.58 respectively. The 't'-value 2.48 as shown in the table above was found statistically insignificant ( $P > .05$ ). But while comparing the mean values of both the groups, it has been observed that basketball players have demonstrated higher shyness than the football players.

## CONCLUSIONS:

*Based on the findings of this study, the following conclusions were drawn:*

1. It is concluded from the above findings that insignificant differences between basketball and football players on the variable of Passion.
2. Insignificant difference found between basketball and football players on the variable of Shyness.

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