



# International Journal of Engineering, Science and Humanities

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## **Aggression And Personality Traits as Predictors of Performance Behaviour In Elite Indian Male Cricketers**

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### ***ABSTRACT***

The present research investigates aggression and personality traits among elite male cricketers of India and examines their influence on competitive behaviour. Cricket demands controlled aggression and stable personality traits to achieve optimal performance, especially in high-pressure, competitive conditions. Using standardized aggression and personality assessment tools, data were collected from elite cricketers competing at professional and first-class levels. Descriptive statistics were employed to determine the levels of aggression and personality traits, while inferential statistical techniques were applied to analyse their relationships. Pearson's product-moment correlation analysis revealed a significant positive relationship between instrumental aggression and conscientiousness ( $r = 0.58$ ,  $p < 0.05$ ), indicating that goal-oriented aggression enhances disciplined and effective performance behaviour. In contrast, hostile aggression showed a significant positive association with neuroticism ( $r = 0.63$ ,  $p < 0.05$ ), suggesting that uncontrolled aggression is linked with emotional instability and inconsistent performance. The findings demonstrate that elite cricketers predominantly benefit from controlled, instrumental aggression and stable personality traits such as conscientiousness and emotional stability. The study emphasizes the importance of psychological profiling and personality-based interventions in elite cricket training, selection, and performance enhancement programs.

### **Keywords**

Aggression, Personality Traits, Elite Cricketers, Competitive Behaviour, Sport Psychology

### **INTRODUCTION**

Aggression and personality are among the most influential psychological variables shaping behaviour, emotional regulation, and performance outcomes in competitive sports. In high-performance sporting environments, athletes are required not only to possess superior physical and technical abilities but also to demonstrate psychological control, emotional stability, and adaptive behavioural responses. Among these psychological factors, aggression



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and personality play a critical role in determining how athletes approach competition, manage pressure, and sustain consistency under demanding conditions.

In the context of cricket, aggression represents a complex and multidimensional construct that must be expressed in a controlled and goal-oriented manner to enhance performance. Unlike contact sports, cricket demands instrumental aggression—assertiveness, competitive intensity, and psychological dominance—rather than hostile or emotionally driven aggression. Bowlers often rely on controlled aggression to maintain pace, accuracy, and intimidation, while batters use assertive intent to dominate opposition strategies. However, excessive or hostile aggression may lead to emotional imbalance, poor decision-making, disciplinary issues, and performance inconsistency. Therefore, understanding the nature and expression of aggression in elite cricketers is essential for optimizing competitive behaviour.

Personality traits further influence how athletes perceive competitive situations, cope with stress, interact with teammates, and respond to success or failure. Traits such as conscientiousness, emotional stability, and extraversion are particularly relevant in cricket, where prolonged concentration, discipline, and teamwork are fundamental to success. Athletes with high conscientiousness tend to demonstrate stronger work ethics, better self-regulation, and consistent preparation, while emotional stability enables players to remain composed during high-pressure moments. Conversely, higher levels of neuroticism may increase vulnerability to anxiety, emotional fluctuations, and performance breakdowns, especially in critical match situations.

The relevance of aggression and personality becomes even more pronounced within the Indian cricket context, where players are subjected to extraordinary cultural, social, and media-driven pressures. Cricket in India transcends sport and is deeply embedded in national identity, resulting in intense public scrutiny, constant media evaluation, and heightened performance expectations. Elite Indian cricketers must therefore manage not only on-field challenges but also external psychological stressors arising from fan expectations, commercial demands, and selection uncertainty. These factors can significantly influence behavioural responses, emotional control, and competitive effectiveness.

Despite the acknowledged importance of psychological factors in elite sport, limited empirical research has systematically examined aggression and personality traits among elite Indian male cricketers. Understanding how these variables interact and influence competitive behaviour can provide valuable insights for coaches, sport psychologists, and administrators. Such knowledge can assist in developing targeted psychological training programs, improving player selection strategies, and enhancing long-term performance consistency. Therefore, the present study seeks to investigate aggression and personality traits among elite Indian male



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cricketers and examine their influence on competitive behaviour within the high-pressure environment of modern cricket.

## METHODOLOGY

### Research Design

The present study adopted a descriptive research design, as it was considered appropriate for assessing and analysing the existing levels of aggression and personality traits among elite Indian male cricketers. The descriptive design enabled the researcher to systematically describe psychological characteristics and examine their relationships without manipulating any variables. This approach is widely used in sport psychology research where the objective is to understand naturally occurring psychological behaviours and traits within competitive environments.

### Selection of Subjects

The subjects for the present study were elite Indian male cricketers competing at professional and first-class levels. Players were selected from national-level, state-level, and recognized professional cricket competitions. The selection criteria ensured that all participants had substantial competitive experience and exposure to high-pressure match situations. Only those players who were actively participating in competitive cricket during the period of data collection were included in the study. Players with a history of severe psychological disorders or those unwilling to participate voluntarily were excluded. Prior consent was obtained from all subjects, and confidentiality of responses was assured to ensure honest and unbiased participation.

### Sample

A purposive sampling technique was employed to select the sample for the study. A total of 50 elite Indian male cricketers constituted the sample. This sample size was considered adequate to represent the psychological characteristics of elite-level players and to conduct meaningful statistical analysis. All participants belonged to a similar competitive background, thereby maintaining homogeneity of the sample and enhancing the validity of the findings.

### Tools Used

The following standardized psychological tools were administered for data collection:

1. **Sports Aggression Inventory** – This inventory was used to assess different dimensions of aggression, particularly instrumental aggression and hostile aggression, as manifested in competitive sports situations. The tool has established reliability and validity and is widely used in sport psychology research.
2. **Big Five Personality Inventory** – This inventory was employed to measure the major personality dimensions, namely openness to experience, conscientiousness, extraversion,



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agreeableness, and neuroticism. The scale is internationally recognized for assessing personality traits and provides a comprehensive psychological profile of athletes.

## Procedure

The questionnaires were administered individually to the subjects in a calm and distraction-free environment. Clear instructions were provided to ensure accurate understanding of each item. Participants were encouraged to respond honestly, and no time limit was imposed. The researcher remained present during data collection to clarify doubts and ensure proper completion of the inventories.

## STATISTICAL TECHNIQUES

The collected data were analysed using appropriate descriptive and inferential statistical techniques. Mean and Standard Deviation were calculated to determine the central tendency and variability of aggression and personality traits. To examine the relationship between aggression and personality variables, Pearson's product-moment correlation coefficient was employed. The level of significance was set at the 0.05 level, and the results were interpreted accordingly.

**Table – 1**  
**Descriptive Statistics of Aggression and Personality Traits**

Variable	N	Mean	SD
Instrumental Aggression	50	62.30	6.48
Hostile Aggression	50	34.60	5.72
Conscientiousness	50	68.90	7.10
Neuroticism	50	40.20	6.33

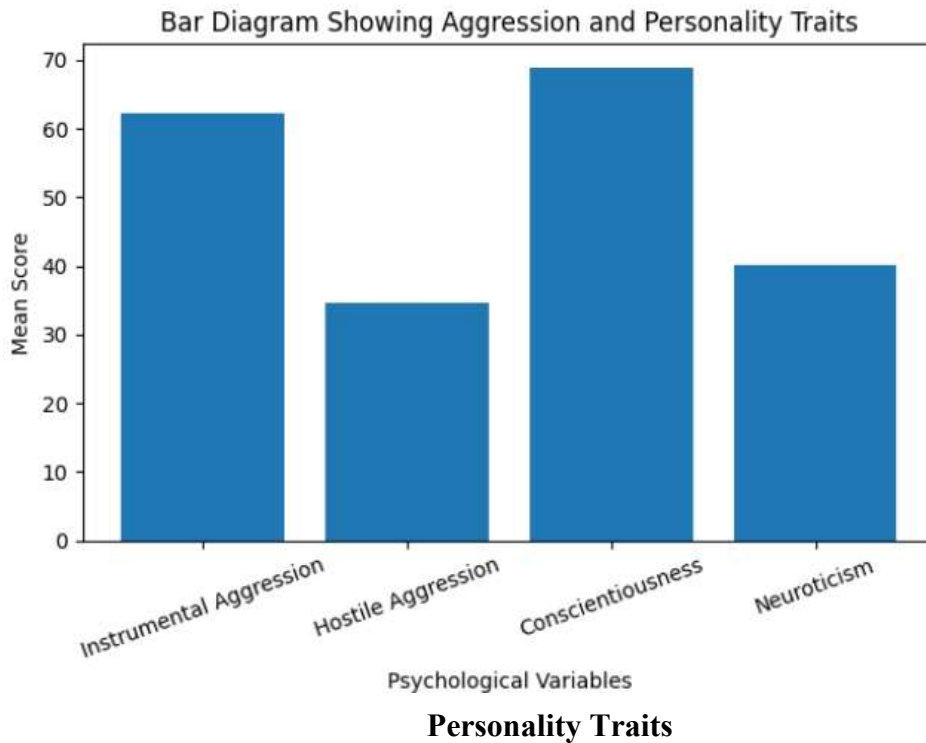
Table–1 shows the descriptive statistics of aggression and personality traits among elite Indian male cricketers. The results indicate that the players exhibited higher levels of instrumental aggression (Mean = 62.30 ± 6.48) and lower levels of hostile aggression (Mean = 34.60 ± 5.72), suggesting controlled and goal-oriented competitive behaviour. Among personality traits, conscientiousness recorded the highest mean score (Mean = 68.90 ± 7.10), reflecting discipline, commitment, and performance consistency, while neuroticism showed a moderate mean value (Mean = 40.20 ± 6.33), indicating reasonable emotional stability among the players.



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## Graphical Representation



**Figure – 1**  
**showing**  
**Aggression**  
**and**

**Table – 2**  
**Correlation between Aggression and Personality Traits**

Variables	r-value	Level of Significance
Instrumental Aggression × Conscientiousness	+0.58	Significant at 0.05
Hostile Aggression × Neuroticism	+0.63	Significant at 0.05

Table 2 presents the correlation between aggression and personality traits among elite Indian male cricketers. The results reveal a significant positive correlation between instrumental aggression and conscientiousness ( $r = +0.58, p < 0.05$ ), indicating that goal-oriented aggression is associated with discipline, commitment, and effective performance behaviour. Further, a significant positive relationship was observed between hostile aggression and neuroticism ( $r = +0.63, p < 0.05$ ), suggesting that uncontrolled aggression is linked with emotional instability. These findings highlight the importance of controlled aggression and stable personality traits for optimal performance in elite cricket.



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## RESULTS AND DISCUSSION

The results of the present study revealed clear differences in the expression of aggression and personality traits among elite Indian male cricketers. Descriptive analysis showed that players predominantly exhibited higher levels of instrumental aggression compared to hostile aggression. This finding indicates that elite cricketers tend to display aggression in a controlled, goal-oriented, and performance-enhancing manner, rather than in an emotionally driven or hostile form. Such controlled aggression is essential in cricket, where strategic assertiveness, intensity, and psychological dominance are required without compromising discipline or decision-making.

The findings further demonstrated that elite cricketers recorded high mean scores for conscientiousness and moderate levels of neuroticism, suggesting strong self-discipline, commitment, and emotional regulation. Players with higher conscientiousness were better able to maintain focus, adhere to game plans, and exhibit consistency under pressure. Emotional stability enabled them to cope effectively with stressful match situations, prolonged competition, and external pressures such as media scrutiny and crowd expectations.

Inferential analysis supported these observations by revealing a significant positive relationship between instrumental aggression and conscientiousness. This relationship suggests that goal-oriented aggression complements disciplined and organized behaviour, thereby enhancing competitive performance. In contrast, the study found a significant positive correlation between hostile aggression and neuroticism, indicating that emotionally uncontrolled aggression is associated with emotional instability, anxiety, and inconsistent performance. Such tendencies may lead to poor decision-making, loss of composure, and disciplinary problems during competition.

These findings are consistent with previous research in sport psychology, which emphasizes that controlled aggression combined with stable personality traits contributes positively to elite performance, whereas hostile aggression often undermines emotional control and performance consistency. In the context of Indian cricket, where players operate under intense cultural, media, and competitive pressure, the ability to regulate aggression and maintain emotional stability becomes particularly crucial.

The results highlight that balanced aggression and positive personality traits such as conscientiousness and emotional stability are key psychological characteristics of elite cricketers. The study underscores the importance of psychological profiling, mental conditioning, and personality-based interventions in elite cricket training and selection programs to enhance performance effectiveness and long-term consistency.



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## CONCLUSION

The study concludes that elite Indian male cricketers predominantly exhibit instrumental aggression supported by positive personality traits, particularly conscientiousness and emotional stability. Controlled aggression enhances competitive behaviour and performance consistency, whereas hostile aggression is associated with emotional instability and performance inconsistency. The findings emphasize the importance of psychological profiling and targeted mental training programs in elite cricket to promote balanced aggression, emotional regulation, and optimal performance.

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