

Economical Evaluation of Sensation Seeking Among Different Levels Weight Lifters

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Abstract:

The purpose of the present study was to compare the sensation seeking trait on different levels of weight lifters. The total hundred (50 State level and 50 All- India intervarsity level weight lifters) males were selected for this study. The age of the subjects were ranged between 18 to 25 years. The data on sensation seeking of the subjects were obtained by using a questionnaire developed by Neary and Zuckerman (1976). The t test was used to determine the difference between the mean score of different levels of weight lifters. Results revealed that there was a significant difference between different levels of weight lifters at 0.05

level of significance with 98 degree of freedom. Study showed that All- India intervarsity level weight lifters have higher level of sensation seeking as compared to State level weight lifters.

Key words: weight lifters, Sensation seeking, Thrill and Adventure Seeking, Experience Seeking, Disinhibition, Boredom Susceptibility.

1. Introduction:

Greece in 6th century B.C. reportedly had strongmen, wrestlers, and boxers. In 624 B.C. it was related that the legendary Milo shouldered a young calf until it grew to its full size. Milo developed the theory of progressive resistance training. Some of the first Greek gyms were outdoor arenas, and the Greeks later built enclosed structures similar to today's fitness centres. To further understand the history/development of body building it is important to know the basics and history of strength training. There were reports of strength training in India over 5,000 years ago (Stutley & Stutley, 1977). Some of the earlier training methods included people jumping up out of holds to develop their legs. Ancient athletes cut handles into stones, a concept that proved to be the forerunner of today's dumbbells. Discus throwing was another type of brute strength event, and it remains as a popular training method even today. The Romans, who used exercise to become fierce warriors developed exercise circuit training. The fall of the Roman Empire sent strength training into dormancy for approximately 1400 years. In the 1800s the Germans rediscovered strength training and physical culture by opening up weight lifting clubs (Persis, 1999).

Marvin Zuckerman initially developed the theory of sensation seeking. Large number of studies have shown that people who engage in a range of high risk behaviours tend to be high sensation seekers, Zuckerman proposes that there are four sub-dimensions to the sensation seeking trait: (1.) "Thrill and Adventure Seeking" which relates to the willingness to take physical risks and participate in high risk sports, (2.) "Experience Seeking" which relates to the need for new and exciting experiences and is associated with all types of risk taking, (3.) "Disinhibition" which relates to a willingness to take social risks and engage in health risk behaviours (e.g. binge drinking or unprotected sex), and (4.) "Boredom Susceptibility" which relates to intolerance for monotony.

Sensation seeking is a much interesting personality trait that has its effect on several spheres of our lives. It affects what activities we prefer, what sports or occupations we choose. Personality traits are underlying characteristics of an individual that are relatively stable over time, and explain regularities in people's. When thinking about people we know well, we will naturally have noticed how we differ, and our everyday language is full of ways of describing and comparing people. People may be outgoing or unsociable, shy or confident, friendly or rude, and so on. People instinctively observe that persons react differently to the same situations, and these differences are caused by natural variations in personality traits. Many studies involving sensation seeking have been conducted across a variety of anti-social risk-taking behaviours, such as drug use and unsafe sexual practices, as well as more socially acceptable forms of risk-taking behaviours (Zerevski et al.,1998) such as engaging in extreme sports (Donohew, Zimmerman Cupp, Novak, Colon & Abell, 2000; Kerr, 1991; Zuckerman, 1994). The sensation- seeking scale (Zuckerman, 1978; 1994) was initially developed in 1960's to help researchers identify the sensation-seeking personality type of trait.

Sensation seeking is conceptualized as the need for individuals to reach and maintain an optimal level of arousal. Sensation seekers seen characterized by a chronical under activation, and sight stimulations to increase their level of arousal to a point that is hedonically positive for them (Eysenck & Zuckerman, 1978). Some studies have shown that sensation seeking was a significant determinant of the choice of risky activities (Zalesky, 1984; Zuckerman, 1983) and of the adoption dangerous behaviours in these activities (Connolly, 1981; Rossi & Cereatti, 1992).

2. Methodology:

2.1 Subjects

A total of hundred (50 State level and 50 All- India intervarsity level weight lifters) male were randomly selected for this study. The age of the selected subjects were ranged between 18 to 25 years.

2.2 Instruments

Investigators used the Sensation Seeking Test (SST) developed by Neary and Zuckerman (1976), to obtain data on sensation seeking of the subjects.

2.3 Procedure

The data were collected from the various university players who had participated in State levels and All India Inter-University Weight Lifting, Power Lifting and Best Physique Championship. The tool consists of 15 statements regarding sensation seeking (SS). The scoring varies from 1 (not at all) to 5 (very much) for each item (range=15 to 75). It is a Likert type 5 points scale.

2.4 Statistical Analysis

The t test was used to determine the differences between the means of different levels of weight lifters score. Further the level of significance was set at 0.05 level.

3. Results

Table 1: Indicating mean differences between different levels of Body Builders on their sensation seeking.

	Mean	SD	Cal. t
All- India intervarsity level of weight lifters	58.25	7.15	5.462*
State level of weight lifters	53.72	4.63	

*Significant at 0.05 level of significance

Tab t = 1.980

When we go through table 1, it is documented that calculated t was higher than tabulated t which indicated that significant difference between different levels of weight lifters in their sensation seeking at 0.05 level of significance with 98 degree of freedom.

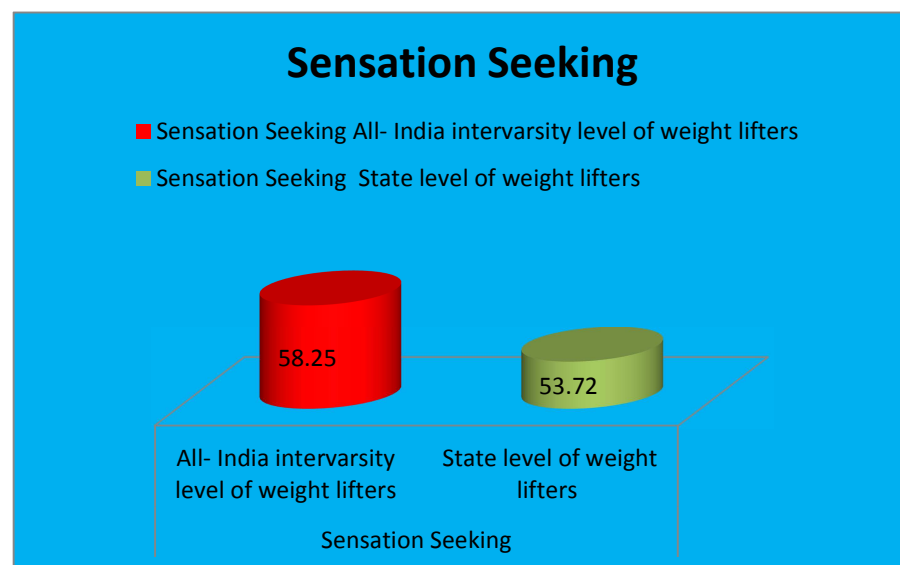


Figure 1: Showing graphical representation of mean difference between different levels of Weight Lifters.

4. Discussion

The result of the study showed that there was a significant mean difference between the different levels of weight lifters in their sensation seeking behaviour. All India level weight lifters were found to have more sensation seeking behaviour in comparison to State level weight lifters. This could be due to the fact that All India level weight lifters have taken their sport as a career whereas State level weight lifters have somewhat amateur approach to their competitions. They can only 'see through' their competitors but cannot scale the amount of musculature required for overcoming the opponents at the national plane.

5. Conclusion

On the basis of obtained results, it is concluded that there was a statistical significant difference between different levels of weight lifters in their sensation seeking. And the state level weight lifters exhibited lesser sensation seeking behaviour as they can't scale the amount of competition required at their level.

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