

TABLE OF CONTENTS

		Page
	Title	i
	Certificate by the Supervisor	ii
	Declaration by the Scholar	iv
	Dedication	v
	Acknowledgements	vi
	Table of Contents	vii
	List of Tables	ix
	List of Figures	x
	List of Appendix	xii
CHAPTER I	INTRODUCTION	1-29
1.1	Sports	1
1.2	Psychology	2
1.3	Sports Psychology	3
1.4	Importance of Sport Psychology	5
1.5	Importance of Personality	6
1.6	Personality Traits and Sports	7
1.7	Physical Fitness	8
1.8	The Importance of Physical Fitness	10
1.9	Fitness and Past	11
1.10	Fitness and Present	11
1.11	Fitness and Future	12
1.12	Development of Physical Fitness	13
1.13	The Game of Team Handball	13
1.14	Importance of Handball	15
1.15	Statement of the Problem	16
1.16	Objectives of the Study	16
1.17	Delimitations	17
1.18	Limitations	18
1.19	Hypotheses	19
1.20	Significance of the Study	20
1.21	Definition of Terms	22
CHAPTER II	REVIEW OF RELATED LITERATURE	30-60
2.1	Studies on Physical Fitness Characteristics of Basketball and Handball Players	31
2.2	Studies on Personality Traits in Sport	46
2.3	Summary of the Literature	59

CHAPTER III	METHODOLOGY	61-77
3.1	Selection of Subjects	61
3.2	Selection of Variables	62
3.3	Selection of Tests	63
3.4	Competency of the Tester	64
3.5	Instrument Reliability	64
3.6	Reliability of the Data	65
3.7	Orientations to the Subjects	65
3.8	Method of Research	66
3.9	Administration of the Questionnaire	66
3.10	Cattell's 16PF Questionnaire	66
3.11	Administration of Tests	71
3.12	Measuring Procedure in Physical Fitness Test	76
3.13	Data Collection	77
3.14	Research Design and Statistical Procedure	77
CHAPTER IV	ANALYSIS AND INTERPRETATIONS OF THE DATA	78-126
4.1	Overview	78
4.2	Level of Significance	79
4.3	Test of Significance	79
4.4	Analysis of Data	79
CHAPTER V	SUMMARY, CONCLUSIONS AND RECOMMENDATIONS	127-130
5.1	Summary	127
5.2	Conclusions	128
5.3	Recommendations	129
	BIBLIOGRAPHY	131-144
	Books	131
	Journals	134
	Miscellaneous	144
	APPENDIX	145-184