

Play On

What kind of attitudes do people have about female participation in sport? Questionnaire responses on social acceptance of female participation in sports were reported from five separate samples. Two samples of adults participating in running and racquetball responded to questions concerning whether track, basketball, softball, gymnastics, tennis, and swimming would detract and/or enhance a girl's/woman's feminine qualities. Other respondents ($N = 1,276$) were samples of adults drawn from the general population in Ohio (1972 & 1981) and Iowa (1981). Percentages indicated that sports such as swimming, tennis, and gymnastics were perceived as more acceptable for women. Specifically, the data suggested that the general population does not identify softball, track and field, and basketball as sports that enhance feminine qualities. When comparing 1972 responses with 1981, it appears that the results are the same concerning rank order; however, lower percentages in 1981 indicated that the respondents were less likely to perceive female participation in the "less appropriate" sports as detracting from feminine qualities. Additionally, the responses of the two groups of subjects actively involved in sports indicated social approval for a broader array of sport participation for females as compared to the general population. The authors argue that the results of this descriptive study suggest that perhaps attitudes toward sport participation in recent years may have become less gender-

dependent and thus are viewed as neither enhancing nor detractive from femininity.

Snyder, E.E., & Spreitzer, E. (1983). Change and variation in social acceptance of female participation in sports. *Journal of Sport Behavior*, 6, 3-8.

The Leader as a Generalist

What type of qualities are important in leaders? Several researchers have contended that leadership role differentiation is an inevitable process that facilitates equilibrium in a group. To assess the degree of differentiation-generalization in leadership, 23 intramural basketball teams ($N = 188$) completed questionnaires at the beginning, middle, and end of the season. These measures evaluated the participants' choices for the instrumental leader, the expressive leader, and overall leadership qualities. Pearson Product Moment Correlations demonstrated support for leadership role integration rather than differentiation. Multiple regression analysis revealed that both expressive and instrumental leadership contribute to overall leadership. Examination of the beta weights, however, suggest that expressive leadership is more select than instrumental leadership in predicting overall leadership in the intramural basketball clubs. Leadership legitimacy did not affect leadership role differentiation. The authors conclude that in a sport such as basketball in which interaction among members must be well integrated in

order to enhance a positive outcome, role integration rather than differentiation may be an essential quality for a team to have.

Rees, C.R. (1983). Instrumental and expressive leadership in team sports: A test of leadership role differentiation theory. *Journal of Sport Behavior*, 6, 17-27.

Differences Between Athletes and Nonathletes

In studying the relationship between physical activity and personality, Mummendey reviewed and compared the works of Eysenck, Nias, and Cox (1982) with the work of Sack (1982), thereby achieving a third level of analysis. Both original papers used different research literature. Only about 25% of the literature is mentioned by both authors. Sack relies to a greater extent on German and American sources whereas Eysenck et al. concentrate on British and (to a lesser extent than Sack) on American literature. This selection in combination with different theoretical biases and additional methodological "traps" lead to the substantial differences in the interpretations of these authors. An essential reason for the inconsistencies and lack of correlation between sports and personality has to be seen in the usage of the trait concept of traditional differential psychology and the application of the corresponding measurements. As a conclusion, no valid answers to the questions of relationship between sport and psychology can be given. Differences between athletes in various sports do not exceed chance expectancies. There are more similarities between personality profiles of athletes in different sports than differences in their profiles. Mummendey suggests abandoning the current research strategies and using a more complex empirical

approach aimed at the analysis of typical components of life situations, physical abilities, existing alternatives for activity, and evaluation of these activities for athletes and nonathletes.

Mummendey, H.D. (1983). Physical activity and personality: Attempt at a tertiary analysis, *Sportwissenschaft*, 13(1), 9-13.

Athletic Stage Fright and Ego Strength

Nakagomi and Suzuki attempted to clarify athletes' stage fright or evaluation apprehension from a viewpoint of their ego functions. By means of Ichimura's stage fright questionnaire and assessment of coaches and teammates, two subject groups were chosen from among 122 college male athletes; the high stage-fright group and low stage-fright group each consisted of 12 athletes. To those two groups, Klopfer's Rorschach Prognostic Rating Scale was administered and comparison was made between them. The results indicated for both raw and weighted scores in human movement response, animal movement response, and form level were higher for the low stage-fright subjects than for the high stage-fright subjects. The two groups were also compared in other scales. The low stage-fright group scored higher than the high stage-fright group in total responses, initial response time, and average form level for each card. Based on these results, it became clear that, in terms of ego function, the low stage-fright group was superior to the high stage-fright group in sensitivity to inner drive and emotion, the faculty of reality testing, and self-realization. Hence, the authors concluded that the person who is suffering less from stage fright possesses a stronger and healthier ego which is active and rich in the inner