

A STUDY OF THE PSYCHOLOGICAL STATUS OF MOUNTAINEERS

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ABSTRACT

Mountaineering is gaining great popularity in India. Lot of individuals are performing this activity due to its versatility. A necessity has been felt to know more about the mountaineering field and mountaineers. The researcher performed a study to know the psychological status of mountaineers. To know the psychological status of mountaineers the researcher conducted Sixteen Personality Factor test on male mountaineers aged 17 to 40 years. From the analysis it is known that the mountaineers show average scores in all factors except Factor G.

KEYWORDS: Mountaineering, Psychological Test, 16 Pf Test.

INTRODUCTION

Trekking is a very healthy sport and is growing great popularity in India. People of various professions, liking, age, sex, etc. are attracted towards this activity due to its great advantages and benefits. Trekking if done and understood with right earnest, creates spirit of adventure in youth, channelize their energy in right direction, builds their character and utilizes idle time in a constructive manner. Trekking is considered to be 1st step to learn mountaineering and only a good trekker can become good mountaineer. Due to the above benefits one responds to the call of the mountain in spite of hardships. Rock climbing, another discipline of mountaineering, is an activity requiring great skill, strength, courage, stamina and hell lot of experiences. Even experienced of climbers don't call themselves as experts, as this activity has new things to teach with every encounter. It is an activity to be done with great skill, precaution and safety. It is difficult for a newcomer to perform this activity, as there is great amount of risk involved in this activity. *Giusto Gervasutti, an Italian Climber, has ideally quoted that, "Mountaineering is simply a form of activity that enables people to express themselves, lets them satisfy an inner need. The need may be to live heroically, or to rebel against restraint and limitation: an affirmation of the freedom of the spirit. Or it may well be the pleasure of physical fitness and moral energy, elegance of style and calculated daring. It may be a search for an intense aesthetic experience, for exquisite sensations, or for man's never-satisfied desire for unknown country to explore. Best of all, it should be all these things together."*

Although the toughest, this outdoor activity is the most fulfilling. This form challenges an individual's capability and skills, plus also it is a great way to be one with nature.

Mountaineer also finds climbing as a form of relaxation and exercise. As mountaineering has been emerging rapidly a need has been felt to study mountaineering and people performing this activity. As this activity requires great physical and mental fitness a need to study this field has been felt. Cold, hot, rain, snow, wind, strenuous steep walks, scaling heights, climbing sheer rock faces, inadequate rest, etc are some of the many adverse conditions faced by mountaineers. To survive in these conditions the mountaineer has to be fit both physically and mainly psychologically. Fear, worry, tension, apprehension, anxiety are very common in adventure activities. Anyone can survive in normal conditions but surviving in areas with high risks to life is too difficult and requires great skill. In mountaineering one has to fight at every moment for survival. But still people go mountaineering even when the activity is strenuous and dangerous is the reward of having a view of the rare and wonderful site they will savour during their journey. To make this activity enjoyable and without injury it is necessary to know this activity and its requirements. Considering the importance of mental capabilities required to perform this activity a need is felt to study the mental status of mountaineers. Due to these reasons the study titled, “**A Study of the Psychological Status of Mountaineers**”, is undertaken.

OBJECTIVES

1. To measure the psychological variables of mountaineers.

Factors	Mean	Std. Deviation	Description
A	5.19	1.52	Reserved & Outgoing
B	6.78	1.36	Concrete & Abstract Reasoning
C	5.91	1.55	Reactive & Emotionally Stable
E	7.39	1.79	Deferential & Dominant
F	5.05	1.64	Serious & Lively
G	3.76	1.56	Expedient
H	6.00	1.61	Shy & Socially Bold
I	7.21	1.83	Utilitarian & Sensitive
L	5.97	1.75	Trusting & Vigilant
M	6.27	1.89	Grounded & Abstracted
N	5.23	1.70	Forthright & Private

O	5.38	1.66	Self-assured & Apprehensive
Q1	7.75	1.64	Traditional & Open-To-Change
Q2	5.86	1.53	Group-Oriented & Self-Reliant
Q3	5.59	1.47	Tolerates Disorder & Perfectionist
Q4	5.14	1.35	Relaxed & Tense

2. To find out the psychological status of mountaineers.

Subjects: For the current study the researcher conducted the **Sixteen Personality Factor test** (16 PF) on **259 male mountaineers**, undergoing the up-gradation courses at Nehru Institute of Mountaineering, Uttarkashi.

MATERIALS & METHODS

The 16 PF test was used to test the personality of the mountaineers. After conducting the tests the raw scores were converted to sten (Standard) scores and from the norms table the actual personality factors of mountaineers was known. The combined personality of mountaineers was known by calculating the mean of the total scores and interpretation were done accordingly.

RESULTS:

Table 1

Statistical Analysis of the 16 Personality Factors of mountaineers

CONCLUSION:

1. From the statistical analysis it was known that mountaineers showed average sten score in all except the **Factor G**.
2. From the analysis one can say that they can perform the adventure activity in a better way, due to the personality they possess.
3. It might be possible that by performing the adventure activity there has been a change into the personality. A study is vital.
4. A similar study to find out if the activity changes the personality or due to such personality the individual opts for such an adventure activity is essential.

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