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## Personality Types of Sports Persons and Non-Sports Persons

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Naveen Kumar

Maa Ganga Collage of Education Dujana

### Abstract

*The present study was an attempt to find out the difference in type of personality of sportspersons and non-sportspersons of Haryana. A number of 100 sportspersons and non-sportspersons (50 sportspersons + 50 non-sportspersons) belonged to Haryana were taken as a sample on the basis of random sampling method. Personality type inventory (P.I) Questionnaire (Introvert and Extrovert) by Dr. Yahvir Singh and Dr. Harmohan Singh was used to collect the data. Mean, standard deviation and 't' test were used to analyses the data. The findings of the study revealed that (i) There is a significant difference between sportspersons and non-sportspersons in relation to extroversion (A dimension of personality traits)". The sportspersons were found more extroverts in comparison to non-*

*sportspersons; (ii) There is a significant difference between sportspersons and non-sportspersons in relation to introversion (A dimension of personality traits)". The non-sportspersons were found more extroverts in comparison to sportspersons.*

**Key words:** Anxiety, Handball, boys, Girls.

Personality, though a highly ambiguous term which is difficult to define, has become a viable and useful concept for describing and categorizing behavior in physical activity and sports. The reason for this is that personality in its broadest context can be interpreted as representing the total psychological structure of the individual. The personality of a person is integration or merging of all the parts of one's psychological life, the way one thinks, feels, acts and behaves. It is

this combination that characterizes or distinguishes a person from other people and that represents the more permanent or enduring aspects of one's behavioral patterns, (Alderman, R.B. 1974).

Personality can be defined as a the stable characteristics of a person, including abilities, talents, habits, preferences, weakness, moral attributes and a number of other important qualities that vary from person to person.

There are different theories regarding the underlying basis of personality. The specific personality variable emphasizes the attitude about people they reflect, and the importance they assign to the different factors that affect behavior.

Personality is the organized and distinctive pattern of thought and behavior that characterizes an individual's enduring set of adaptations of his or her world. The study of personality emphasizes how each of us comes to have a unique and characteristic set of ideas, motives, attitudes, emotions, beliefs,

and values, personality theories deal with what makes us think, feel, behave, and experience life as we do.

Personality is what makes an individual unique. It is the uniqueness that impels us to enquire in the pertinent differences among the individuals. A pleasing personality has a marketable value in the society. Personality is a factor to be comprehended meticulously as it is considered being the sum total of behavior of an individual in relation to the society.

### **Definition of personality**

**Allport:** - Personality is the dynamic organization of those psycho-physical systems that determine an individual's adjustment to his environment.

**Munn:** - Personality is the most characteristic integration of an individual's structures, modes of interest, attitudes, behaviours, capacities, abilities and aptitudes.

**Freeman:-** Personality is the integrated organization of all cognitive, conative, affective and physical characteristics that oppose an individual and his uniqueness.

**Eyeseck:-** Personality is the sum total of the actual or potential behavior patterns of the organism.

### **Dimensions of personality types**

Jung proposed that, in their attempt to evolve toward selfhood, people adopt different way of relating to experience; that is, they adopt different to make sense of their experience. Jung described those basic attitudes and functions in his theory of psychological types.

### **Extraversion introversion**

The two fundamental attitudes in Jung's typology are extra-version and introversion.

**Extraversion:-** Extraversion refers to "an outgoing, candid, and accommodation nature that adopts easily to a given situation, quickly forms attachments, and setting aside any possible misgivings, often ventures forth with careless

confidence in to an unknown situation."

**Introversion:-** In contrast, signifies "a hesitant, reflective retiring nature that keeps itself to itself, shrinks from objects, is always slightly on the defensive, and prefers to hide behind mistrustful scrutiny". (Jung, 1964, p. 52).

Jung pints out that people are not purely introverted or extraverted; rather, each person has both introverted and extraverted aspects. Moreover, both attitudes involve complex variations, including dominant characteristics (conscious) and inferior characteristics, (unconscious). The dominant side compensates for the inferior side, and vice-versa. It too much libido is invested in the dominant side, for example, energy force are set up and activated in the unconscious, typically with harmful results for the individual.

### **SPORTS AND PERSONALITY**

Personality is a term commonly used by people concerned with almost every aspect of human

interaction while interviewing applicants for positions in the field of education, the administrative place great emphasis on the personality of the prospective employee. A coach evaluate a player will often refer to his or her personality. Sports commentator's off or use "Personality conflicts" to account for a team's power performance parents sometimes compare their children on the basis of personality traits. Numerous other examples of the importance of personality in our society can be cited. In keeping with the focus of this, we will discuss personality related to sport psychology.

To a physical educator it seems, important to have some understanding of why some individuals may go in for activity of quite different type it would seem to be of value to a physical educator to know more about the personality characteristics of individual's person in a specific sport. Perhaps they would be guided into some activity somewhat similar, but at the same

time differing in some respect, so a specific type could be benefited. Specific type of athletic activities was associated with characteristics personality traits.

Taylor & Doria (1981) extraversion has been found to predict sport performance, particularly in team athletes. Piedmont et al (1999) examined the coaches' ratings on their games and found that personality dimensions of Neuroticism and Conscientiousness were significantly related to athletic performance among women college soccer players. Aidman and schofield (2004) reported that agreeableness and openness are not correlated with sport performance. Kovace (2008) reported that conscientiousness and neuroticism have a direct correlation to athletic performance. Singh and Manoj(2012) found that the personality factor neuroticism was significantly positively correlated with wrestling performance as well as the personality factor neuroticism was a significant positive predictor

of wrestling performance in male university level players. Adel, Reza and Farideh (2013) conducted a study to see the relationship between personality traits and sport performance. The population of the study consisted of 229 non elite football and futsal players in the 2010-2011 season I Ardebil city. The sample size was equated with the population. Personality was assessed using the NEO-Five Factor Inventory (NEO-FFI; Costa & McCrae, 1992) and athlete's performance was assessed by coach's rating (Piedmont et al., 1992) and athlete's performance was assessed by coach's rating (Piedmont et al., 1999). The stepwise regression analysis indicated that from among personality components only conscientiousness have positive significant correlation with sport performance. The result also indicated that conscientiousness was the sole predictor of sport performance.

Sport psychology has long been making its impact in the field of sports for many years. The purpose of this study was to examine out the similarities between the personalities types of sports persons and non-sports persons. It also shows the dissimilarities between the personality traits of sports persons and non-sports persons would be students play is very significant role in the world of today.

### **OBJECTIVES OF THE STUDY**

1. To compare the extroversion (A dimension of personality traits) of sportspersons and non-sportspersons.
2. To compare the introversion (A dimension of personality traits) of sportspersons and non-sportspersons

### **HYPOTHESES OF THE STUDY**

*The study was conducted with the following hypotheses:*

1. There is no significant difference in extroversion (A dimension of personality

traits) of sportsperson and non-sportsperson.

2. There is no significant difference in introversion (A dimension of personality traits) of sportsperson and non-sportsperson.

### **RESEARCH METHODOLOGY**

The scope of study was confined to descriptive and analytical approach. The normative survey method was used in the present study.

### **SAMPEL**

The sample comprised of 100 students of M.D. University, Rohtak 50 students were (25 boys and 25 girls) sports persons and 50 students were (25 boys and 25 girls) non-sports persons age of students

between 18 to 21 years in M.D. University, Rohtak.

### **TOOL USED IN THE STUDY**

Personality type inventory (P.I.) Questionnaire (Introvert and Extrovert) by Dr. Yashvir Singh and Dr. Harmohan Singh.

### **STATISTICAL TECHNIQUES USED**

Mean and standard deviation and 't' tests were used to analyses the data.

### **RESULTS**

The difference between sports persons and non-sportspersons, between male sports persons and male non-sportspersons and between female sports persons and female non-sportspersons is tabulated and give below:-

**TABLE – 1**

**Mean, S.D and ‘t’ value of personality traits among sports person and non-sports person**

**Tabulated ‘t’ value: 1.96 at 0.05 and 2.58 at 0.05 level of significance at 98**

Sr. No.	Variables	Sex	N	Means	S.D.	‘T’ value	Level of significance
1.	Extroversion	Sportsperson	50	29.12	4.44	2.59	Significant at 0.05 level
		Non-sportspersons	50	26.74	5.14		

**df**

The table 1 shows that the ‘t’ value (2.59) is higher than the tabulated ‘t’ value at 0.01 level of significance. So sportspersons and non-sportspersons differ significantly on extroversion So the null hypothesis, that “There is no significant

difference between sports persons and non- sportspersons in relation to extroversion (A dimension of personality traits)” is rejected. The sportspersons were found more extroverts in comparison to non-sportspersons.

**Table – 4.2**

**Means, S.D. and ‘t’ value of personality traits among sports person and non-sports person**

Sr. No.	Variables	Sex	N	Means	S.D.	‘T’ value	Level of significance
1.	Extroversion	Sportsperson	50	25.74	4.19	2.33	Significant at 0.05 level
		Non-sprtspersons	50	30.12	4.89		



**Tabulated' value: 1.96 at 0.05 and 2.58 at 0.05 level of significance at 98 df**

The table 1 shows that the 't' value (2.33) is higher than the tabulated 't' value at 0.05 level of significance. So sportspersons and non-sportspersons differ significantly on extroversion. So the null hypothesis, that "There is no significant difference between sports persons and non- sportspersons in relation to extroversion (A dimension of personality traits)" is rejected. The sportspersons were found more extroverts in comparison to non-sportspersons.

### **FINDINGS OF THE STUDY**

1. There is a significant difference between sportspersons and non-sportspersons in relation to extroversion (A dimension of personality traits)". The sportspersons were found more extrovert in comparison to non-sportspersons.
2. There is a significant difference between sportspersons and non-

sportspersons in relation to introversion (A dimension of personality traits)". The non-sportspersons were found more extroverts in comparison to sportspersons.

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