

Comparative Study of Predominant Personality Traits in Sports Girls and Non-Sports Girls.

Jai Kumar

Assistant Professor Government College for Girls Ludhiana (Punjab)INDIA.

ABSTRACT:

The purpose of the present study was to analyze the personality traits i.e. variables extroversion vs. introversion, neuroticism vs. emotional stability between sports person girls and non-sports person girls. A total of 80 girl students of two colleges comprised of the sample for the current study. 40 sports girls from PGS Government College of Physical Education, Patiala and 40 from Government College for Girls, Patiala were randomly selected as participants. The age of participants ranged between 18 to 25 years. To measure the personality dimensions of the sports girls and non-sports girls students, Big five Personality Inventory scale (Goldberg, 1992) was administered. To compare the personality traits of sports girls and non-sports girl students, Mean, Standard deviation were calculated from the obtained data and further t-test was applied to compare the significance of mean differences between the two groups. The results of the study revealed significant differences between sports girls and non-sports girls students on the variables of extroversion and neuroticism. Sports girl's i.e. girls who take part in active sports were found to be high in the variable of extroversion and low in the variable of neuroticism. They were found to be extrovert in comparison to non-sports girls and in the trait of neuroticism, non-sports girls students i.e. those girls who did not take part in active sports were low in emotional stability and high in neuroticism in comparison to the sports girls students.

KEYWORDS:

Personality Traits, Extroversion Vs Introversion, Neuroticism Vs Emotional Stability, Sports and Non-Sports Girls.

INTRODUCTION AND REVIEW OF LITERATURE:

Everybody has heard of the term personality and most of us can describe our own or our friends personality by the way one behaves and carries himself or herself in the society. What most do not know, however is, that personality is the reflection of one of the major aspects of human Psyche. It is reasonably assumed that the various psychological parameters affect the personality and behaviour of an individual (Kamlesh, 2006). The study of personality traits which researchers think as the underlying, relatively stable, psychological structures and procedures that organize human experiences and also as the persons actions and reactions to the environment. (Costa and Mc Crea's, 1992) has used the five factors of personality mostly present in sports participants extroversion, agreeableness, conscientiousness, neuroticism and openness to experience. The major portion of the research literature on personality structure in the field of sports psychology is related with the comparison between sports persons and non-sports persons. (Slusher, 1964, Cooper, 1969, Sperling, 1970). Majority of the investigations have indicated (Birth, 1970), that sportspersons are different from non-sportsperson on a number of personality traits. Some researchers have also reported that sportspersons could be different from non-sportspersons with respect to their self-control. (Peterson et al, 1967) Extroversion, (Mc kelve and Husband, 1980), Locus of control, (Ammodt et al, 1982), Dominance, (Kumar et al, 1985) Death anxiety, self-esteem and mental health.

We assume in this study the sports girls are more extrovert than non-sports girls because participation in sports activity increases cortical arousal and makes one more social and active. If this is the case, sports girls may be more extroverted than those in non-sports girls because the physical contact may provide more arousal. Moreover, it is further assumed that participation in sports and sporting activities

helps to deal with stress, depression and anxiety and makes one less neurotic and more emotionally stable. The results of the study supported these assumptions.

OBJECTIVES OF THE STUDY

1. To compare the extroversion and neuroticism traits of personality among the sports girls and non-sports girls collegiate students of Punjab.
2. To investigate the significant influence of sports on extroversion and neuroticism traits of personality among sports girls and non-sports girls collegiate students of Punjab.

HYPOTHESES:

1. It is hypothesized that girls who participate in active sports would be high on the trait of extroversion as compared to those girls who do not participate in active sports.
2. It is expected that girls who do not participate in active sports would be high on the trait of neuroticism and low level of emotional stability as compared to those who take part in active sports.

RESEARCH METHODOLOGY :

The present investigation was undertaken by using descriptive survey method .

1. TOOLS :

A personality scale Big Five Inventory developed by Goldberg, (1992) was used for comparison of personality traits among sports girls and non-sports girls.

1.1 SAMPLE:

A total of 80 girl students were randomly selected for the collection of data. Forty (N=40) sports girl students from PGS Government college of Physical Education, Patiala and forty(N=40) non sports girls from Government College for Girls Patiala participated in the present study. The girls age range from 18 to 25 years.

1.2 STATISTICAL TECHNIQUES:

Suitable statistical techniques like mean, standard deviation. And T-test was used for analysis and interpretation of data. The level of significance is set at 0.05.

RESULTS:

Table No. 1 : Showing the mean, SD and T-test value on the variable of extroversion between sports girls and non-sports girls college students.

TABLE NO. 1

Variable	Sports girls(N=40) Mean	Non Sports Girls(N=40) Mean	SD Sports Girls	SD Non Sports Girls	T-Value	Remarks
Extroversion	28.825	25.475	3.365	3.312	2.46	Significant at 0.05 Level

The value 2.46 is found to be significant in favour of sports girls on the trait of extroversion. The above table shows sports girls are more extrovert in comparison to non sports girls.

TABLE NO. 2

Showing the mean, SD and T-test value on the variable of neuroticism between sports girls and non-sports girls college students

Variable	Sports girls(N=40) Mean	Non Sports Girls(N=40) Mean	SD Sports Girls	SD Non Sports Girls	T-Value
Neuroticism	24.7	28.9	3.472	3.914	2.55

Significant at 0.05 Level

T- value 2.55 is found to be significant on the trait of neuroticism. The mean and S.D. score on neuroticism trait is higher in the case of non-sports girls. Non sports girl are found to be more neurotic and emotionally unstable as compared to sports girls.

TABLE NO. 3

Means, SD and T-ratio of scores of five personality traits for sports girls and non-sports girls.

Sr No.	Personality Traits	Sports Girls(N=40)		Non Sports Girls(N=40)		T-value	Significance Level
		Mean	SD	Mean	SD		
1	Extroversion	28.825	3.365	25.475	3.312	2.46	Significant at 0.05 level

2	Agreeableness	34.475	3.762	34.15	4.079	0.71	N.S at 0.05
3	Conscientiousness	32.575	3.699	35.525	3.809	0.000739	N.S at 0.05
4	Neuroticism	24.7	3.472	28.9	3.914	2.55	Significant at 0.05 level
5	Openness to experience	38.95	4.511	37.025	3.489	0.03	N.S at 0.05

As the above table shows that no-significant differences were found between sports girls and non-sports girls on the other three of the personality traits of agreeableness, openness to experience and conscientiousness as t-values were not significant except in the case of the extroversion and neuroticism where the t-value was 2.46 ($p < 0.5$) and 2.55 ($p < 0.5$) and hence difference between sports girls and non-sports girls on only these was found.

In the case of the extroversion, the sports girls seemed to be better on this trait as compared to non-sports girls.

DISCUSSION OF RESULTS:

The results show that sports girls and non-sports girl students significantly differ from each other on the personality trait of emotional stability and extroversion, The non-sports girls students are more emotionally regressive; they have more personality disintegration and lack of independence than sports girls.

(Singh and Singh, 2011) found the status of emotional maturity is lower in Arts and Science students as compared to sports persons.

The above study clearly support that sports participation helps to improve persons mental well being and leads to emotional stability. It is a well established fact that participation in sports develops cohesiveness and harmony, psyche. Logical traits like mental alertness, social adjustment and personality traits with in the participants. In the case of extroversion and neuroticism, significant differences were also found between mean score of sports girls and non-sports girls significantly different from each other on extroversion and neuroticism traits of personality with t-value of 2.46 and 2.55 in this case null hypothesis is rejected.

The sports girl students who are participating in sports activities have a better chance to show aggression, expression and impulses in sports. Sports help in developing mental strengths along with the physical strengths. It develops in the sportsperson the personality traits of extroversion and emotional stability. The researcher feels that this could be one reason that the sports girls are more extroverts and less neurotic than non-sports girls but further investigation is needed with a greater sample. The non sports girls show higher neuroticism and seem to be having a low level of emotional stability and maybe more prone to depression. Sports builds the personality whereas as sedentary lifestyle makes one prone to become neurotic and emotionally unstable. The above given findings and quoted studies clearly confirm the results of the present study.

CONCLUSION :

On the basis of the above study results, it is concluded that girl students who are participating in sports have an outstanding emotional maturity. They are psychologically and physically more strong and more extrovert and a little less neurotic as compared to non-sports girl students.

RECOMMENDATIONS:

If we want to make Indian girls students more extroverted, less neurotic and emotionally stable, then Participation in sports and Physical activities is recommended because it develops the emotional maturity level and other traits of personality among girls' students. Therefore, sports should be encouraged for girls in Arts and Science streams as well and made a compulsory activity by the respective college they study in. This would make them emotionally strong and less prone to neuroticism and depression.

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