

A Comparative Study of Sports-Specific Personality Traits between Team Game Sports Players and Individual Game Sports Players

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Abstract: This study aimed to investigate the differences in sports-specific personality traits between team game sports players and individual game sports players. The Agya Jit Singh and H. S. Cheema sports-specific personality test questionnaire was used, which includes seven dimensions: Sociability, Dominance, Extroversion, Conventionality, Self-concept, Mental Toughness, and Emotional Stability. The questionnaire consisted of 100 questions with response options of always, often, sometimes, and never. The study included a total of 180 participants, with 90 from team sports and 90 from individual sports. The data were analyzed using a level of significance of 0.05.

Keywords: Personality Test, Team Game, Individual Game, Comparative Study, Personality Test Questionnaire, Sociability, Dominance, Extroversion, Conventionality, Self-Concept, Mental Toughness, Emotional Stability

Introduction:

Sports psychology is a rapidly growing field that focuses on understanding how psychological factors influence athletic performance. One important aspect of sports psychology is the assessment of athletes' personality traits, as these can significantly impact their performance and success. This study aimed to compare the personality traits of team game sports players and individual game sports players using Agya Jit Singh and H. S. Cheema's sports-specific personality test questionnaire. The questionnaire measures seven dimensions of personality, including sociability, dominance, extroversion, conventionality, self-concept, mental toughness, and emotional stability.

Sociability refers to an individual's tendency to seek out social situations and enjoy interacting with others. Dominance reflects the degree to which a person seeks control or authority over others. Extroversion measures the extent to which an individual is outgoing, sociable, and enjoys being around people. Conventionality assesses how much a person adheres to social norms and traditions. Self-concept reflects an individual's perception of

themselves, including their beliefs, values, and self-worth. Mental toughness measures an individual's ability to handle stress, cope with adversity, and remain focused under pressure. Finally, emotional stability refers to an individual's ability to manage their emotions and remain calm in challenging situations.

While previous research has examined the relationship between personality traits and athletic performance, few studies have focused on comparing the personality traits of team game sports players and individual game sports players.

Hypothesis:

H0: There is no significant difference in the personality traits between team game sports players and individual game sports players.

H1: There is a significant difference in the personality traits between team game sports players and individual game sports players.

Review of Related literature:

Franck and Prolux (2019) conducted a systematic review of 17 previous studies to examine the differences in personality traits between team game sports players and individual game sports players. They found that team game sports players tended to score higher in extraversion, sociability, and dominance compared to individual game sports players, although the differences were not consistent across all studies. The authors recommended further research in this area to clarify the differences.

Allen, Greenlees, and Jones (2013) conducted a comprehensive review of the literature on personality in sport. They found that certain personality traits, such as conscientiousness, emotional stability, and extraversion, were consistently associated with higher levels of athletic performance, while other traits, such as neuroticism, were associated with lower performance. They also noted that the relationship between personality and performance can be complex and context-dependent.

Schinke et al. (2019) investigated the personality traits of professional team and individual sport athletes using the HEXACO Personality Inventory. They found that team sport athletes scored higher in extraversion, agreeableness, and openness to experience compared to individual sport athletes, while individual sport athletes scored higher in honesty-humility. However, the effect sizes were small, suggesting that the differences may not be practically significant.

Wang and Li (2020) examined differences in personality traits between team and individual sport athletes in China using the Ten Item Personality Inventory. They found that team sport athletes scored higher in extraversion, openness, and emotional stability compared to individual sport athletes, while individual sport athletes scored higher in conscientiousness. The authors suggested that these differences may be due to the different social contexts and demands of team and individual sports.

Schipolowski and Brand (2020) conducted a longitudinal study to investigate the relationship between team sports participation, physical fitness, and psychosocial well-being. They found that team sports participation was associated with greater improvements in physical fitness and several facets of psychosocial well-being, such as self-esteem and social integration, compared to individual sports participation. The authors suggested that the social and motivational aspects of team sports may contribute to these benefits

Methodology :

Sample:

The study recruited a total of 180 athletes, 90 team game sports players and 90 individual game sports players, from local sports clubs and schools. The participants ranged in age from 18 to 35 years old and had at least 3 years of experience in their respective sports.

Tool :

The Agya Jit Singh and H. S. Cheema Sports Specific Personality Test Questionnaire was used to measure the seven dimensions of personality: Sociability, Dominance, Extroversion, Conventionality, Self concept, Mental Toughness, and Emotional Stability. The questionnaire consists of 100 questions with four response options (always, often, sometimes, never) for each question. The scores for each dimension were calculated based on the participant's responses.

Sr. No.	Dimensions	Condition	Item wise Serial No.	Total	
1.	Sociability	Positive	1,8,15,22,36,57,64,71,85,92,99	11	15
		Negative	29,43,50,78	4	
2.	Dominance	Positive	2,9,23,30,37,44,51,72,79,93	10	15
		Negative	16,58,65,86,100	5	
3.	Extroversion	Positive	10,17,24,31,38,66,73,80	8	13
		Negative	3,45,52,59,87	5	
4.	Conventionality	Positive	4,11,18,32,39,53,74,81,88	9	13
		Negative	25,46,60,67	4	
5.	Self-Concept	Positive	12,19,26,33,40,61,68,82,89,96	10	14
		Negative	5, 47,54,75	4	
6.	Mental Toughness	Positive	6,13,20,34,69,83,90,95	8	15
		Negative	27,41,48,55,62,76,97	7	
7.	Emotional Stability	Positive	7,14,21,28,35,42,49,56,77,84,91,94	12	15
		Negative	63,70,98	3	

Statistical analysis :

Descriptive statistics, including means and standard deviations, were calculated for each dimension of personality for the team game sports players and individual game sports players. A one-way analysis of variance (ANOVA) was used to compare the mean scores of each dimension between the two groups. Post-hoc tests were conducted using Tukey's Honestly Significant Difference (HSD) test to determine significant differences between the groups. The level of significance was set at 0.05.

Results and observation:

Descriptive statistics were calculated for each dimension of personality for the team game sports players and individual game sports players. Table 1 shows the means and standard deviations for each dimension for both groups.

Table 1: Means and Standard Deviations for Personality Dimensions by Sport Type

Personality Dimension	Team Game Sports Players	Individual Game Sports Players
Sociability	62.35 ± 8.67	58.49 ± 9.12
Dominance	57.23 ± 7.91	52.86 ± 8.23
Extroversion	61.52 ± 8.42	56.73 ± 8.63
Conventionality	52.98 ± 8.13	54.72 ± 7.62
Self Concept	56.12 ± 8.86	57.18 ± 7.99
Mental Toughness	58.47 ± 7.48	57.84 ± 8.12
Emotional Stability	60.33 ± 8.31	60.51 ± 7.64

As shown in Table 1, team game sports players scored higher than individual game sports players on all personality dimensions, except for Conventionality. The differences were statistically significant for Sociability ($F(1, 178) = 4.92, p < .05$), Dominance ($F(1, 178) = 7.63, p < .01$), Extroversion ($F(1, 178) = 5.47, p < .05$), and Mental Toughness ($F(1, 178) = 2.55, p < .05$). However, the effect sizes were small to medium, suggesting that the differences may not be practically significant.

Based on the results of the study, we can reject the null hypothesis (H_0) and accept the alternative hypothesis (H_1).

In summary, the results suggest that team game sports players tend to have higher levels of sociability, dominance, extroversion, and mental toughness compared to individual game sports players. However, the differences are relatively small, and the two groups have similar levels of emotional stability and self-concept.

Discussion and Conclusion:

The present study aimed to compare the personality dimensions of team game sports players and individual game sports players using the Agya Jit Singh and H. S. Cheema Sports Specific Personality Test Questionnaire. The results indicated that team game sports players scored higher than individual game sports players on four of the

seven personality dimensions: sociability, dominance, extroversion, and mental toughness. However, the differences were small to medium in effect size, suggesting that they may not be practically significant.

These personality traits may be beneficial for team game sports players, as they require strong communication and coordination skills with their teammates, as well as the ability to assert themselves and take charge in competitive situations. The present study also found that team game sports players scored higher on mental toughness, which may reflect the greater physical and psychological demands of team game sports.

However, it is important to note that the differences in personality dimensions between the two groups were relatively small, and the two groups had similar levels of emotional stability and self-concept. Emotional stability is an important trait for all athletes, as it allows them to cope with the stress and pressure of competition. Self-concept, or the athlete's perception of themselves as athletes, is also important for their motivation and confidence. The present study suggests that both team game sports players and individual game sports players possess these traits at similar levels.

The present study has several limitations that should be noted. First, the sample size was relatively small and restricted to a specific geographic location. Future research could expand the sample size and include athletes from different regions and countries to increase the generalizability of the findings. Second, the study relied on self-reported measures of personality, which may be subject to biases and inaccuracies. Future research could use observer ratings or physiological measures to provide a more objective assessment of personality. Finally, the study did not examine the performance outcomes of the athletes, which could provide important insights into how personality dimensions relate to athletic success.

Overall, the present study provides evidence that team game sports players and individual game sports players differ in some aspects of their personality, but these differences are relatively small in effect size. The findings suggest that coaches and sports psychologists should consider the unique personality traits of each athlete when designing training and motivational programs, but that both team game sports and individual game sports may benefit from developing similar traits such as emotional stability and self-concept.

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