



Personality Traits among College Sports Students

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Abstract

The present investigation aims to study of personality traits among college sport students. In the present study 100 samples has selected. There is 50 Sport students and 50 Non-sport students included using random sampling method from various colleges of Jalna and Aurangabad District. Two randomized group design was use to describes the difference between sport and non-sport students. Mean, SD, and 't' test was used to analyzing the data. Dimensional Personality inventory developed and standardized by Dr. Mahesh Bhargawa was used. The overall impression from the results shows that. There were significant differences are found.

Keyword: Personality Traits, Sport Students.

Introduction:

Personality or personality traits are playing a vital role in performance of sports person and also on his life. According to most psychology research studies and sports psychology textbooks the majority of athletes or exercisers will choose the type of sport of their preference based on their personality

Everyone uses the term “personality”. A layman does so; and so does a scientist. But they do not mean the same thing by it. To the layman a person with “personality” is said to be impressive, friendly, and pleasing. He is also believed to have good physique. That is why, for

the common man, the hero and the heroine in a film have personality. But not an “extras”. Thus, we see that the common man attaches importance to those characteristics which impress people.

Psychology, being a science, must go by facts, and not by impressions. So, the psychologist must consider the qualities which a person usually has. That is why most definitions of personality emphasize characteristics patterns of behavior. Every human being possesses a personality that defines our essence as individuals in every stage of development in our lives. It is what makes up a person and it is what makes us unique from each other. In other words, no two individuals have the same personalities and so you are being characterized by other people as to whom you are to them based on your personality.

Definition of Personality:

Allport define personality, thus “Personality is the dynamic organization within the individual of those psychophysical systems that determine his characteristic behavior and thought”.

Morgan and Kings define “personality as the organization within an individual of systems of motives and habits that determine characteristic behavior and thinking”.

Characteristics of Personality:

Our personalities may be collectively characterized into four fundamental characteristics. First is that every individuals personality manifests consistency. This means that we demonstrate a pattern of regularity or uniformity to our behaviors as recognized and identified by other people. In essence, we tend to act in similar ways and respond similarly to various situations. Another characteristic of our personality is that it is psychological and physiological. A person’s character and identity is built up by the patterns of thoughts, feelings, and behavior. However, some researches would mention that biological aspect also affects or influences personality. Our personalities are also said to be characterized by impact behaviors and actions. It causes us to take action or respond to various situations and experiences in certain ways aside from affecting how we act and react in certain situations. The fourth characteristic of our personality is that it is demonstrated through multiple or various expressions. It is more than just a person’s attitude or behavior but also identified through patterns of thoughts, emotions, relationships, and interaction with other people.

Definition of Sportsman:

A sportsperson can be a man or a woman who is person trained to compete or interested in a sport involving physical strength, speed or endurance. A sportsman is a player in a sport; but the term also means someone who plays sport in a way that shows respect and fairness towards the opposing player or team.

Relationship between personality and sport:

The relationship between personality and sport has been studied since the early '60s and '70s, when this area grew significantly and became one of the most explored fields in Sport Psychology (Vealey, 2002). The published literature in the '60s showed that personality factors (eg., Extroversion and emotional stability) moderate and are positively associated with sports participation and success, while in contrast, the literature published over the '70s conclude that the study of personality is meaningless in sports due in part to the variety of contradictory obtained results (Raglin, 2001).

Objective of the study:

A study of personality traits among sport man and non-sport college students.

Hypotheses of study:

1. There is no significant difference of Activity-passivity Trait between sport and non-sport students.
2. There is no significant difference of Enthusiastic and Non-Enthusiastic Trait between sport and non-sport students.
3. There is no significant difference of Assertive-Submissive Trait between sport and non-sport students.
4. There is no significant difference of Suspicious-Trusting Trait between sport and non-sport students.
5. There is no significant difference of Depressive-Non Depressive Trait between sport and non-sport students.
6. There is no significant difference of Emotional instability and Emotional stability Trait between sport and non-sport students.

Methodology:**Variable:****Independent variable:**

College students:

I- Sport students

II- Non-sport students

Dependent variable:

Personality Traits

Sample:

According to the purpose of present study 100 samples has selected. There is 50 Sport students and 50 Non-sport students included. All sample selected from various colleges in Jalna and Aurangabad District. All players playing at list state level games. The subjects were from age range 18yr to 24yr.

College Students		
Sport	Non-sport	Total
50	50	100

Design:

In the present study two randomized group design will use to describes the difference between sport and non-sport students

Tools:**Dimensional Personality inventory:**

This inventory constructs and developed by Dr. Mahesh Bhargawa. In these inventory total 90 items included and 90 items divided between six personality traits. Reliability of inventory is computed by test retest method of college going students and validity of inventory is measures of personality and allied concept as external validity criteria.

Statistical Interpretation:

In this study descriptive statistics, Mean and SD was used. Then analyzed of Mean differences between two groups of college students applied 't' test

Table No 1**Mean, SD and 't' value of personality traits**

Traits	Types of students	N	Mean	SD	't'	sig
Activity-Passivity	Sport	50	14.48	2.27	6.23**	0.01
	Non-sport	50	11.82	1.97		
Enthusiastic-Non Enthusiastic	Sport	50	12.14	2.1	2.89*	0.05
	Non-sport	50	13.04	2.24		
Assertive-Submissive	Sport	50	14.02	1.91	4.56**	0.01
	Non-sport	50	12.02	2.43		
Suspicious-Trusting	Sport	50	12.08	2.44	0.9	NS
	Non-sport	50	13.24	2.41		
Depressive-Non depressive	Sport	50	12.07	2.44	0.11	NS
	Non-sport	50	13.00	2.41		
Emotional Instability-Emotional stability	Sport	50	12.76	1.99	3.42*	0.05
	Non-sportsman	50	14.18/	2.14		

Above table shows mean differences of personality traits among sport and non-sport college students.

The result shows that personality traits Activity-passivity mean score of the sport and Non-sport college students respectively 14.48 and 11.82 The difference between two Mean is highly significant at the level of 0.01 ('t' = 6.23, df = 98) that's means Hypothesis No 1. 'There is no significant difference of Activity-passivity Trait between sport and non-sport students' has rejected.

Mean of Enthusiastic and Non- Enthusiastic score of the sport and non-sport college students respectively 12.14 and 13.40 The difference between two Mean is significant at the

level of 0.05 ($t = 2.89$, $df = 98$) that's means Hypothesis No 2. 'There is no significant difference of Enthusiastic and Non-Enthusiastic Trait between sport and non-sport students'

Mean of Assertive-submissive score of the sport and Non-sport college students respectively 14.02 and 12.02. The difference between two Mean is highly significant at the level of 0.01 ($t = 4.56$, $df = 98$) that's means Hypothesis No. 3. 'There is no significant difference of Assertive-Submissive Trait between sport and non-sport students'

Mean of suspicious-trusting score of the sport and Non-sport college students respectively 12.80 and 13.24. The difference between two Mean is not significant at the level of 0.01 and 0.05 ($t = 0.90$, $df = 98$) that's means Hypothesis No 4. 'There is no significant difference of Suspicious-Trusting Trait between sport and non-sport students' has accepted.

Mean of Depressive Non-depressive score of the sport and Non-sport college students respectively 12.70 and 13.00. The difference between two Mean is not significant at the level of 0.01 and 0.05 ($t = 0.11$, $df = 98$) that's means Hypothesis No 5. 'There is no significant difference of Depressive-Non Depressive Trait between sport and non-sport students' has accepted.

Mean of Emotional instability and Emotional stability score of the sport and Non-sport college students respectively 12.76 and 14.18. The difference between two Mean score is highly significant at the level of 0.01 ($t = 3.42$, $df = 98$) that's means Hypothesis No. 6. 'There is no significant difference of Emotional instability and Emotional stability Trait between sport and non-sport students' has rejected.

Sports are an ever expanding avenue of human life. From earliest time to the modern age sport in its various forms has played a vital role in the life of mankind. Sports activities provide a means of emancipation from daily routine and pressures. In modern competitive world every sportsman is in race to excel better than others. Everyone desires to see himself/herself successful and for which personality plays a major role. Personality is the set of psychological traits and mechanisms within the individual that are organized and relatively enduring and that influence his or her interactions with and adaptation to the intra-psychic, physical and social environments.

Conclusions:

1. There is significant difference of Activity-Passivity Trait between sport and Non-sport students.
2. There is significant difference of Enthusiastic and Non-Enthusiastic Trait between sport and Non-sport students.
3. There is significant difference of Assertive-Submissive Trait between sport and Non-sport students.
4. There is no significant difference of suspicious-Trusting Trait between sport and Non-sport students.
5. There is no significant difference of Depressive-Non-Depressive Trait between sport and Non-sport students.
6. There is significant difference of Emotional instability and Emotional stability Trait between sport and Non-sport students.

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