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Topography of personality traits among university students pursuing different interest

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Abstract

The purpose of the study was to know the personality differences among Sportspersons, Academic Students and Society Students. Total number of one hundred sixteen (n=116) participants volunteered from three different group i.e. Sportspersons, Academic Students and Society Students of Delhi university. The scores obtained through the Eysenck's Maudsley Personality Inventory acted as criterion measure of the study. ANOVA was applied for testing of hypothesis at .05 level of significance. In case of neuroticism, the findings reveal that there was insignificant difference among groups, whereas, extraversion study revealed a significant difference between Sportspersons & Academic Students and Sportspersons & Society Students but no difference was found between Academic Student & Society Students.

Keywords: personality, sports, academics, university

Introduction

A person man who has the personality trait of outgoing might be shy at first around new people. The woman who is typically confident, might exhibit fear or self-doubt when presented with a new stimulus. The key to understanding the difference is to think about how the person typically is (trait) and how the person has temporarily changed (state) in response to something. It is the deeply fixed, consistent, distinctive and characteristic patterns of our thoughts, feelings and behaviour that define a person's corn style of interacting with the physical social environment even the tendency to behave in a certain way under different circumstances and across time. Personality according to Baron (2009) ^[1] is an individual's unique and relatively stable patterns of behaviour, thoughts and emotion. Hollander (1971) ^[6] defined it as the sum total of an individual's characteristics which make him unique.

Youth at university level desire to acquire behaviour qualities like leadership through academic endeavour during their education year, same is the expectations from their parents, teachers, and society. A quest to answer 'is the behaviour learnable' have been addressed as attainable through practical, experiential education program (Extejt & Smith, 2009). A multitude of psychological benefit with exercise and sports participation and personality is one of the important aspects of consideration. Many investigators and educators have debated that important skills and qualities of personality developed through participation in sports that are not developed through the academic curriculum. It is argued that athletic participation relates positively to growth in interpersonal skills, peer relationships and leadership abilities (Astin, 1997; Rayan, 1989) and to students' personal and social well-being.

To study the psychology of athletes, researchers examine personality of athletes and non-athletes and also compare athletes personality among different sports. The finding of the studies reflected that athletes are more extraverted then non-athletes and non-athletes are more neurotic than athletes. Athlete's personality varies in contrast to different sports. (Kirkcaldy, 1982; Morgan, 1980; Singer, 1975) ^[7, 8, 11]. In another study, athletes and non athletes vary in many personality traits but it a matter of further study that those differeces helps to elevate sports performance or have negative impact. Schurr, Ashley and Joy (1977) ^[10] observed that athletes participated in individual and team sports are more objective and independent and have lower level of anxiety than non-athletes. Hardman's (1973) ^[5] directs towards athletes being more intelligent than average. Additionally, Cooper (1969) ^[2] illustrated about athletes being more self-confident, competitive and socially outgoing than the non-athletes. Findings in sport psychology personality research addressing the personality traits related to athletes in comparison to the non athletes (Cox, 2002; Kirkcaldy, 1982; Morgan, 1980; Singer, 1975; Wann, 1997) ^[3, 7, 8, 11, 13].

lead to the purpose for a study to examine and compare the trait differences within the university youth who are into sports from those who are into academics and society programs.

Method

The purpose of the study was to see the difference among of Sportspersons, Academic Students and Society Students in regards to personality traits, to signify the population activity that may influence the personality of an individual. Total number of 116 (one hundred sixteen only) students were taken from the colleges of University of Delhi with mean age of 19.07 ± 1.17 years, undergraduate girls and boys. They were classified in three different groups namely sportspersons, Society students and academic students on

the basis of their participation and role in college activities. Sportspersons (n=43) were professional athletes doing their graduation from University of Delhi, Society Students (n=41) were undergraduates from Delhi University along with that they were involved in different Cultural & Literary Societies whereas Academic Students (n=32) were those people who were not involved in any co-curricular activity and took admission on academic merits. Eysenck’s Maudsley Personality Inventory (MPI) was used to assess Neuroticism stability and Introversi- extraversion dimensions of personality. To observe the difference among the groups one way ANOVA was demonstrated with Scheffe post hoc test for comparisons among the groups.

Results and Analysis

Table 1: Descriptive Analysis of Sportspersons, Academic Students and Society Students in Relation with Neuroticism and Extraversion

		MMean	SStd. Deviation	Variance	Skewness		Kurtosis		95% Confidence Interval for Mean	
					Statistic	Std. Error	Statistic	Std. Error	Lower Bound	Upper Bound
Extraversion	Sports persons	30.56	5.306	28.157	-0.089	0.361	-0.439	0.709	28.93	32.19
	Academic Students	26	5.853	34.256	-0.153	.414	-0.912	0.809	23.89	28.11
	Society Students	26.08	6.055	36.667	0.544	0.369	1.197	0.724	24.17	27.99
Neuroticism	Sports persons	25.14	7.392	54.647	0.055	0.361	0.073	0.709	22.86	27.41
	Academic Students	26.34	7.804	60.901	-0.23	0.414	-0.878	0.809	25.41	31.58
	Society Students	29.2	8.609	74.114	-0.394	0.369	1.439	0.724	24.92	30.12

Table number 1, reveals the descriptive analysis of sportspersons, academic students and society students in relation with neuroticism and extraversion which aim to

summarize the data and to quantitatively describing the main features of data collection.

Table 2: One way ANOVA among Sportspersons, Academic Students and Society Students in regard to Extraversion

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	550.811	2	275.406	8.386	0
Within Groups	3711.189	113	32.842		
Total	4262	115			

Table number 2 represent that there is a significant difference among the groups at .05 level of significance in regard to extraversion personality trait.

Table number four reveals that there was no significant difference found among the groups at .05 level of significance in regard to neuroticism personality trait.

Table 3: Scheffe post hoc comparison among Sportspersons, Academic Students and Society Students in regard to Extraversion

I	J	Mean Difference (I-J)	Std. Error	Sig.
Sportspersons	Academic Students	4.555*	1.338	0.004
Sportspersons	Society Students	4.477*	1.251	0.002
Academic Student	Society Students	-0.077	1.352	0.998

Table number 3 reveals that there is a significant difference between Sportspersons and Academic Students; Sportspersons and Society Students but no difference was found between Academic Student and Society Students in regard to extraversion personality trait.

Table 4: One way ANOVA among Sportspersons, Academic Students and Society Students in regard to Neuroticism

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	229.954	2	114.977	1.785	0.172
Within Groups	7277.517	113	64.403		
Total	7507.471	115			

Discussion and Conclusion

The purpose of the present study was to compare extraversion and neuroticism personality traits among students participating in sports, academics and cultural arenas. It was found that there were significant difference among three groups in regards to extraversion and neuroticism at .05 level of significance. It is also examine that Sportspersons have more score than academic and cultural students in extra version trait of personality which support the literature. Noted observation of the study was society students have more neuroticism trait of personality than sportsperson and academic students, where sports person are lowest mean score in compare to other two groups. We have taken cultural group of students in consideration to their involvement of group activities, large number of sample may affect the finding of present study.

It is evident that high extraversion and low neuroticism in athletes found in prior to university career. It denoted that these factors might be inherent to participate in sports but it should not be assumed these factors have any link with performance in sports. The ‘iceberg’ profile (Morgan, 1980; Newcombe & Boyle, 1995) [8, 9] also observed elite athletes were less tense and more vigorous than average athletes. As

per the advocacy of Vealey (1992) ^[12] future research on personality in the field of sports should be drawn to test theories and explanations. It is observed that samples size of the study should be greater.

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