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Dr. Parmod Kumar Sethi
Assistant Professor,
Department of Physical
Education & Sports, PGDAV
College (E), University of
Delhi, Delhi, India

Dr. Vineet Mehta
Director Physical Education,
Shri Ram College of
Commerce, University of
Delhi, India

Corresponding Author:
Dr. Parmod Kumar Sethi
Assistant Professor,
Department of Physical
Education & Sports, PGDAV
College (E), University of
Delhi, Delhi, India

Topography of personality traits among university students pursuing different interest

Dr. Parmod Kumar Sethi and Dr. Vineet Mehta

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 understand the psychology of athletes, researchers have asked whether they differ in personality from non-athletes and whether athletes vary among different sports. One of the few consistent findings directs towards athletes being more extraverted and less neurotic than non-athletes (Kirkcaldy, 1982; Morgan, 1980; Singer, 1975) ^[7, 8, 11]. Athletes differ from nonathletic on many personality traits, is often a matter of conjecture whether these differences favour the athletes or the non-athletes. Schurr, Ashley and Joy (1977) ^[10] revealed athletes who participate in team & individual sports are more independent, more objective & less anxious 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 Introversion- 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 main purpose of the present study was to examine extraversion and neuroticism among students participating sports, academics and cultural arenas. It is evident that extraversion is elevated and neuroticism is lowered in athletes and that these differences exist in the participants prior to their university careers. It implies that personality might be a factor in the ability to participate in sports. However, it would be premature to choose athletes on the basis of these traits, because research would have to demonstrate a link between them and actual performance. Notably, elite athletes have been found to be less tense and more vigorous than average athletes – the “iceberg” profile (Morgan, 1980; Newcombe & Boyle, 1995) [8, 9]. It suggests that elite athletes might be less neurotic and more extraverted than average athletes. As per the advocacy of Vealey (1992) [12], future research on personality in sport should also be designed to test theories that offer explanations for differences between athletes and non-athletes and among athletes in various sports. In addition, it is recommended that the practice of matching non-athletes

with athletes on variables that are likely to be related to the traits being examined. Finally, sample sizes should be greater than in the present research, athlete groups should be formed without potentially confounding variables, non-athletes should be genuine non-participants, and demand characteristics should be minimized.

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