



A COMPARISON ON PERSONALITY TRAITS AND SELF CONCEPT AMONG ATHLETES AND NON ATHLETES

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ABSTRACT

The main purpose of the study was to identify the difference among personality traits and self concept between male athletes and non male athletes of Allahabad District. The present study was conducted on 100 male athletes and non male athletes to assess the selected psychological variables personality traits and self concept. To assess the personality traits and self concept **Eysenck's** and **Swatah Bodh Parikshan** made by G.P. Sherry, R.P. Verma and P.K. Goswami standardized questionnaire were used. The collected data were analyzed using 't' test statistical technique at 0.05 level of significance. The study clearly indicated that there is a significant difference in personality traits and self concept between male athletes and non male athletes of Allahabad District. In neuroticism, extroversion and self concept male athletes are better than non male athletes in all the selected psychological variables.

KEY WORDS: Personality Traits and Self Concept.

INTRODUCTION

Psychology is the scientific study of mind and behavior including phenomena of consciousness and unconsciousness, as well as feeling and thinking. It's a science we are studying about human behavior in. Everything we are in some ways the same. We all partake of the same human essence. We do have our bodies, minds and human emotions. And yet in many ways we are always unique and peculiar. Psychology is the empirical study of human actions and mind: how, internally and in groups, we think, feel, behave and communicate. Sports Psychology is a science in which we study about sports person by observing, measuring and testing, and then arriving at conclusions that are rooted in sound scientific methodology. Sports in the present day world have become extremely competitive. Sports psychology training is that enhances performance on the court and field. Winning is one of the main objective in sports but winning requires consistent performance at a high level. Mental proficiency helps ensure this consistency, guarding against fluctuations in performance. The study was hypothesized that there would be no significant difference in Psychological variables among athletes and non athletes.

RESEARCH METHODOLOGY

The present study was conducted on 100 male athletes and non male athletes of Allahabad District to assess the selected psychological variables personality traits and self concept. To assess the personality traits and self concept **Eysenck's** and **Swatah Bodh Parikshan** made by G.P. Sherry, R.P. Verma and P.K. Goswami standardized questionnaire were used respectively. The collected data were analyzed using 't' test statistical technique at 0.05 level of significance.

RESULTS AND DISCUSSIONS

Table 1
Comparison of Athletes And Non Athletes

Variables	Athletes		Non Athletes		‘t’ Value
	Mean	Standard deviation	Mean	Standard deviation	
Extroversion	14.20	3.16	12.12	2.52	2.184*
Neuroticism	15.76	3.45	13.78	3.00	2.211*
Self – Concept	63.73	5.88	55.82	4.32	2.386*

*Significance at 0.05 level

It is evident from the table 1 that there is a significant difference between two groups. In Extroversion, male athletes mean value is 14.20 with standard deviation is 3.16 and non – male athletes mean value is 12.12 with standard deviation is 2.52 and the ‘t’ value is 2.184. In Neuroticism, the male athletes mean value is 15.76 with standard deviation is 3.45 and non – male athletes mean value is 13.78 with standard deviation is 3.00 and ‘t’ value is 2.211. In Self Concept, male athletes mean value is 63.73 with standard deviation is 5.88 and non male athletes mean value is 55.82 with standard deviation is 4.32 and ‘t’ value is 2.386. The mean differences are found in all the groups and calculated values are greater than the tabulated value i.e. 2.05. This shows that male athletes are better than the non male athletes in all the selected psychological variables. The graphical descriptive representation of Psychological Variables of Athletes and non Athletes of Allahabad district is presented in figure 1.

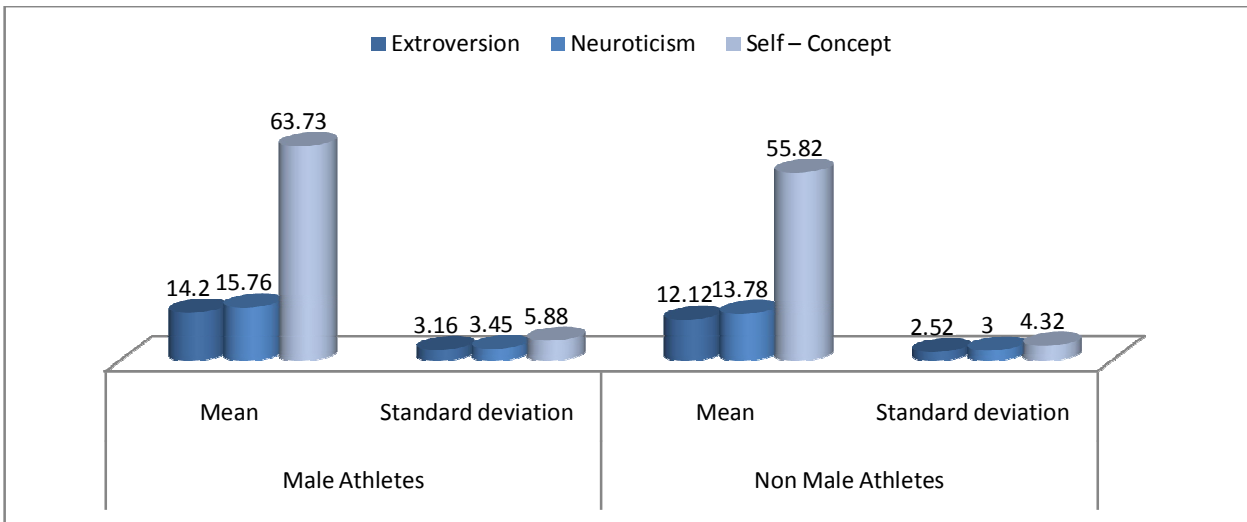


Fig. 1 Descriptive Representation of Psychological Variables of Athletes and non Athletes

CONCLUSIONS

We can conclude from the above analysis that there is a significant difference in Psychological variables between male athletes and non male athletes. This shows that male athletes are better than the non male athletes in all the selected psychological variables. On the basis of this the hypothesis stated earlier that there would be no significant difference in Psychological variables among athletes and non athletes was rejected.

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