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## A COMPARATIVE STUDY OF PERSONALITY TRAITS OF MALE SPORTS PERSON AND NON SPORTS PERSON AT MANAV RACHNA UNIVERSITY

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**Abstract:**-A lot of sports officials, coaches, team managers, and athletes talk about the benefits and significance of sports psychology but rarely include it in their training regimen, the researcher initiated this work to assess and compare the personality Traits between the male sports and non sports person at Manav Rachna University. The descriptive research design was used to gather data about the personality Traits of male sports and non-sports person. Respondents were composed of 56 (28 Sports Person & 28 Non-sports person) males selected randomly from Daulat Ram College, University of Manav Rachna, with age ranging from 17-21 years, the selected category of sportsperson were having minimum intercollegiate level participation in their respective sport. The instrument used was the Manchester personality questionnaire (MPQ), a 90-item standardized questionnaire which measures 14 attributes of personality. The collected data was analyzed by employing descriptive statistics i.e. Mean and standard deviation followed by Independent sample 't' test, the sports person are ranging between average category to High category (i.e. 5-7), whereas the non-sports persons ranges between Low to High Average category (i.e. 3-6) for the selected sub-scales of the personality, whereas for the Big-5 factors the sports person are ranging between average category to High average category (i.e. 5-6), whereas the non-sports persons ranges between Low average to Average category (i.e. 4-5) for the selected sub-scales of the personality, a significant difference had been found as the value was found to be 4.517, which was significant at 0.05 level.

**Keywords:** Personality

### INTRODUCTION

Sport psychology has long been making its impact in the field of sports for many years. Many teams around the world have been utilizing mental techniques in the improvement of athletic performance. One of the facets of the field is the determination of future performance through the possibility that elite athletes possess personality Traits that make them successful in their particular sport. Sport psychology as a branch of psychology is largely practiced in the academe rather than in its application for the improvement of athletic performance and for the well-being of athletes. A lot of sports officials, coaches, team managers, and athletes talk about the benefits and significance of sports psychology but rarely include it in their training regimen (Anshel, 1997).

Personality Traits are traits possessed by individuals and are commonly regarded as "properties of persons that dispose them to react in certain ways in given classes of situations". These traits may define an individual's future reactions to situations as an athlete's personality predicts how he or she will perform in future situations. The assessment of such personality Traits as samples of behaviors could be measured through the use of standardized psychological tools (Ibid, 1997).

Sports psychologists have long been attributing successful athletic performance to their personality Traits. Versari (2004) and Auweele et al. (1993) have concluded that there is a positive relationship between personality and

some aspect of athletic performance. It was also thought that a person's answers on a questionnaire could be used to predict successful performance. Coaches were at first ecstatic about the possibility of selecting their players based on the ability of a psychological inventory to predict success (Van Dee Y, 1993)

Personality is not entirely under the influence of heredity or physiological variables. According to the definition of Allport, personality is "the dynamic organization within the individual of those psychophysical systems that determine their unique adjustments to the environment"; that is, personality is a composite of mind and body that work in harmony as a single unit. There are countless numbers of genetic compositions within the body which are unique (except for monozygotic twins). These different compositions along with personal experiences and environmental factors will lead to generation of thousands of unique compositions that are distinct from others. That is why many approaches to personality have been introduced, including cognitive, behavioral, psychoanalytic, life-span, and social learning approaches (Jarvis, 1999).

Since the decade of 1970, many studies comparing athletes and non-athletes were performed. This type of psychological Traits comparison between athletes and non-athletes including athletes from team and individual sports has always been emphasized in these studies. However, Weinberg and Gould and Saint-Phard et al, indicate that researches involving these populations are still incomplete and inconclusive and what distinguishes athletes from non-athletes is not a single profile, once the differences between groups are not consistent. This characteristic seems to be constant in personality studies, demonstrating that this area is still an open field full of questions to be explored (Phard, 1999).

### Objectives and Hypothesis

Based on the literature available and as per the need of the present study following objectives were framed:

- ❖ To assess the personality Traits of the male sports person at Manav Rachna University
- ❖ To assess the personality Traits of the male Non-sports person at Manav Rachna University
- ❖ To compare the personality Traits between the male sports and non sports person at Manav Rachna University.
- ❖ Based on the objectives following hypothesis were framed for the study:
- ❖ There would be a significant difference in the personality Traits of male sports and non sports person at Manav Rachna University.

### Procedure and Methodology

The descriptive research design was used to gather data about the personality Traits of male sports and non-sports person. Respondents were composed of 56 (28 Sports Person & 28 Non-sports person) males selected randomly from Daulat Ram College, University of Manav Rachna, with age ranging from 17-21 years, the selected category of sportsperson were having minimum intercollegiate level participation in their respective sport. The instrument used was the Manchester personality questionnaire (MPQ), a 90-item standardized questionnaire which measures 14 attributes of personality. The collected data was analyzed by employing descriptive statistics i.e. Mean and standard deviation followed by Independent sample 't' test

### Results and Discussions

**Table No. 1: Sten scores of the Personality Traits of Sports and Non Sports Persons**

Personality Trait	Sports Person (Sten Score)	Non-Sports Person (Sten Score)
Originality	H (7)	LA (4)
Rule Consciousness	HA (6)	L (3)
Openness to Change	HA (6)	A (5)
Assertiveness	HA (6)	A (5)
Social Confidence	A (5)	A (5)
Empathy	A (5)	A (5)
Communicativeness	H (7)	LA (4)
Independence	H (7)	LA (4)
Rationality	HA (6)	L (3)
Competitiveness	A (5)	LA (4)
Conscientiousness	A (5)	A (5)
Perfectionism	HA (6)	A (5)
Decisiveness	H (7)	HA (6)
Apprehension	HA (6)	LA (4)

**H-High, HA-High Average, A-Average, LA-Low Average, L-Low**

Table No. 1 clearly depicts the Sten scores of the Personality Traits of Sports and Non Sports Persons, which shows that the sports person are ranging between average category to High category (i.e. 5-7), whereas the non-sports persons ranges between Low to High Average category (i.e. 3-6) for the selected sub-scales of the personality.

**Table No. 2: Profile of respondents on the big five factors**

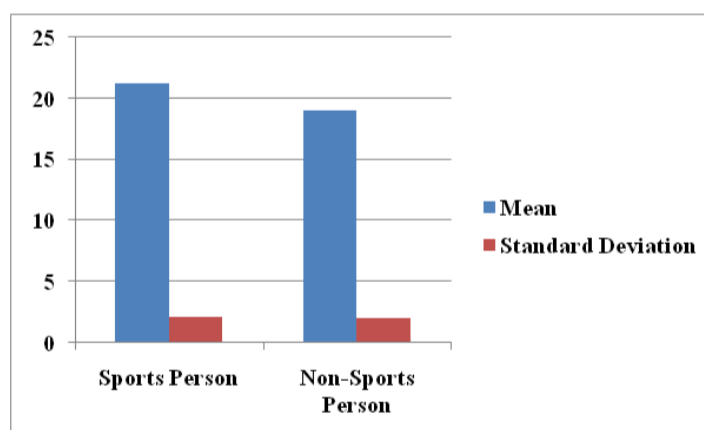
Big five factors	Sports Person (Sten Score)	Non-Sports Person (Sten Score)
Creativity	A (5)	LA (4)
Agreeableness	HA (6)	A (5)
Achievement	HA (6)	A (5)
Extroversion	HA (6)	A (5)
Resilience	A (5)	LA (4)

Table No. 2 clearly depicts the Sten scores of the Profile of respondents on the big five factors of male Sports and Non Sports Persons, which shows that the sports person are ranging between average category to High average category (i.e. 5-6), whereas the non-sports persons ranges between Low average to Average category (i.e. 4-5) for the selected sub-scales of the personality.

**Table No. 3: Test of significance between the male sports and non sports person for personality**

Group	Sports Person	Non-Sports Person	t	p-value
Mean	21.24	19.04	4.517**	0.004
Standard Deviation	2.13	2.01		

Table No. 3 clearly depicts the values for independent sample 't' test between the sports and non-sports person for personality, which shows that a significant difference had been found as the value is found to be 4.517, which is significant at 0.05 level. The graphical representation of the descriptive analysis has been shown in fig no. 1



**Fig No. 1: Graphical representation of the descriptive analysis of the personality variable for sports and non-sports person**

### Discussions

High scores in communicativeness indicate expressiveness, more open and talkative. The sport people are more confident expressing their feelings. In competition, they have the ability to be more at ease playing in the presence of a crowd. High scores in competitiveness indicate commitment to career, have a strong need to achieve and work hard to achieve their goals. Sport person set themselves challenges; they play to win and need to feel they

are accomplishing something. High scores in conscientiousness indicate perseverance and a strong sense of duty and responsibility and tend to be somewhat conservative and traditional. They see the value in rules and traditions and respect people in authority. Sports person need a persevering attitude to be the best. Respect for their coach, rules of the game, and sportsmanship are more than important elements in competition and training. High scores in perfectionism point to a quality driven and detail-oriented personality. Individuals with this trait have high standards for their tasks, they tend to be perfectionists and work harder than the average person. This is an important attribute of the players. They need hours and hours of practice to perfect their strokes and other technical aspects of the game. Competition is a test of skills between players; perfect skills make a player win against a mediocre opponent. High scores in the apprehension scale show sensitivity to people's approval and worry about what others think of them.

High scores in achievement indicate a quality driven goal, wanting to achieve a high level of performance, committed and conscientious. Players are driven to achieve the best in their sport and are persevering to get to the top. High scores in extroversion show communicative, outgoing, sociable, and spontaneous individuals. Players feel comfortable dealing with other people. In competition, there is always a crowd which becomes a factor that affects the performance of a player. Participation in sports presupposes a great importance of the players' communicative ability and contact-making ability of the athlete within the same team. These all findings are probably the reason for the difference in the personality of the sports and non sports person.

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