



## ANALYSIS OF GENDER DIFFERENCES ON PERSONALITY TRAITS OF MALE AND FEMALE TAEKWONDO PLAYERS OF SEHORE DISTRICT (M.P.)

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### ABSTRACT

The aim of the study was to find out the gender difference in Personality traits of male and female taekwondo Players. with regard to neuroticism and extroversion. For this purpose, 25 male and 25 female taekwondo Players were selected as a subject.

The Eysenck Personality Inventory (E.P.I.) was used to measure extroversion and neuroticism of taekwondo Players, t-ratios has been used to compare the significantly gender difference between male and female taekwondo Players of Sehore district. (M.P.) While analyzing the differences of personality characteristics of male and female taekwondo Players, gender differences on neuroticism was found between male and female taekwondo players ( $t=4.36, P<.01$ ), where the male taekwondo plyers was found to have less score on neuroticism. So, far extroversion was concerned, significant gender difference was found to the male and female Inter university taekwondo players ( $t=2.87, P<.01$ ), male taekwondo Players has lower extroversion. Hence, female taekwondo Players was more extrovert.



**KEYWORDS:** Neuroticism, Extroversion, Gender.

### INTRODUCTION

Taekwondo is a dynamic and popular martial art originating from Korea, characterized by its emphasis on high, fast kicks and jumping techniques. It combines self-defence, sport, and physical fitness, making it accessible to people of all ages.

Practicing taekwondo not only enhances physical strength and flexibility but also promotes discipline, respect, and mental focus. With various styles and schools, practitioners can engage in sparring, forms (poomsae), and breaking techniques, making it a well-rounded martial art suitable for self-defence and competition.

Sports performance has been found to be related to some personality variables. Extroversion and neuroticism are among the variables which influence by sports performance with addition to many other personality variables. Neuroticism is a minor mental disorder, characterized by inner struggles and discordant social relationship. According to Eysenck "Neuroticism refer to emotionality, initiated by the inherited differences in liability and excitability of autonomic nervous system.

The extroversion is a personality traits. The extrovert person's orientation is towards the external world. He deals people intelligently in social situation. He is conventional, outgoing, social, friendly and face from worries. In Eysenck's term, extroversion for central excitatory/inhibitory level and sociability: Majority of the investigator have indicated that male Taekwondo Plyers differ from female Taekwondo Plyers on a number of personality traits and several investigator have tried to find personality differences between male and female Taekwondo Plyers, but not many studies have been

made about personality characteristics of male and female with regards to neuroticism and extroversion, So the attempt has been made to conduct the study regarding neuroticism and extroversion of Taekwondo Plyers.

**Statement of the problem**

A Comparative Analysis on personality traits of male and female Taekwondo Plyers.

**The hypotheses of the present study**

- 1-There would be no gender differences in the neuroticism of the Taekwondo Plyers
- 2-There would be no gender differences in extroversion of Taekwondo Plyers.

**Objective of the study**

To find out the gender differences in personality traits of the male and female Taekwondo Plyers with respect to neuroticism and extraversion

**Methodology**

In this section, Selection of subject, administration of the test, and statistical analysis procedure have been described.

**Selection of Subjects**

Total 25 male and 25 female Taekwondo Plyers of Sehore District were randomly selected as a subjects for this study.

**Administration of the test**

EYSENCK'S Personality Inventory (E.P.I.) were distributed to the males and females Taekwondo Plyers before filling the EPI, instruction were given by the investigator to the players.

**Statistical analysis**

t-ratio was computed to compare the significant differences between male and female Taekwondo Plyers. All the analysis were used based on standard statistical packages.

**Results**

The results of the present study in statistical form are presented in Table I and II

**TABLE-I Mean scores, Standard Deviations and t-ratio of Neuroticism for Male and Female Taekwondo Plyers of Sehore District**

S. N.	Taekwondo Plyers	No.	Mean	S.D.	T-ratio
1.	Male	25	11.02	4.86	4.36*
2.	Female	25	13.37	3.36	

\*Significant at .01 Level

As Table-1 shows a significant gender difference was found out in the neuroticism of the Taekwondo Plyers . (t-4.36,P<01), the female having more neurotic as compared to males, which means that the male Taekwondo Plyers are having less neurotic tendency than female Taekwondo Plyers. Hence the results have failed to reject the first null hypothesis.

**TABLE-II Mean scores, Standard Deviations and t-ratio of Extraversion for Male and Female Male and Female Taekwondo Plyers of Sehore District.**

S. N.	Taekwondo Plyers	No.	Mean	S.D.	T-ratio
1.	Male	25	16.57	2.53	2.87*
2.	Female	25	17.86	2.63	

\*Significant at .01 Level

As Table-II shows a significant gender difference was found out in the extraversion of the Taekwondo Plyers. ( $t=2.87, P<.01$ ), the female having more extrovert as compared to males, which means that the male Taekwondo Plyers less extrovert than female Taekwondo Plyers. Hence the results have failed to reject the second null hypothesis of the study. These differences is probably due to emotional biological and social differences between the male and female Taekwondo Plyers.

### CONCLUSIONS

1. There are significant gender differences in neuroticism of Taekwondo Plyers , the males having less neurotic tendency than the females.
2. There are significant gender differences in extraversion of Taekwondo Plyers. The males are found to be less extrovert than the females.

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