

A COMPARATIVE STUDY OF PERSONALITY BETWEEN SPORTSPERSONS AND NON- SPORTSPERSONS

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Abstract:

Personality is the set of psychological traits and mechanisms within the individual that are organized and relatively enduring and that influence his or her interactions with, and adaptation to, the intra-psychic, physical, and social environments. The present study was to compare the psychological variable upon personality of 100 sportspersons and 100 non-sportspersons. Data were randomly collected from students of Veterinary College and Research Institute (VCRI), Namakkal using multi dimensional assessment of personality Questionnaires. The collected data was analyzed by the correlation method in order to compare the selected personality dimensions among sportspersons and non-sportspersons. Analysis of data showed a significant difference with respect to personality dimension between sportspersons and non-sportspersons.

KEYWORDS:

Personality, multi-dimension, sportsperson, non-sportsperson,

INTRODUCTION

Sport is an ever expanding avenue of human life. From earliest time to the modern age sport in its various forms has played a vital role in the life of man kind. Sport activities provide a means of emancipation from daily routine and pressures. In modern competitive world every sportsman is in race to excel better than others. Everyone desires to see himself/herself successful and for which personality plays a major role.

Personality plays an important role in goal setting and the types of goals people set. In the previous research considered the effects of the different type of sport on the experience of social physique anxiety and body dissatisfaction (Petrie, 1996; Hausenblas and Mack, 1999; Crocker et al. 2000; Haase and Prapavessis, 2001). Wiggins (1996) said that the personality is nothing but the characterization of individual differences. It is a well-known fact, and often cliché that 'everyone is different', but it is true. The fact that everyone is different is extremely important when it comes to sport and coaching. As a coach it is essential that every sportsperson must understand the personality of the game in order to optimise the transmission of the message and their subsequent performance; as an athlete it is important that sportsperson must also understand the significance of personality and its potential effect on performance.

Davis and Scott-Robertson (2000) explained by the personality fact that while male and female groups scored high, the bodybuilders try to compensate their alleged intra-personal vulnerability – which according to the research motivated them to take on bodybuilding in the first place – with size and by taking on the appearance of high self-esteem. Krane et al., (2001) identified women competitive athletes' uniforms may increase the perception of her body being evaluated, the more body shape that is discernible in one's uniform, the increased ability for her body to be judged by coaches/fitness leaders, other athletes/participants and spectators.

Roccas et al. (2002) suggested that the coaches must appreciate the personality of a player, as their

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personality traits may result in behaviour which is unexplainable by the player themselves. Maurício et al. (2005) compared the personality profiles between Brazilian high-level athletes and non-athletes through psychological characteristics, verifying similarities and differences between them. Ozer and Benet-Martinez (2006), highlighted the higher in extraversion and conscientiousness factors with a more positive personality are likely to live longer.

Findlay and Bowker (2009) found that level of athleticism was positively related to physical competence and appearance self-concept as well as to global physical and general self-esteem. They also found that the sport orientation moderated the relation between athleticism and general self-esteem; non-athletes who had a greater win orientation or lower competitive orientation were also lower in self-esteem. They concluded that the fit between level of competition and self-concept may depend on individual characteristics such as his/her sport orientation. Ashton et al. (2010) introduced another personality construct the Status-Driven Risk Taking which might be considered socially aversive. Personality has been noted that goal setting and personality are closely linked, with goals likely to be set in order to compensate for or complement an individual's personality (Salmela-Aro et al., 2012; Reisz et al., 2013).

The objective of this study is to study the selected personality variables of the VCRI students, to motivate the students to engage in various sports and to find out the differences of personality between the sportspersons and non-sportspersons of students.

The hypotheses of this study are as follows:

H₁: The female sportspersons will have better personality than the female non-sportsperson.

H₂: The male sportspersons will have better personality than the male non-sportspersons.

H₃: The sportspersons (both male and female) will have better personality than the non- sportspersons.

MATERIALS AND METHODS

For this research one hundred sportspersons and one hundred non-sportspersons age ranging from 18 to 22 years of VCRI during the academic year period of 2012-2013 were randomly selected as subjects for the study. To conduct this descriptive study the survey method was used. With the help of standardized questionnaire of Sanjay Vohra (1990), consisting of 147 questions related to psychological variables (personality) of students was circulated to the selected 200 subjects. The researcher received 200 questionnaire duly filled by the subjects.

Analysis of Data

The tables of 1, 2 and 3 presented the comparison of mean between the personality of the sportspersons personality and non-sportspersons of both female and male students.

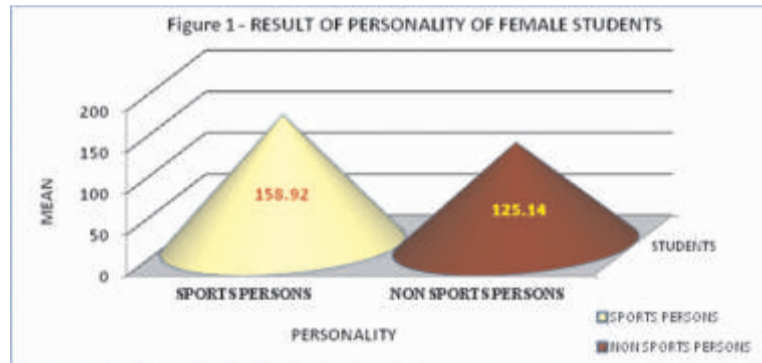
Table 1 - Correlations between the personality of VCRI female sportspersons and non- sportspersons

Female	Mean	Standard Deviation	N	DF	Correlation t-value
Sportsperson- Personality	158.92	14.08	50	1	0.115*
Non-Sportsperson- Personality	125.14	12.68	50		

*Significance at 0.05 levels.

From the table 1, result of comparison between the personality of VCRI female sportspersons and non-sportspersons, it is revealed that the mean value of personality of VCRI female sportspersons is 158.92 which is higher than the mean value of personality of VCRI female non-sportspersons which is 125.14. The correlation t value is 0.115 at 0.05 level of significance. The same is presented in the figure 1.

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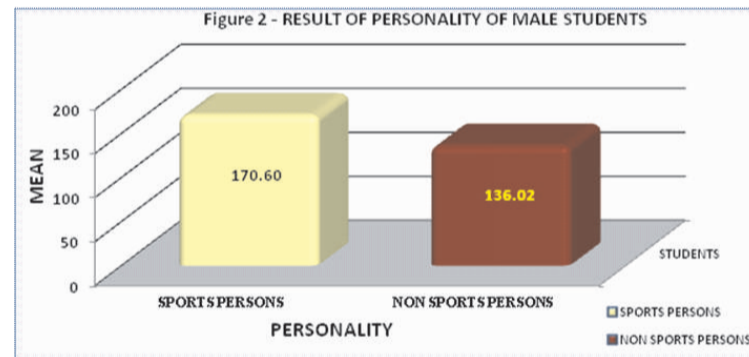
Hence the hypothesis i.e. female sportspersons will have better personality than the female non-sportspersons have been accepted.

Table 2 - Correlations between the personality of VCRI male sportspersons and non-sportspersons

Male	Mean	Standard Deviation	N	DF	Correlation t-value
Sportsperson- Personality	170.60	13.52	50	1	0.297*
Non-Sportsperson- Personality	136.02	12.37	50		

*Significance at 0.05 levels.

From the table 2, result of comparison between the personality of VCRI male sportspersons and non- sportspersons, it is revealed that the mean value of personality of VCRI male sportspersons is 170.60 which is higher than the mean value of personality of VCRI male non-sportspersons which is 136.02. The correlation t value is 0.297 at 0.05 level of significance. The same is presented in the figure 2.



Hence the hypothesis i.e., male sportspersons will have better personality than the male non-sportspersons have been accepted.

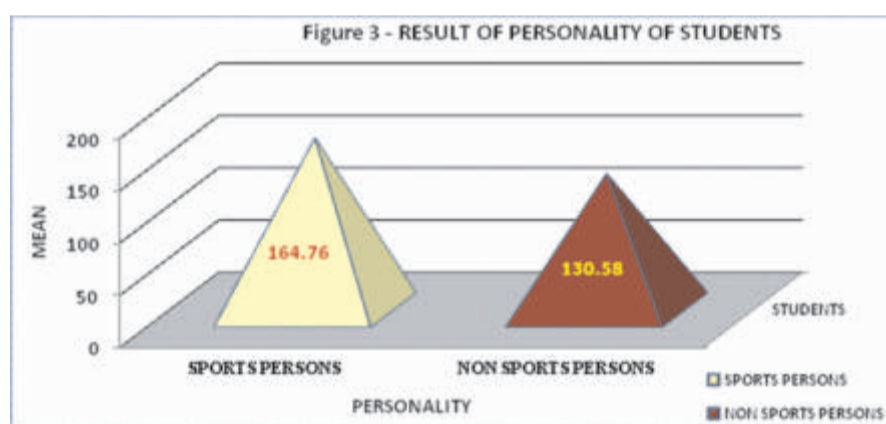
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Table 3 - Correlations between sportspersons personality and non-sportspersons personality of VCRI male and female students

Students	Mean	Standard. Deviation	N	DF	Correlation t-value
Sportsperson-personality	164.76	14.93	100	1	0.987*
Non-Sportsperson-Personality	130.58	13.61	100		

*Significance at 0.05 levels.

From the table 3, result of comparison of both male and female personality between sportspersons and non-sportspersons of VCRI students, it is revealed that the mean value of personality of VCRI sportspersons is 164.76 which is higher than the mean value of personality of VCRI non-sportspersons which is 130.58. The correlation t value is 0.987 at 0.05 level of significance. The same is presented in the Figure 3.



Hence the hypothesis i.e. sportspersons will have better personality than non-sportspersons of VCRI have been accepted.

CONCLUSION

In conclusion, the findings of the present study contribute to the limitations of the following can be drawn:

- The result indicated that the female sportspersons have a better personality than the non-sportspersons.
- The result indicated that the male sportspersons have a better personality than the non-sportspersons.
- The result indicated that the sportspersons have a better personality than the non-sportspersons of VCRI both male and female students.

Based on the findings reported here, personality itself can influence many aspects of sport performance and behaviour, some of which may well be out of the sportspersons cognitive control. It is important to understand personality if dealing with sportspersons to promote the best coping strategies and goals to assist in improving their performance.

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