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## To Compare the Personality Characteristics between Teacher Trainees of Physical Education and Education

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### Abstract

The purpose of the study was “To Compare the Personality Characteristics between Teacher Trainees of Physical Education and Education” with the objective to compare the personality traits among teacher trainees of physical education and personality traits among teacher trainees of education. For the purpose of this study 240 subjects was selected randomly. These selected subjects was 120 teacher trainees of physical education and 120 from education. Further, both categories consist of 60 male and 60 females from University of Delhi and Banaras Hindu University. The data were collected from the selected subjects after administration of questionnaire (Big five inventory) comparing personality characteristics namely openness, conscientiousness, extraversion, agreeableness and neuroticism. After the study the tester found that the mean and standard deviation values of Extraversion, Agreeableness, Conscientiousness, Neuroticism, Openness and overall Personality of teacher trainees of Physical Education and Education. The mean  $\pm$  standard Deviation values of teacher trainees of physical education for Extraversion, Agreeableness, Conscientiousness, Neuroticism, Openness and overall personality were  $27.05 \pm 3.92$ ,  $32.5 \pm 4.58$ ,  $33.09 \pm 5.4$ ,  $22.53 \pm 4.19$ ,  $35.73 \pm 5.58$  and  $150.9 \pm 13.87$  respectively. The mean  $\pm$  standard Deviation values of teacher trainees of education for Extraversion, Agreeableness, Conscientiousness, Neuroticism, Openness and overall personality were  $27.92 \pm 4.57$ ,  $33.91 \pm 3.96$ ,  $33.5 \pm 4.98$ ,  $21.91 \pm 5.13$ ,  $36.70 \pm 4.4$  and  $153.94 \pm 10.45$  respectively.

The result we found that there was significant difference between Physical Education and Education teacher trainees for Agreeableness. Education teacher trainees have higher mean value in comparison of Physical Education teacher trainees. There was insignificant difference between Physical Education and Education teacher trainees for Extraversion, Conscientiousness, Neuroticism, Openness and Overall Personality.

**Keywords:** Extraversion, Agreeableness, Conscientiousness and Neuroticism.

### 1. Introduction

Sport psychology has emerged as a field with a personality including dimensions of neuroticism, research tradition that provides a foundation for direct extraversion, openness, agreeableness and application with athletes. As the role played by conscientiousness, two that have supported both psychological factors in the performance and over well- theoretical and empirical by a large number of researches being of athletes has become better understood, in the last decades.

The ultimate purpose of education in a society is the perpetuation of that society's social and cultural heritage. This is low through the education individual. Each new generation is born into society with a biological inheritance but without the benefit of inheriting its culture genetically. This simply means that while biological traits are passed on the off spring through the genes, cultural traits are not. Man only inherits a sufficiency to take on cultural traits. The culture of mankind must be learned by each separate individual and everyone, culturally speaking, must start from scratch at birth education thus become society's primary means of enculturation. If this purpose is achieved even in part, it becomes incumbent on those who have been educated to live more effectively not only within their society but also within themselves.

Sport Psychology is an interdisciplinary science that draws from the fields of kinesiology and psychology. It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors. In addition to instruction and training of psychological skills for performance improvement, applied sport

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psychology may include work with athletes, coaches, and parents regarding injury, rehabilitation, communication, team building, and career transitions.

One particular set of global dimensions used to examine personality is known as the Big Five personality traits. Lounsbury and Gibson (2009, p. 5) define the Big Five traits as:

**Extraversion**-Tendency to be sociable, outgoing, expressive, talkative, gregarious, warmhearted, congenial, and affinitive; attentive to and energized by other people and social/interpersonal cues in the workplace.

**Neuroticism- (Emotional Stability)** —this trait is the inverse of what others term Neuroticism; it reflects overall level of adjustment, resilience, and emotional stability; indicative of ability to function effectively under conditions or job pressure and stress.

**Agreeableness**-Disposition to be pleasant, amiable, equable, and cooperative; inclined to work harmoniously with others; will avoid disagreements, arguments, conflict in interactions with other people.

**Conscientiousness**-Being reliable, dependable, trustworthy, and rule-following; strives to honor commitments and do what one says one will do in a manner others can count on. In addition to this measure of Conscientiousness, we have two other related forms of Conscientiousness-one that includes orderliness, rule-following behavior, and preference for structure; while one other measure of Conscientiousness does

not include orderliness and the other does not include rule-following behavior.

**Openness**-Prone to seek out and engage in new: ideas, procedures, techniques, and experiences; inclined toward organization innovation, acquiring new knowledge, skills and abilities (KSA's) on the job, continuing education, professional development, travel, 7 cross-cultural activities, and temporary duty assignments.”

A more recent trend is to examine variation in personalities which are defined as consistent individual differences across a diversity of situations.

### Objectives of the Study

The following objectives have been set for the study:-

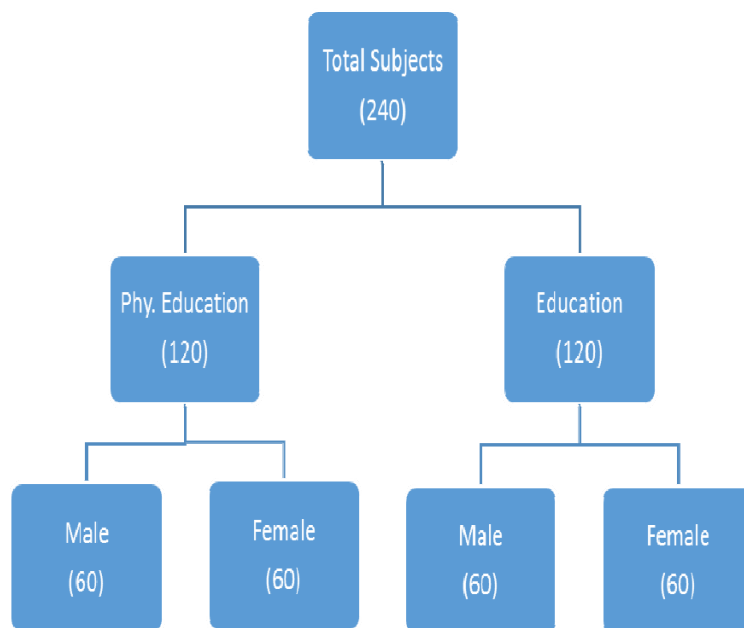
To assess the personality traits among teacher trainees of physical education and education.

To compare the personality traits between teacher trainees of physical education and education.

### Methodology

#### Selection of the Subjects

For the purpose of this study 240 subjects was selected randomly. These selected subjects was 120 Teacher trainees of physical education and 120 from education. Further, both categories consist of 60 male and 60 females. The illustration given below shown the selection of subjects in brief



### Selection of the Variables

After having a detailed discussion with the experts, advisor and a detailed literature search following psychological variable was selected for the purpose of the study:

#### 1. Personality

##### Tools and Techniques for Collection of Data

The data were collected from the selected subjects after administration of questionnaire (Big five inventory) assessing personality characteristics namely openness, conscientiousness, extraversion, agreeableness and neuroticism.

### Collection of the Data

The properly filled questionnaires of all the two variables

were received from the teacher trainees of Physical Education and Education with their personal details. The questionnaire consists of about (44) questions. With questionnaire consists of two pages questions number 1 to 12 is evaluated with the help of transparent scoring key. All the response which are visible from the key are given on marks similarly the second page was also evaluate.

After totaling the raw score on respective variables that is Openness, Conscientiousness, Extraversions, Agreeableness, & Neuroticism, the raw score will be converted in the standard score with the help of the norm table.

Since raw data do not indicate the individual standing, the raw data were converted into sten score with the help of the determine the individual position in a predefined position.

Finally on the basis of the score and sten score the data was analyzed.

### Statistical Technique

The data collected from the selected teacher trainees of physical education and education was analyzed by using descriptive statistics and independent t-Test used and statistical analysis done on SPSS. 16 and the following statistics was calculated on collected data of selected teacher trainees of Physical Education and Education:

Descriptive Statistics: To find out the average scores of a group and the deviation of scores within the group.

The level of significance chosen was 0.05.

### Findings of the Study

The data collected from subjects was analyzed by employing descriptive statistics. The calculation was performed using SPSS software and the findings pertaining to descriptive statistics.

**Table 1:** Descriptive Statistics of Teacher Trainees of Physical Education and Education for Big 5 Personality traits

Variables Name	Physical Education	Education
Extraversion	27.05±3.92	27.92±4.57
Agreeableness	32.5±4.58	33.91±3.96
Consciousness	33.09±5.4	33.5±4.98
Neuroticism	22.53±4.19	21.91±5.13
Openness	35.73±5.58	36.70±4.4
Overall Personality	150.9±13.87	153.94±10.45

Table No. 1, shows the mean and standard deviation values of Extraversion, Agreeableness, Consciousness, Neuroticism, Openness and overall Personality for teacher trainees of Physical Education and Education. The mean ± standard Deviation values of teacher trainees of physical education for Extraversion, Agreeableness, Consciousness, Neuroticism, Openness and overall personality were 27.05±3.92, 32.5±4.58, 33.09±5.4, 22.53±4.19, 35.73±5.58 and 150.9±13.87 respectively. The mean ± standard Deviation values of teacher trainees of education for Extraversion, Agreeableness, Consciousness, Neuroticism, Openness and overall personality were 27.92±4.57, 33.91±3.96, 33.5±4.98, 21.91±5.13, 36.70±4.4 and 153.94±10.45 respectively.

### Discussion on Findings

There was significant difference between Physical Education and Education teacher trainees for Agreeableness and Openness. Education teacher trainees have higher mean value in comparison of Physical Education teacher trainees. The probable reason for it could be that the education teacher trainees may be being exposed to such conditions during the training programme which are an essential elements required for a teacher.

Here was insignificant difference between Physical Education and Education teacher trainees for Extraversion, Consciousness, Neuroticism and Overall Personality. The probable reason for that could be the art of teaching requiring such traits are present in both the groups in sufficient amount which do not allow for any differentiation.

### Conclusion

In the light of the findings, it was concluded that the education teacher trainees may be being exposed to such conditions during the training programme which are an essential elements required for a teacher and the art of

teaching requiring such traits are present in both the groups in sufficient amount which do not allow for any differentiation.

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