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A comparative study of personality traits among college level sports men and non-sports men

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Abstract

The purpose of this study was to compare the personality traits of sports and non-sports men at college level. The present study was conducted on the 50 sports and 50 non-sports men of college level in Hoshairpur City (Punjab). On the basis of data available in the literature and with own experience as well as conversation with experts the following hypothesis was formulated what there would be significant difference in personality traits of sports and non-sports men at college level. The personality questionnaire developed by H. J Eysenck in national psychological corporation was selected for the collection of data. It was found to be most reliable and have been physical education and sports. For the analysis of data, collected by administering the questionnaire to all the subject's t- test was employed at 0.05 level of significant. The result of the study concluded that there was statistically significant difference in personality traits of the sports and non-sports men. It is clear that the mean personality traits between of sports men are significantly higher than the mean personality traits of the non-sports men.

Keywords: Personality, literature, hypothesis, analysis etc

Introduction

Personality is usually defined as the set of habitual behaviors, cognitions and emotional patterns that evolve from biological and environmental factors. While there is no generally agreed upon definition of personality, most theories focus on motivation and psychological interactions with ones environment. Trait-based personality theories, such as those defined by Raymond Cattell define personality as the traits that predict a person's behaviour. On the other hand, more behaviourally based approaches define personality through learning and habits. Nevertheless, most theories view personality as relatively stable.

Since personality is the product of heredity and environment, the people from same environment will have some common characteristics which will reflect in their personality to a great extent. From this point of view, it can be observed that regular participation in competitive sports will be associated with certain personal and behavioral characteristics which can be categorized as the personality traits of sports men. The question whether personality and competitive sports are related was a topic with heated discussion on many tables. The sports psychologists and counsellors of different teams participating in higher level tournaments play a very significant role by providing mental support to their athletes and players. Personality is a summation of many attributes combining of physical and psychological characteristics. Since personality is the product of heredity and environment, the people from same environment will have some common characteristics which will reflect in their personality to a great extent. From this point of view, it can be observed that regular participation in competitive sports will be associated with certain personal and behavioral characteristics which can be categorized as the personality traits of sports men.

It is important to know about the role of emotional intelligence, mental toughness and motivation of the players during the training as well as competitive situation (Bull 1991)

Procedure and Methodology

In the present study a sample of 50 sports and 50 non-sports men (Total=100 men) of Punjab. The collection of data personality Questionnaire prepared by H.J. Eysenck was administered. For the analysis of data, collected by administering the questionnaire to all the subject's t- test was employed at 0.05 level of significant.

Correspondence

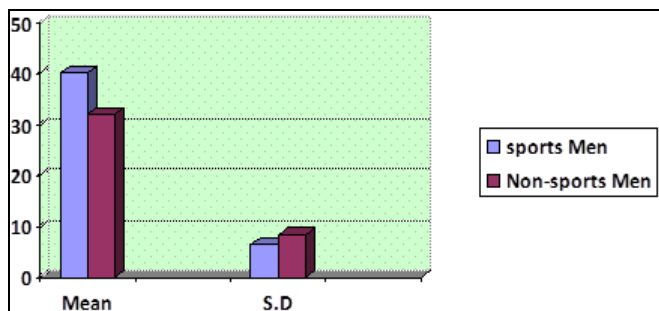
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Results

To find out the significant of difference between personality traits sports and non-sports men. The analysis of data, collected by administering the questionnaire to the entire subject's t- test was employed at 0.05 level of significant. The statistical analysis of data pertaining to personality traits is given below. Finding of the study show that all there was significant the sports and non- sports of Punjab. It is clearly indicates that personality trait of sports is significantly high than the mean personality traits of the non-sports men of Punjab. This may be attributed due to the reality that the players of prepare mentally for various competition and develop team composition in them and it also help them to distribute the pressure of the completion. It is necessary to train players of team sports to enhance mental toughness. These outcomes may realize to develop the various training plans.

Table: Significant Difference between the sports And Non- Sports men

Groups	Mean	S.D	Difference between Mean (DM)	"t" ratio
Sports men	40.3	6.5	8.03	8.69*
Non-Sports men	32.2	8.5		



*t) 0.05 (98)=1.98

Table present there was significant difference in sports men between non-sports of Punjab. The SD values of these two groups were 6.5 and 8.5 respectively. These values demonstrated the intra-groups variability among the subjects. Since calculated' value 8.69 was found to be more than tabulated value 1.98 at 0.05 level. Thus data provides sufficient confirmation to ensure that the mean sports men of the non- sports of Punjab

Discussion and Conclusions

The results of the study are concluded as follows:

This study was an effort in similar way to find out and compare the variety among the tow different field's men in terms of personality trait. In the researcher had selected 50 sports men and 50 non-sports men. In the light of the results of analysis researcher found that there were significant difference was observed between the men of sports participant and non-sports men in terms of surrounding especially where you work having more influence. This may be attributed due to the reality that the players of prepare mentally for various competition and develop team composition in them and it also help them to distribute the pressure of the completion.

Researcher feel this I above factor might be reason to bring the significant difference between the sports men from sports participation and non-sports men who are not involved in any sports activities.

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