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## Personality attributes of sports and non- sports person: A comparative study

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### Abstract

**Background:** Psychology plays a very important role in governing a person's performance in sports. Besides physical differences there might be certain psychological aspects and particularly personality traits that differentiate a sports person from a non-sports person. Perusing various sports has also evidently brought about changes in personality of a person. Personality is commonly used term almost in every human interaction.

**Aim:** The purpose of this study is to find out a consistent pattern of difference in personality traits of sports persons and non-sports person.

**Method:** A sample of 60 subjects has been taken, out of which 30 were sports persons and 30 were non – sports persons. The big five personality test (Hindi version) by Dr. Arun Kumar Singh and Dr. Ashok Kumar which consists of 180 questions has been administered to measure the five personality traits which are neuroticism, extroversion, openness, agreeableness and conscientiousness. The test has been administered on Amity University Madhya Pradesh, Gwalior students and female sports playing students of LNIP, Gwalior. The subjects fall under the age of 21 to 25 years. Quota sampling has been used to select the subjects.

**Statistical analysis used:** Unpaired sample t-test is used to compare the five personality attributes of sports and non-sports person.

**Results:** There is no significant difference in extroversion, openness, conscientiousness and neuroticism. A statistical significance difference ( $M=62.80$ ,  $SD=4.54$ ) sports group and for non- sports group ( $M=58.50$ ,  $SD=5.23$ )  $t(60) = 3.40$ ,  $P < 0.0012$  is found in agreeableness of both the personalities. The statistical mean difference is of 4.30 with 95% confidence interval.

**Conclusion:** It can be concluded that there is no significant difference in the four attributes of personality i.e. neuroticism, extroversion, conscientiousness, openness of sports and non-sports person. But a significance difference is found in the agreeableness of both the persons.

**Keywords:** non-sports, sports, comparative

### Introduction

It is assumed that participation in different sports activities lead to changes in the personality characteristics of an individual. It affects different attribute of personality of an individual. There are various characteristics of personality. But some of the selected personality attributes which are greatly affected by different physiological activities are neuroticism, openness, agreeableness, conscientiousness and extraversion.

These considered fundamental traits of personality create difference in personality. Neuroticism identifies persons prone to psychological distress, unrealistic ideas, and maladaptive coping strategies and excessive cravings.

It assesses adjustment versus emotional stability. Extraversion is the dimension which assesses the quantity and intensity of interpersonal interaction, activity level, need for stimulation and capacity to enjoy. Openness to experience: Openness to experience means an individual's receptiveness to new ideas, approaches and experiences. This dimension assesses proactive seeking and appreciation of experience for its own sake as well as toleration for and exploration of the unfamiliar. Agreeableness refers to the tendency to agree with others and assesses the quality of one's interpersonal orientation along a continuum ranging from compassion to antagonism in thoughts, feelings and actions. Conscientiousness refers to the person's degree of organization, persistence and motivation in goal-directed behavior. It is known as the big five personality traits.

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Various factors affect the physiological and psychological characteristics. Thus, various studies were conducted to see if these five attributes get affected or not. It can help in improving the personality of the individual.

### Objective of the study

To compare the five personality attributes of sports and non-sports person.

### Hypothesis

**H0 1:** It is hypothesized that there would be no significant difference in an attribute of personality, neuroticism of sports and non-sports person.

**H0 2:** It is hypothesized that there would be no significant difference in an attribute of personality, extraversion of sports and non-sports person

**H0 3:** It is hypothesized that here would be no significant difference in an attribute of personality, openness of sports and non-sports person

**H0 4:** It is hypothesized that there would be no significant difference in an attribute of personality, agreeableness of sports and non-sports person

**H0 5:** It is hypothesized that there would be no significant difference in an attribute of personality, conscientiousness of sports and non-sports person.

### Method

#### Participants

In the present study the stratified sampling method is used to select the participants from the population. The sample consists of 60 students from undergraduate level of Amity University Madhya Pradesh and LNIP, Gwalior. The age ranges between 21 to 25 years.

#### Design of the study

The research design adopted here is “ex-post facto research design”. It is to study the five personality traits on sports and non-sports person.

#### Assessment

In this research, the Indian adaptation of big five personality questionnaire is used to measure the personality attributes of an individual. It consists of 180 questions of which 36 questions were each divided in the five attributes. The actual age range was 22 to 25 years. Responses given by the testee on BFPI can be easily scored by following a simple rule. All responses that tally with the scoring key are awarded a score of +2 and those which do not tally are awarded a score of 0 and total score was obtained. The test retest reliability of neuroticism, extraversion, openness, agreeableness and conscientiousness were 0.8816, 0.843, 0.876, 0.907 and 0.936.

#### Procedure

Questionnaire were distributed among the students who do not take part in sports and were asked to fill the correct answers. The first group consists of 30 non-sports person. Then the second group was provided the questionnaire and asked to fill the questionnaire. These group consisted of 30 sports person. They were asked to take minimum time to fill the questionnaire.

#### Results

A paired sample t test was applied to each of the attributes of both the groups and was compared. The result are shown in the Table 1

**Table 1**

	M	SD	SED	T	P
Neuroticism			1.487	0.2468	0.8061
Group 1	53.27	4.71			
Group 2	53.63	6.07			
Extraversion			1.403	0.4989	0.6197
Group 1	57.79	4.71			
Group 2	57.03	6.07			
Openness			1.403	0.9459	0.3481
Group 1	60.43	3.82			
Group 2	59.37	4.85			
Agreeableness			3.4015	1.264	0.0012
Group 1	62.80	4.54			
Group 2	58.50	5.23			
Conscientiousness			1.2318	1.326	0.2230
Group 1	59.17	5.29			
Group 2	57.53	4.98			

N=30(Per group), df =58

An attempt was made to see the significant difference in personality traits if sports and non- sports person. There is no statistical significant difference in neuroticism, extraversion, openness and conscientiousness. But a statistical significant difference of 0.0012 is found in one of the attributes i.e. agreeableness.

### Discussion

From the results it is observed that null hypothesis number 4 “there is no significant difference in agreeableness of sports and non-sports person” is rejected. Agreeableness takes into account how kind, dependable, and cooperative a person is. People who score high on scales of agreeableness Typically are more interested in doing things for the common good, as opposed to fulfilling their own self-interests. And the rest of the hypothesis is not rejected.

Researches were conducted studying different attributes of personality with different variables. A research was conducted to study the seven traits of personality of male and female sports person No significant difference was found in extraversion of sports male and female (Dalbara Singh, Dr. Agyajit Sing, Dr.Sukhraj Singh, 2013) <sup>[2]</sup>. But only one of the traits, emotional stability shown a significant difference. Another research was among non-sports and sports women of college going students (Sukhbir Singh and Baljinder Singh Bal, 2012) <sup>[1]</sup>. The personality traits were extraversion and neuroticism along with the other traits. A significant difference was found between both the traits.

The present research consists of both male and female sports and non-sports participants. Thus, difference can be seen relating to other researches. No such research is conducted comparing the five personality traits of sports and non-sports personality.

#### Limitation of the study

In this research the questionnaire were distributed among the participants and thus were filled according to their convenience. The questionnaire was in Hindi language and may differ in the understanding of the participants. The participants were of different sports, no specific sport was selected to collect the data. Thus, the results may vary.

#### Conclusion

It can be concluded that there is no such significant difference in four of the personality traits of the individuals who take part in sports and who do not take part in sports. Agreeableness is one of the characteristic which shows a

significant difference. It means that sports participants are more agreeable than the non-sports participants. That is they are helpful, good nature, forgiving, soft-hearted, gullible and compassionate.

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