



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2018; 5(5): 23-25
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www.kheljournal.com
Received: 14-07-2018
Accepted: 16-08-2018

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Extroversion trait of personality among sport/non-sport persons

Dr. Ajay Malik and Dr. Bindu Malik

Abstract

The present study was an attempt to study the extroversion trait of personality among sport/non-sport persons and gender. The sample is of a scattered nature and a list of sport/non-sport persons is prepared from the different colleges of Uttarakhand state. The total sample consisted of 300 sport/non-sport persons selected through random sampling. Eysenck personality inventory (EPI): Dr. Giridhar P. Thakur (1973) was used to find out the extroversion trait of personality in sport/non-sport persons. The results show that the extrovert behaviour is higher in sports persons as compare to non-sport persons. Thus sports persons are more extroverts than non-sport persons. Our study strongly indicated that male sport persons are more extroverts than male non-sport persons.

Keywords: Extroversion trait, personality among sport, non-sport persons

Introduction

Physical education includes training in the development and care of the human body and maintaining physical fitness. Physical education is also about sharpening overall cognitive abilities and motor skills via athletics, exercise and various other physical activities.

Thus participation in sports, martial arts or even dance and aerobics, is always a positive influence on a student's overall personality and character and works wonders for his/her self-confidence. When psychologists first asked themselves what happens to personality across the lifespan, they found a great deal to say about infancy, childhood, and adolescence. Most assumed, however, that adulthood was the endpoint of personality development (an adult, the dictionary tells us, is a fully developed individual). Personality encompasses our emotions, thoughts, feelings, attitudes and perceptions. Personality types can include sad and depressed, perfectionist, shy, introverted, extroverted, uptight and angry, paranoid, ineffectual, loner and type A (a workaholic obsessed with productivity).

Personality is a term commonly used by people concerned with almost every aspect of human interaction while interviewing applicants for positions in the field of education, the administrative place great emphasis on the personality of the prospective employee. A coach evaluate a player will often refer to his or her personality. Sport commentator's off or use "personality conflicts" to account for a team's power performance. Parents sometimes compare their children on the basis of personality traits. Numerous other examples of the importance of personality in our society can be cited. In keeping with the focus of this, we will discuss personality related to sport psychology.

To a physical educators it seems, important to have some understanding of why some individuals prefer to or respond to certain types of activities while other individuals may go in for activities of quite different type it would seem to be of value to a physical educator to know more about the personality characteristics of individuals person in a specific sport. Perhaps they would be guided into some activity somewhat similar, but at the same time differing in some respect, so that a specific type could be benefited. Specific type of athletic activities was associated with characteristics personality traits.

"There is something about close bodily that but boxing and wrestling under independences to the emotions just as was the case in football. Football teaches courage term work, fair play, stick to it, direness regard for personality and control of emotional life. Basketball is a more intellectual game than football. Basketball provides also a way of learning stead stable control

and fine training for mental quickness and alertness. Any characteristics that are found to differentiate from non-athletes or different group of athlete from one another could be due to selecting in the sense that certain types of persons are attached to athletics (Alderman, R.B., 1974) [2].

Methodology

Tools-

Eysenck personality inventory (EPI): Dr. Giridhar P. Thakur (1973)

Independent Measures-

1. Sport/non-sport
2. Sex

Dependent Measures-

Extroversion trait of personality

Sampling

Since the elements of the sample are of a scattered nature and are only a variable in 'clusters' (i.e. districts), a list of youths is prepared from the different Universities and affiliated colleges of Utranchal state. A list of 400 persons is prepared in the first instance of between 17 to 25 years. The scale of Eysenck personality inventory (EPI): Dr. Giridhar P. Thakur (1973) scale test was administered over these 400 youths and 300 of these have been selected.

Table 1: Paradigm

		Sport/Non-Sport		Σ
		Sport	Non-Sport	
Sex	Male	75	75	150
	Female	75	75	150
Σ		150	150	300

Results and Discussion

Preliminary results indicated that a two way analysis of variance (ANOVA) with repeated measures on extraversion score of male and female revealed significant main effect of sport/non-sport on extraversion. The extrovert behaviour is higher in sports persons as compare to non sport persons.

Table 5: 't' Table

S. No.	Interaction	Mean	Std. Deviation	t	df	P
I	Male Sport	10.29	3.08393	2.658	149	<.01
	Male Non-Sport	9.35				
II	Female Sport	9.97	4.84164	0.596	149	
	Female Non-Sport	9.64				
III	Male Sport	10.29	4.34698	0.638	149	
	Female Sport	9.97				
IV	Male Non-Sport	9.35	3.80531	0.668	149	
	Female Non-Sport	9.64				
V	Male Sport	10.29	4.16710	1.358	149	
	Female Non-Sport	9.64				
VI	Male Non-Sport	9.35	3.70089	1.466	149	
	Female Sport	9.97				

t_{.05} (df=149)= 1.98; t_{.01} (df=149)= 2.61

When the collected information regarding 'extrovert' tendency were analysed, it was found that mean adequacy level of the extraversion of male sport person (10.29) was higher than male non-sport person (9.35). Thus, this difference (0.94) between two means were statistically highly significant at 0.01 level because calculated 't' value = 2.65 was greater than the reference 't' value at 0.01 level was 2.61 (df = 149). It

Table 2: The ANOVA Summary (P < .05)

Source of variance	S.S	Df	M.S	F	P
Treatment	37.79	3	12.60		
Sex	0.01	1	0.01	0.0012	
Sport/Non-Sport	30.71	1	30.71	3.96	<.05
Interaction	7.07	1	7.07	0.91	
With in Error	2293.76	296	7.75		
Total		299			

F_{.05} (1, 296)–3.87

F_{.01} (1, 296)–6.72

Table 3: Research Paradigm

		Sport/Non-Sport		Σ
		Sport	Non-Sport	
Sex	Male	772	701	1473
	Female	748	723	1471
Σ		1520	1424	

Table 4: Showing Mean Value

S. No.	Variables	Mean
1.	Male	9.82
2.	Female	9.80
3.	Sport	10.13
4.	Non-sport	9.49

Table 1 shows that bivariate interaction (Sports/Non-sports × sex) and sex is non significant at any level because calculated 'F' value = 0.91 and 0.0012 respectively were less than the reference 'F' value at at 0.05 is 3.87 (df = 1) and 0.01 is 6.72 (df = 1).

Sports/Non-sports is significant at 0.05 level of confidence because calculated 'F' value = 3.96 was greater than the reference 'F' value at 0.05 is 3.87 (df = 1). The extrovert behaviour was higher in sports persons (mean = 10.13) as compare to non sport persons (mean = 9.49). Thus sports persons are more extroverts than non sport persons.

Although interaction Sport/Non-Sport and Sex was not significant at any level even than the further breakup of results shows the significance:

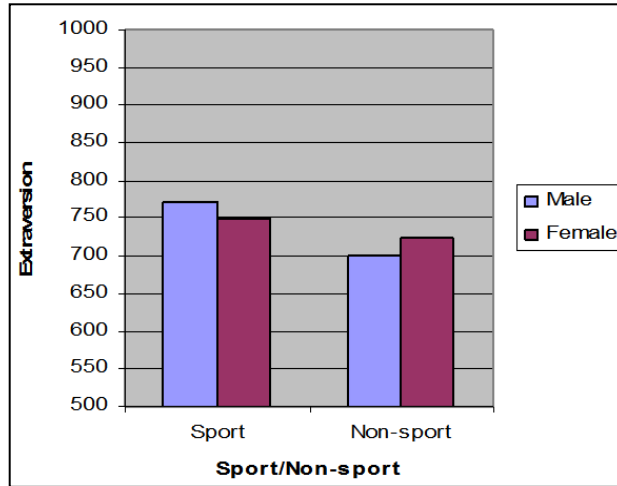
strongly indicated that male sport persons were more extroverts than male non sport persons.

Conclusion

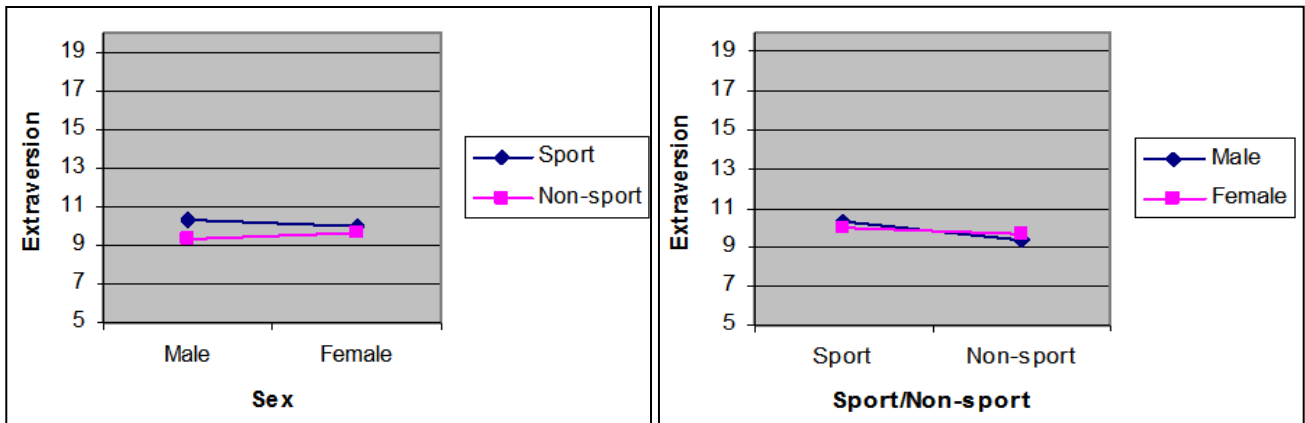
Results shows that Male sport persons have high extrovert personality than male non-sport persons. Sport persons have more extrovert personality than non-sport persons. Interaction

at sex level of person among sport and non-sport shows that extrovert independent of sex of person is significantly higher among the sport in comparison of the non-sport.

Graphical presentation of main effect & interaction



Graph 1: Extraversion = f Sport/Non-Sport and Sex (Main Effect)



Graph 2: Extraversion = f Sport/Non-Sport × Sex (Interaction)

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