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# A survey on personality traits of men's state-level cricket players of Arunachal Pradesh

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**Abstract**
This study investigates the personality traits of men's state-level cricket players from Arunachal Pradesh using the Big Five Inventory (BFI), a psychological framework based on the Five- Factor Model. The research focuses on five core traits: extraversion, agreeableness, conscientiousness, neuroticism, and openness to experience. A total of 50 male players aged 18 to 25 participated. The objective was to assess the prevalence and distribution of these traits within the sample using a descriptive survey method. Statistical tools like mean, standard deviation, and percentile analysis were employed. Results revealed high levels of conscientiousness and agreeableness, moderate extraversion, low neuroticism, and strong openness to experience. These insights are essential for coaches, selectors, and sports psychologists to optimize team dynamics, leadership roles, and training methodologies.

**Keywords:** Big five inventory, personality traits, cricket, arunachal pradesh, sports psychology, state-level athletes

## Introduction
Personality plays a crucial role in determining how individuals think, behave, and interact within a team or competitive setting. In sports psychology, assessing personality traits can provide valuable insight into player potential, leadership capacity, and emotional resilience. Cricket, a sport involving intense mental and physical demand, offers a rich context for such analysis.

The Big Five Personality Traits model—Extraversion, Agreeableness, Conscientiousness, Neuroticism, and Openness to Experience—is a widely accepted framework. These traits influence decision-making, interpersonal behaviour, focus, and stress tolerance, which are vital for successful performance in team sports like cricket. Arunachal Pradesh, a growing hub for athletics in Northeast India, provides a unique demographic to explore this.

This study aims to evaluate the personality profiles of male state-level cricketers from Arunachal Pradesh, thereby providing actionable insights into athlete management and development.

## Methodology
This research adopted a descriptive survey design and followed a quantitative approach to examine the personality traits of men's state-level cricket players from Arunachal Pradesh. The Big Five Inventory (BFI), a validated psychological tool consisting of 44 items measured on a five-point Likert scale, was used to gather data on five core personality dimensions: extraversion, agreeableness, conscientiousness, neuroticism, and openness to experience. The questionnaire was administered to 50 male cricket players aged 18 to 25 who were undergraduate students actively participating in state-level competitions.

The selection of participants was based on purposive sampling. Each participant voluntarily completed the inventory under the researcher's supervision to ensure comprehension and accuracy. Once collected, the data were analysed using basic statistical techniques including mean, standard deviation (SD), and percentile scores to interpret the distribution and intensity

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of personality traits across the sample. This methodological approach enabled a structured understanding of psychological

profiles relevant to competitive cricket performance.

## Results

**Table 1:** Mean of all Big Five dimensions

| Traits | Extraversion | Agreeableness | Conscientiousness | Neuroticism | Openness to Experience |
|---|---|---|---|---|---|
| Mean | 24.56 | 32.10 | 29.60 | 22.16 | 32.82 |
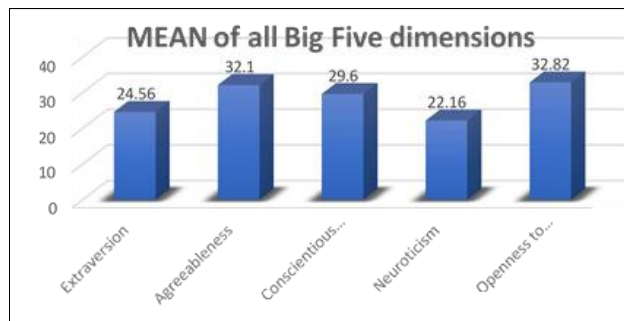


**Fig 1:** Showing the mean of all big five dimensions

**From table 1:** The results presented in Table 1 indicate the mean scores for each of the Big Five personality traits among the participants. The highest mean score was observed in Openness to Experience (32.82), followed closely by Agreeableness (32.10) and Conscientiousness (29.60), suggesting that the participants tend to be open-minded, cooperative, and responsible. Extraversion had a moderate mean score of 24.56, indicating a balanced level of sociability and enthusiasm. The lowest mean was found in Neuroticism (22.16), implying that the participants generally exhibit emotional stability and low levels of anxiety or moodiness.

**Table 2:** Standard deviation **o**f all Big Five dimensions

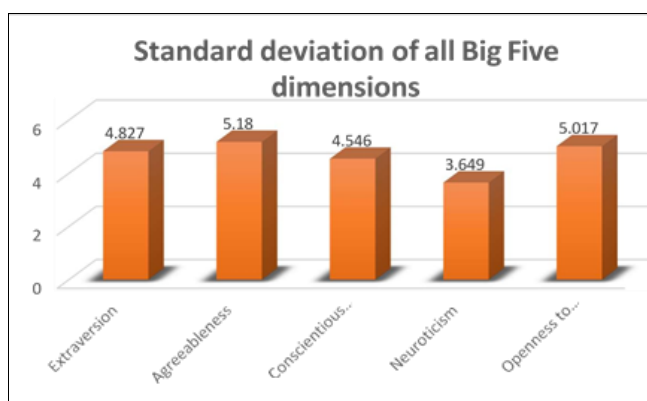| Traits | Extraversion | Agreeableness | Conscientiousness | Neuroticism | Openness to Experience |
|---|---|---|---|---|---|
| SD | 4.827 | 5.180 | 4.546 | 3.649 | 5.017 |



**Fig 2:** Showing the Standard deviation of all big five dimensions

**From table 2:** It shows that the standard deviation values for each of the Big Five personality traits, reflecting the variability in participants' responses. Agreeableness (SD = 5.180) and Openness to Experience (SD = 5.017) showed the highest standard deviations, indicating greater individual differences in these traits among the participants. Extraversion (SD = 4.827) and Conscientiousness (SD = 4.546) displayed moderate variability. The lowest variability was observed in Neuroticism (SD = 3.649), suggesting that participants' emotional stability levels were relatively more consistent compared to other traits.

## Conclusion
1. **Extraversion:** The players exhibit a moderate level of sociability and assertiveness, maintaining a balanced approach between being outgoing and reserved.
2. **Agreeableness:** A high score suggests they are cooperative, friendly, and supportive, promoting strong team dynamics.
3. **Conscientiousness:** Indicates that the players are disciplined, responsible, and goal- oriented, essential for consistent performance.
4. **Neuroticism:** A lower score reflects emotional stability,

with fewer tendencies toward stress and anxiety.
5. **Openness:** The players are likely imaginative, curious, and open to new experiences, enhancing adaptability on the field.

The personality profile reflects a group well-suited for competitive sports, marked by teamwork, emotional control, and adaptability.

The study highlights that men's state-level cricketers in Arunachal Pradesh exhibit personality profiles conducive to team success. Traits like high conscientiousness and agreeableness correlate with discipline and teamwork, while low neuroticism supports emotional regulation. These findings have implications for talent scouting, team selection, and psychological training in sports.

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