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**Rashmi Rawat**

M.P. Ed Bharati Vidyapeeth  
(Deemed to be University),  
College of Physical Education,  
Pune, Maharashtra, India

**Amitahamad Tamboli**

Assistant Professor, Bharati  
Vidyapeeth (Deemed to be  
University), College of Physical  
Education, Pune, Maharashtra,  
India

**Ashik Aley**

Physical Education Teacher at  
Ajmal Modern Residential  
School, Jugijan, Hojai, Assam,  
India

**Chandam Victor Pakhangba**

M.P. Ed Bharati Vidyapeeth  
(Deemed to be University),  
College of Physical Education,  
Pune, Maharashtra, India

## A comparative study of personality traits among team game and individual game

**Rashmi Rawat, Amitahamad Tamboli, Ashik Aley and Chandam Victor  
Pakhangba**

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### Abstract

Personality traits are crucial in determining an athlete's psychological and behavioral attributes, which can influence their performance in team and individual sports. Understanding these differences can help in the psychological training and development of athletes. This research aims to conduct "a comparative study of personality traits among team and individual game" athletes. Specifically, the study focuses on students of Bharati Vidyapeeth (Deemed to be University) College of Physical Education, Pune. A total of 100 male students were randomly selected, comprising 50 football players (team sport) and 50 athletics participants (individual sport). The study utilized the Big Five Personality Trait Questionnaire to assess five key personality dimensions: Extroversion, Neuroticism, Agreeableness, Conscientiousness, and Openness to Experience. A descriptive research method was employed to analyze and compare the personality traits of both groups. Percentage analysis was used as the statistical tool to interpret the results. The findings of the study provide insights into the personality differences between team-sport and individual-sport athletes. The comparative analysis highlights distinct personality patterns in football players and athletes, contributing to a better understanding of the psychological traits that influence performance and participation in different sports. This study enhances the existing literature on personality differences in sports psychology by offering a comparative perspective between team and individual sports athletes. The results may be useful for coaches, sports psychologists, and educators in designing targeted training programs to enhance athletes' mental and emotional well-being.

**Keywords:** Extroversion, neuroticism, agreeableness, conscientiousness, openness to experience, personality

### Introduction

Personality refers to an individual's unique pattern of thinking, feeling, and behaving, shaped by both innate traits and life experiences and most evident through social interactions. It is a dynamic system influenced by cognitive, behavioural, and environmental factors, as seen in Bandura's social cognitive theory, and by unconscious processes and early experiences, as described in Freud's psychoanalytic theory. Team games involve coordinated group efforts and promote cooperation, communication, and shared goals, while individual games focus on personal skill, strategy, and self-reliance, with participants competing alone rather than as part of a team.

### Methodology

The methodology used in the study aims to compare the personality traits of male players involved in team and individual games at Bharati Vidyapeeth (Deemed to be University) College of Physical Education, Pune. Using a descriptive comparative research design, the study investigates differences between two groups without manipulating variables. A sample of 100 participants, comprising 50 team game players and 50 individual game players aged 18-25, was selected through simple random sampling. Data was collected using a personality trait questionnaire with five-choice options, and responses were organized and analyzed using statistical tools to identify patterns and differences between the two groups.

**Corresponding Author:**

**Rashmi Rawat**

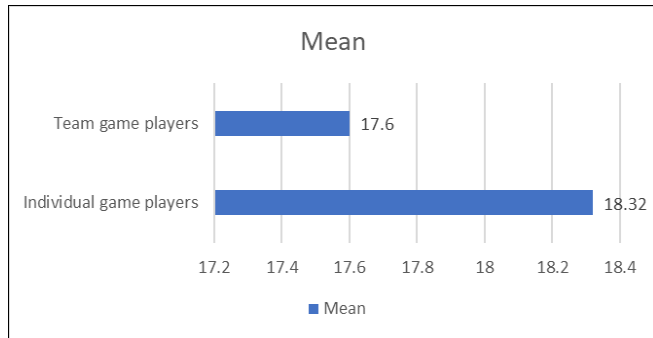
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## Results

The analysis and interpretation of data using descriptive statistics to compare personality traits between individual game and team game players.

**Table 1:** Comparison between Individual games, Team game players, Extroversion

	Mean	SD
Individual game players	18.32	6.257
Team game players	17.6	4.87



### Extroversion

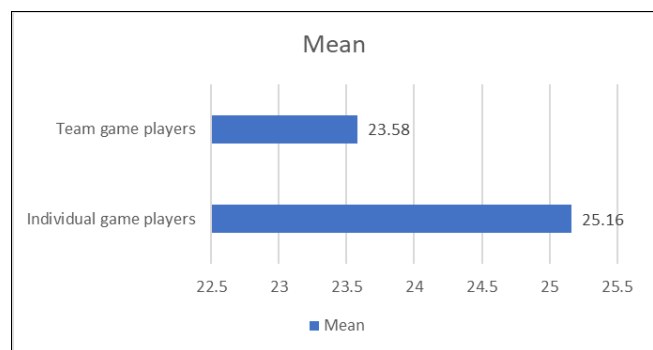
Individual players show slightly higher extroversion (mean = 18.32) than team players (mean = 17.6).

Extroversion scores are more spread out in individual players (SD = 6.26) than team players (SD = 4.87).

Team players' scores are more concentrated around the mean. Both groups show a normal distribution, with most scores near the average.

**Table 2:** Comparison between Individual games, Team game players, Agreeableness

	Mean	SD
Individual game players	25.16	4.53
Team game players	23.58	5.73



### Agreeableness

Individual players have a slightly higher average agreeableness (25.16) than team players (23.58).

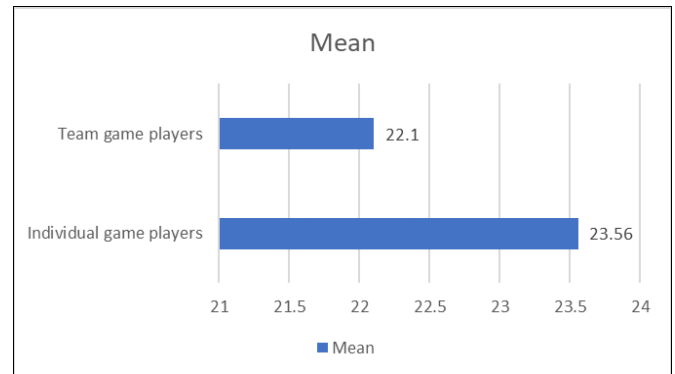
Team players show more variability (SD = 5.73) compared to individual players (SD = 4.53).

Individual players' scores are more clustered around the mean, while team players show a wider range (min = 12.14, max = 35.02).

**Table 3:** Comparison between Individual games, Team game players, Conscientiousness

	Mean	SD
Individual game players	23.56	7.05
Team game players	22.10	6.64

### Conscientiousness



Individual players have a slightly higher mean conscientiousness score (23.56) than team players (22.10).

Conscientiousness varies more among individual players (SD = 7.05) than team players (SD = 6.64).

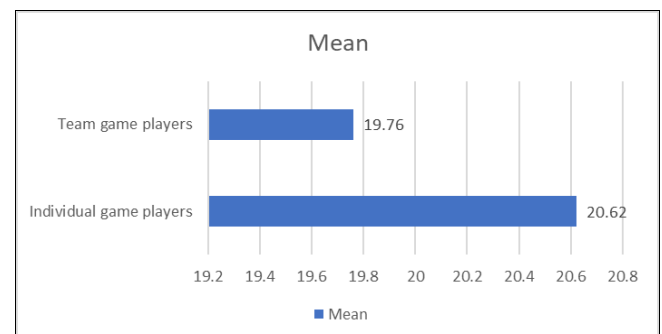
Both groups follow a normal distribution, with scores clustering around the mean.

Individual players show a slightly higher max score (37.67 vs. 34.51), while both groups have similar minimums.

**Table 4:** Comparison between Individual games, Team game players, Neuroticism

	Mean	SD
Individual game players	20.62	6.69
Team game players	19.76	6.20

### Neuroticism



Individual players have a slightly higher average neuroticism score (20.62) than team players (19.76).

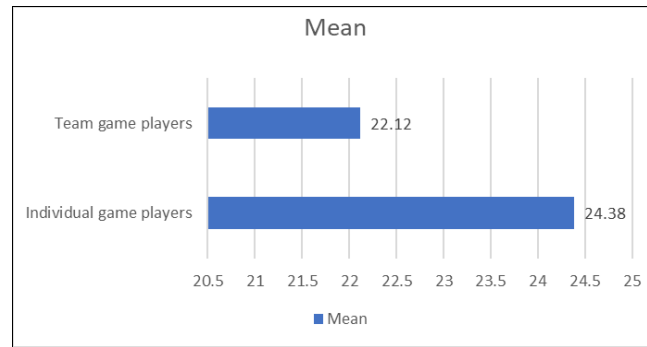
Neuroticism varies more in the individual group (SD = 6.69) than in the team group (SD = 6.20).

Both groups show normal distribution.

Individual players have a higher max score (34.00), while team players have a slightly higher minimum (7.35).

**Table 5:** Comparison between Individual games, Team game players, Openness to Experience

	Mean	SD
Individual game players	24.38	6.22
Team game players	22.12	6.43



### Openness to Experience

Individual game players have a slightly higher average openness score (24.38) than Team game players (22.12) and less variation (SD 6.22 vs. 6.43).

Both groups are normally distributed, with Individual players showing higher maximum openness (36.82 vs. 34.96) and Team players having a slightly lower minimum (9.28 vs. 11.94), indicating more extreme scores among Team players.

### Summary

The study compares the personality traits of individual and team game players. Both groups showed moderate or neutral responses to traits like sociability, responsibility, and emotional stability. However, team players reported higher stress and lower relaxation, while individual players showed greater creativity, emotional depth, and self-confidence in their abilities. Socially, individual players were more likely to initiate interactions, whereas team players were more reserved. Overall, while both groups share traits like introversion and responsibility, they differ in emotional expression, stress handling, and creativity.

1. Both groups showed moderate or neutral responses to traits like sociability, caring, and preparedness.
2. Team game players experienced higher stress and less relaxation than individual game players.
3. Individual game players were more imaginative but experienced more emotional lows.
4. While both groups showed introversion, individual players were more socially active and approachable.
5. Individual game players considered themselves more creative, quick learners, and detail-oriented.
6. They also preferred structured routines and time for reflection, unlike more neutral team players.
7. Both groups showed varying levels of creativity, empathy, and emotional traits.
8. Emotional sensitivity and creativity differed significantly within each group.
9. Overall, individual game players leaned more toward creativity, emotional engagement, and flexibility.

### Conclusion

**Openness to Experience:** 68% of individual game players showed high creativity and curiosity.

Only 47% of team game players demonstrated similar traits. ➤ Individual players displayed greater openness.

**Conscientiousness:** 62% of individual players were structured, prepared, and precise.

50% of team players gave neutral responses. ➤ Individual players were more conscientious.

**Extraversion:** Both groups leaned toward introversion. 58% of individual players engaged socially vs. 42% of team players. ➤ Individual players were more socially proactive.

**Agreeableness:** 55% of individual players showed empathy and care. 48% of team players showed similar traits. ➤ Slightly higher agreeableness in individual players.

**Neuroticism:** 63% of team players reported lower emotional disturbance. 66% of individual players showed greater emotional sensitivity. ➤ Clear contrast: individual players were more neurotic.

### Recommendations

Investigate factors influencing variability in traits like creativity, emotional sensitivity, and social engagement in athletes.

- Develop stress management strategies specifically for team game players.
- Create training programs to improve social skills and peer interaction among team players.
- Explore the impact of imagination and emotional sensitivity on individual players' performance and well-being.
- Study the connection between creativity and performance in strategy-based sports.
- Encourage structured routines and reflection in team players to boost flexibility and emotional control.
- Support emotional well-being initiatives for individual players to manage mood fluctuations.
- Design interventions to enhance cognitive and emotional flexibility in both player groups.
- Extend research to other sports to assess the generalizability of findings.
- Promote interdisciplinary collaboration for holistic athlete development.

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