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Comparison of personality profile of sportsmen and non-sportsmen in Pune

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Abstract

This research explores whether sports participation influences personality profiles by applying the Big Five Personality Traits model. A structured quantitative method was chosen to collect and analyze responses from 100 male students aged 18-25 years at Bharati Vidyapeeth University, evenly divided into sportsmen and non-sportsmen. Participants were assessed using the Big Five Inventory to capture their core psychological tendencies. Eligibility was restricted to students in the specified institution and age group, excluding females and those outside the range. Alongside the Big Five dimensions—openness, conscientiousness, extraversion, agreeableness, and neuroticism—the research also examined resilience, self-discipline, and competitiveness. The findings were obtained through descriptive statistics and independent t-tests. The results offer insights into how, or if, involvement in sports relates to personality differences. The outcomes intend to guide professionals in sports psychology, coaching, and education in designing approaches that support the psychological growth and resilience of athletes.

Keywords: Personality traits, sportsmen and non-sportsmen

Introduction

Personality is defined by relatively consistent ways of thinking, feeling, and acting across different contexts. The Big Five model, commonly remembered by the acronym OCEAN (Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism), provides a comprehensive framework for studying these patterns. Each trait reflects a wide domain of behavior and can be broken into smaller facets. Over time, this framework has become one of the most widely applied approaches in psychology, education, and organizational settings. Its development traces back to early taxonomies of descriptive words, later refined into the five dimensions recognized today. These traits matter because they influence academic performance, career success, and social adjustment. Involvement in sports is frequently associated with personal growth beyond physical health, such as improved teamwork, leadership, time management, and persistence. Support from peers, family, and coaches also plays a role in shaping behavior, suggesting that sports could influence personality development in subtle ways.

Methodology

In order to methodically evaluate and analyse the personality profile of sportsmen and non-sportsmen, this study will use a quantitative research technique. Since it enables the collecting of numerical data that can be statistically analysed to find patterns, differences, and links, the quantitative method is suited for this research.

The study's target demographic consists of people who live in Pune. The study specifically focused on two subgroups: sportsmen and non-sportsmen.

Table No. 1: Representation of data for both sportsmen and non-sportsmen

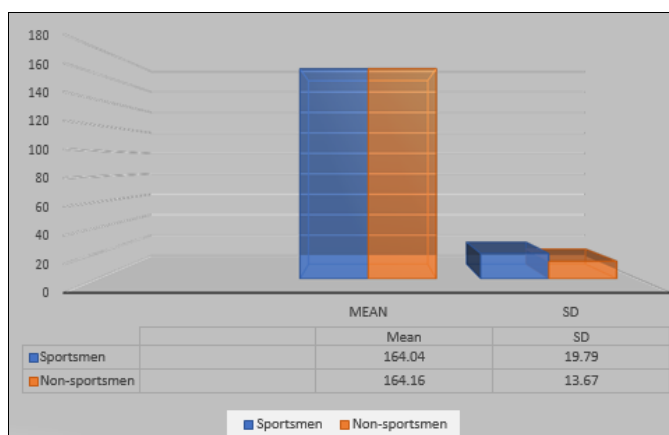
Group	No of Subjects	Mean	SD	Df	SEM	Tab. 't'	Cal. 't'
Sportsmen	50	164.04	19.79	98	2.80	1.984	0.0353
Non-sportsmen	50	164.16	13.67		1.93		

Level of significance - 0.05 Calculated 't' - 0.0353 Tabulated 't' - 1.984 Degree of freedom - 98

Number of subjects (N) - 50 sportsmen, 50 non-sportsmen From table no. 1

It reveals that there is significant difference between the mean of sportsmen and non-sportsmen of the selected group as the mean difference is 0.12

Finding showed, Sportsmen (M=164.04, S.D.= 19.79) and Non-Sportsmen (M=164.16, S.D.= 13.67). It was found that sportsmen and non-sportsmen have no statistical difference with respect to personality trait where Tab. 't' = 1.984, is greater than the Cal. 't' = 0.0353 (98 degree of freedom at 0.05 level of significance)



Conclusion

In conducting a comparative study of personality traits between sportsmen and non-sportsmen in Pune, our hypothesis (H1) posited that there might be significant difference in personality traits between these two groups sportsmen vs non-sportsmen. However, after rigorous analysis and interpretation of the gathered data, it is evident that our hypothesis is rejected.

The results of this study support the hypothesis that there might be no statistically significant difference in personality characteristics between sportsmen and non-sportsmen. Despite initial expectations that the physical, psychological, and social demands of sports participation might lead to distinct personality traits, our findings suggest that these differences do not manifest significantly in this context.

Furthermore, this study underscores the importance of recognizing the diverse factors that contribute to personality formation within sports communities. Attributes such as individual experiences, inherent dispositions, and social environments might have a more substantial influence on personality traits than mere involvement in sports.

In conclusion, while the differences observed between sportsmen and non-sportsmen were non drastic, the study did reveal subtle yet meaningful distinctions in personality traits. These findings highlight the nuanced ways in which sports involvement may interact with other factors- such as individual experiences, inherent dispositions, and social environments to shape an individual's psychological profile. By drawing attention to these intricates dynamics, our

research contributes to a deeper understanding of personality development within athletics contexts.

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