

A Comparative study of personality variables between state level and national level athletes

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Abstract

The study was conducted on Comparison of personality variables between state level and national level athletes. For the purpose of the study, the investigator selected 60 athletes, from which 30 were national level athletes (15 males and 15 females) and 30 were state level athletes (15 males and 15 females). The data pertaining selected personality variables was collected by administering Ten Item Personality Inventory Questionnaire. While the sports performance was determined by evaluating the highest participation of the subject on the 10 points rating scale by the panel of two experts. The 10 point rating scale was based on the Sports Proficiency Weightage (marks) for M. P. Ed. & B. P. Ed. in University of Delhi. Mean, Standard Deviation and Independent Sample 't'- test were used as statistical procedure for analyzing the data. The drawn hypothesis was tested at 0.05 level of significance. Findings of the study clearly reveals the descriptive statistics in terms of mean, standard deviation, standard error mean, minimum score and maximum score of personality variables of the national level athletes and state level athletes. The mean value of extraversion of national level athletes and state level athletes were found to be 10.17 ± 1.23 and 8.87 ± 1.33 respectively. The mean value of agreeableness of national level athletes and state level athletes were found to be 11.53 ± 1.72 and 9.63 ± 1.88 respectively. The mean value of conscientiousness of national level athletes and state level athletes were found to be 10.17 ± 2.15 and 8.73 ± 1.54 respectively. The mean value of emotional stability of national level athletes and state level athletes were found to be 10.53 ± 1.87 and 9.03 ± 1.27 respectively. While the mean value of openness to experiences of national level athletes and state level athletes were found to be 8.20 ± 1.30 and 7.27 ± 1.41 respectively. The comparison of personality variables between the national level athletes and state level athletes. The extraversion, agreeableness, conscientiousness, emotional stability and openness to experiences were found significantly higher in national level athletes as compared to the state level athletes as the mean difference obtained were 1.30 ('t' = 3.921), 1.90 ('t' = 4.083), 1.53 ('t' = 3.173), 1.50 ('t' = 3.631), and 0.93 ('t' = 2.666) respectively at 0.01 level of significance. Therefore it was concluded that personality plays an important role in the performance of an athlete and hence, it is recommended that the findings of the study must be used to design appropriate training programmes and enhance their performance.

KEYWORDS: Athlete, Personality, Performance, extraversion, agreeableness, conscientiousness, emotional stability and openness to experiences

Introduction

Athletes today must take advantage of every opportunity to perform at the ever increasing levels of competition. In Sports Performance, we specialize in sport-specific training, mental training and different trainings to develop an athlete's potential. Professional work in a highly advanced facility that provides the best environment to foster superior athletic

development by integrating the latest in science and performance medicine. Everyone wants to achieve the next level of athletic performance whether you're a professional athlete, an adult looking for a new fitness program, or a youth athlete aspiring to take your performance to the next level.

Psychological factors such as aggression, anxiety, self confidence, self esteem, locus of control, personality, mental toughness etc plays important role while performing in competitions. Aggression is one the factor that plays an important role in the performance. Studies have shown that even the world's most successful athlete feels aggressive while performing at competitions. Personality refers to individual differences in characteristic patterns of thinking, feeling and behaving (Cox). Previous researches have shown that personality has an impact on the performance of athletes but in regards to athletes performance in real competition, studies on personality have hardly taken a step.

Objectives and Hypothesis

The objectives of the study were to find out the comparison of personality variables between state and national level athletes. Based on the literature reviewed, it was hypothesized that there would a significant difference in the personality variables between state and national level athletes.

Procedure and Methodology

For the purpose of the study, the investigator selected 60 athletes, from which 30 were national level athletes (15 males and 15 females) and 30 were state level athletes (15 males and 15 females). The data pertaining selected personality variables was collected by administering Ten Item Personality Inventory Questionnaire .While the sports performance was determined by evaluating the highest participation of the subject on the 10 points rating scale by the panel of two experts. The 10 point rating scale was based on the Sports Proficiency Weightage (marks) for M. P. Ed. & B. P. Ed. in University of Delhi. Mean, Standard Deviation and Independent Sample't'- test were used as statistical procedure for analyzing the data. The drawn hypothesis was tested at 0.05 level of significance.

Statistical Analysis

To explain the comparison of personality variables between state and national level athlete Mean and Standard Deviation were calculated. To compare the level of aggression between state and national level athlete independent sample't' test was employed. The hypothesis was tested at 0.05 level of significance.

Analysis of Data and Findings of the Study**Table- 1: Descriptive Statistics Of Personality Variables Of National Level Athletes And State Level Athletes**

Personality Variables	Group	N	Mean	S.D.	S.E.M.	Minimum	Maximum
Extraversion	National	30	10.17	1.23	0.23	8	13
	State	30	8.87	1.33	0.24	7	11
Agreeableness	National	30	11.53	1.72	0.31	9	15
	State	30	9.63	1.88	0.34	7	13
Conscientiousness	National	30	10.17	2.15	0.39	7	14
	State	30	8.63	1.54	0.28	6	11
Emotional Stability	National	30	10.53	1.87	0.34	7	14
	State	30	9.03	1.27	0.23	7	11
Openness to Experiences	National	30	8.20	1.30	0.24	6	11
	State	30	7.27	1.41	0.26	5	10

Note- N: Number of Samples, S.D.: Standard Deviation, S.E.M.: Standard Error Mean

Table 1 clearly reveals the descriptive statistics in terms of mean, standard deviation, standard error mean, minimum score and maximum score of personality variables of the national level athletes and state level athletes. The mean value of extraversion of national level athletes and state level athletes were found to be 10.17 ± 1.23 and 8.87 ± 1.33 respectively. The mean value of agreeableness of national level athletes and state level athletes were found to be 11.53 ± 1.72 and 9.63 ± 1.88 respectively. The mean value of conscientiousness of national level athletes and state level athletes were found to be 10.17 ± 2.15 and 8.73 ± 1.54 respectively. The mean value of emotional stability of national level athletes and state level athletes were found to be 10.53 ± 1.87 and 9.03 ± 1.27 respectively. While the mean value of openness to experiences of national level athletes and state level athletes were found to be 8.20 ± 1.30 and 7.27 ± 1.41 respectively. The graphical illustration of the mean values of personality variables is presented in fig 1.1.

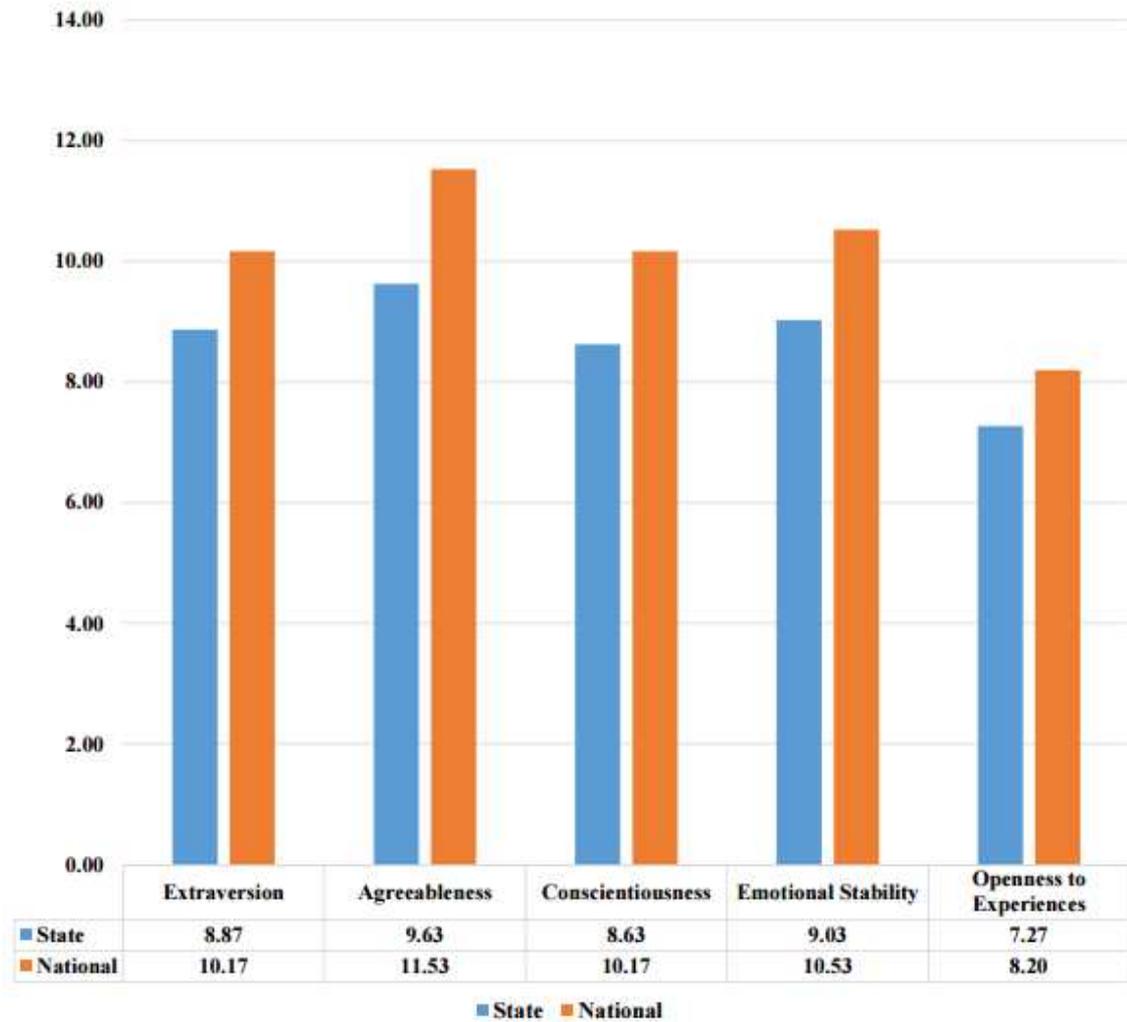


Figure 1.1: Mean Value Of Personality Variables Of National Level And State Level Athletes

Table- 2: Comparison of Personality Variables Between State Level And National Level Athletes

Variables	Mean Difference	S.E.M.	df	t	Sig.
Extraversion	1.30	0.33	58	3.921**	0.000
Agreeableness	1.90	0.47	58	4.083**	0.000
Conscientiousness	1.53	0.48	58	3.173**	0.002
Emotional Stability	1.50	0.41	58	3.631**	0.001
Openness to Experiences	0.93	0.35	58	2.666**	0.010

**Significant difference at 0.01 level

Table 2 clearly reveals the comparison of personality variables between the national level athletes and state level athletes. The extraversion, agreeableness, conscientiousness, emotional stability and openness to experiences were found significantly higher in national level athletes as compared to the state level athletes as the mean difference obtained were 1.30 ('t'= 3.921), 1.90 ('t'= 4.083), 1.53 ('t'= 3.173), 1.50 ('t'= 3.631), and 0.93 ('t'= 2.666) respectively at 0.01 level of significance.

Discussion

The findings revealed the mean value of extraversion of national level athletes and state level athletes were found to be 10.17 ± 1.23 and 8.87 ± 1.33 respectively. The mean value of agreeableness of national level athletes and state level athletes were found to be 11.53 ± 1.72 and 9.63 ± 1.88 respectively. The mean value of conscientiousness of national level athletes and state level athletes were found to be 10.17 ± 2.15 and 8.73 ± 1.54 respectively. The mean value of emotional stability of national level athletes and state level athletes were found to be 10.53 ± 1.87 and 9.03 ± 1.27 respectively. While the mean value of openness to experiences of national level athletes and state level athletes were found to be 8.20 ± 1.30 and 7.27 ± 1.41 respectively.

The findings of the study revealed the extraversion, agreeableness, conscientiousness, emotional stability and openness to experiences were found significantly higher in national level athletes as compared to the state level athletes as the mean difference obtained were 1.30 ('t'= 3.921), 1.90 ('t'= 4.083), 1.53 ('t'= 3.173), 1.50 ('t'= 3.631), and 0.93 ('t'= 2.666) respectively at 0.01 level of significance.

Conclusion

The result of the study showed that The extraversion was found significantly higher in national level athletes as compared to the state level . The agreeableness was found significantly higher in national level athletes as compared to the state level . The conscientiousness was found significantly higher in national level athletes as compared to the state level . The emotional stability was found significantly higher in national level athletes as compared to the state level . The openness to experiences was found significantly higher in national level athletes as compared to the state level therefore it was concluded that personality had a relation with the performance of national and state level athletes. Hence further it is recommended that sport psychologists, counsellors, and coaches use the findings of the present study to design appropriate training programmes to help athletes enhance their performance.

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