Comparison of Personality Factors among the four selected sports Disciplines at Inter University Level competition

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Abstract

Present study has been designed to investigate the personality dimension of the players of four selected sports. The total sample (N = 200) was consists of four sports disciplines such as track and field's athletes (n=50), Volleyball (n=50), Kabaddi (n=50), and Kho-Kho (n=50) respectively. The competition level of the subjects was selected at All India Inter-University Championship. The subjects were further filtered as first four position ranked in All India Inter-university Championship in their respective sports. The age of the sample were ranged from 18 to 28 years. The dimensions of personality was assessed through Modified version the Big Five Personality Inventory also called (TIPI) Ten-Item Personality Inventory by Goldberg in 1993 and revalidated by John & Srivastava in 1999. This inventory is consisted of 10 items related to different Types of personality.
KEYWORDS: Personality, sports disciplines, Kabaddi, Kho-Kho, Volleyball, Track and Field

Introduction

One of the most basic questions faced by psychology is, 'Why are we all different?' Of course, in some ways, we are all much the same, as in the structure of our brains and the mechanisms of perception and memory. However, there are huge differences among us in the ways we think, feel and behave in response to particular situations. The psychology of personality is concerned with these individual differences. Pervin (1993) has offered a simple working definition of personality: 'Personality represents those characteristics of the person that account for consistent patterns of behavior'. Broadly, four factors influence how we respond in any given situation: our genetic make-up, our past experience, the nature of the situation in which we find ourselves and our free will. Each of these factors is emphasized by one or more theories of personality.

Trait theories of personality emphasize the role of genetics in determining our individuality. Situational and interactional views place more emphasis on the particular situation and less emphasis on the nature of the individual in determining how we act. (Jarvis, 2006)

Eysenck's theory (1952) initially proposed that personality could be completely described by just two traits, extroversion and neuroticism. Extroversion describes how lively, sociable and impulsive a person is, whilst neuroticism describes how emotionally stable they are. (Jarvis, 2006)

Cattell produced a personality test similar to the EPI that measured each of the 16 traits. The 16PF, as it is called, has 160 questions in total, 10 questions relating to each personality factor.

The five-factor model of personality Arguably, the most popular trait theory in contemporary personality psychology is the five-factor model, developed by Costa &

McCrae (1985); however, sport psychologists have been fairly slow to recognize its importance, and there are few published studies making use of it. The five factors in this model include extroversion and neuroticism (similar to Eysenck's traits). In addition, the trait of openness describes the individual's ability to appreciate new experiences and tolerate the unfamiliar. Open people are curious and imaginative. Individual's lows in openness are conventional and narrow in their interests. Agreeableness (what we would call niceness in everyday speech) describes the extent to which one is compassionate and trusting, or hostile and ruthless. The final trait is conscientiousness, closely related to Cattell's trait of ego strength. Conscientiousness describes the extent of our organisation and persistence. Highly conscientious individuals are disciplined, punctual and ambitious.

Methodology and Procedure

The total sample (N = 200) was consists of four disciplines or sports such as track and field's athletes (n=50), Volleyball (n=50), Kabaddi (n=50), and Kho-Kho (n=50) respectively. The competition level of the subjects was set as All India Inter-University Championship. The subjects were further filtered as first four position ranked in All India Inter-university Championship in their respective sports. The age of the sample were ranged from 18 to 28 years. Participants include only male sportsperson of All India Inter-university level.

Tool-The dimensions of personality was assessed through Modified version the Big Five Personality Inventory developed also called **(TIPI) Ten-Item Personality Inventory**by **Goldberg in 1993** and revalidated by **John&Srivastava** in 1999. This inventory is consisted of 10 items related to different Types of personality.The responses of statements include in the inventory were measured in 1 to 5 scales, where, 1 indicate disagree strongly, 2 stand for disagree a little, 3 for Neither agree nor disagree, 4 for Agree a little, and 5 means Agree strongly.Mean, standard deviation and standard error of mean were used as descriptive statistics. One way analysis of Variance (ANOVA) was used for comparison between different groups.

Results of the Study

Table 1

Descriptive Statistics of Personality Factors of Different Sports

		N	**Mean**	**Std. Deviation**
Extraversion	KABADDI	50	6.98	1.755
	KHO-KHO	50	6.82	1.380
	ATHLETIC	50	7.12	1.965
	VOLLEYBALL	50	6.68	1.766
	Total	**200**	**6.90**	**1.725**
Agreeableness	KABADDI	50	6.60	1.818
	KHO-KHO	50	6.18	1.561
	ATHLETIC	50	6.24	1.901
	VOLLEYBALL	50	6.12	1.686
	Total	**200**	**6.29**	**1.743**
Conscientiousness	KABADDI	50	7.06	2.262
	KHO-KHO	50	6.70	2.112
	ATHLETIC	50	7.86	2.109

	VOLLEYBALL	50	7.70	2.234
	Total	**200**	**7.33**	**2.215**
Neuroticism	KABADDI	50	4.48	2.252
	KHO-KHO	50	5.64	2.380
	ATHLETIC	50	4.56	2.140
	VOLLEYBALL	50	4.46	2.150
	Total	**200**	**4.79**	**2.270**
Openness	KABADDI	50	6.38	1.483
	KHO-KHO	50	6.74	1.440
	ATHLETIC	50	6.26	1.601
	VOLLEYBALL	50	6.58	1.553
	Total	**200**	**6.49**	**1.520**

The table 4.2.1 reveals the descriptive statistics of the personality factors of different sports individuals and following outcomes were obtained after composition of the raw data as per personality factors; **Extraversion**: The mean and standard deviation of Kabaddi was [6.98, 1.755], Kho-Kho was [6.82, 1.380], Athletic was [7.12,1.965], mean and SD of Volleyball was [6.68, 1.766]. **Agreeableness**: The mean and standard deviation of Kabaddi was [6.60, 1.818], Kho-Kho was [6.18, 1.561], Athletic was [6.24, 1.901], mean and SD of Volleyball was [6.12, 1.686]. **Conscientiousness**: The mean and standard deviation of Kabaddi was [7.06, 2.262], Kho-Kho was [6.70, 2.112], Athletic was [7.86, 2.109], mean and SD of Volleyball was [7.70, 2.234]. **Neuroticism**: The mean and standard deviation of Kabaddi was [4.48, 2.252], Kho-Kho was [5.64, 2.380], Athletic was [4.56, 2.140], mean and SD of Volleyball was [4.46, 2.150]. **Openness**: The mean and standard deviation of Kabaddi was [6.38, 1.483], Kho-Kho was [6.74, 1.440], Athletic was [6.26, 1.601], mean and SD of Volleyball was [6.58, 1.553].

Table 2

Summary of One Way ANOVA between different Sports in their Personality Factors
One-Way ANOVA

	F	df1	df2	p
Extraversion	0.710	3	112	0.548
Agreeableness	1.010	3	112	0.391
Conscientiousness	2.901	3	113	0.380
Neuroticism	**4.063**	**3**	**113**	**0.009**
Openness	0.785	3	113	0.505

The table 4.2.2-showing summary of one-way analysis of variance between selected sports in their personality factors. It was observed that no significant difference was

observed between mean score of Extraversion, Agreeableness, Conscientiousness and Openness. Whereas, the mean scores of Neuroticism [F = 4.063 (3,113), p<0.05] was found statistically significant amid the selected sports.

Table 4.2.4

Post Hoc Analysis of Neuroticism

Tukey Post-Hoc Test – Neuroticism

		KABADDI	KHO-KHO	ATHLETIC	VOLLEYBALL
KABADDI	Mean difference	—	-1.28	-0.0800	0.00941
	p-value	—	**0.017**	0.998	1.000
KHO-KHO	Mean difference		—	**1.1986**	**1.28803**
	p-value		—	**0.030**	**0.016**
ATHLETIC	Mean difference			—	0.08941
	p-value			—	0.997
VOLLEYBALL	Mean difference				—
	p-value				—

Table 4.2.4 showing pairwise comparison between the mean score of difference sports in their Neuroticism. It was observed that a significant difference was observed between Kabaddi and Kho-Kho [MD = -1.28, P<0.05], Kho-Kho and Athletic [MD = 1.1986, P<0.05], Kho-Kho and Volleyball [MD = 1.28803, P<0.05] respectively.

Conclusion

After deep statistical analysis of the obtained results, the following outcomes were drawn from the present study.

- In the personality factors, the mean score of neuroticism was found significant between the different sports at 0.05 level and highest mean score was of Kho-Kho players.

- All factors of psychological wellbeing such as self-acceptance, autonomy, purpose in life, relationship, sense of mastery, and personal growth found statistically significant among the selected sports and the mean of Athletic and volleyball was higher.

- In group environment the mean score of group integration task was found statistically significant between the groups and high group integration was found in athletes.

- Managing own emotions, managing other emotions, and utilization of emotions factors of emotional intellgence were significantly varied among the selected sports and mean score of athletes and Volleyball player was higher.

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