

## **Personality Traits Differentials between Sports Participants and Non-Participants Female Tribals**

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(Received 21 August 2015 – Accepted & Published 5 September 2015)

### **Abstract**

The purpose of the study was to assess & compare the “personality traits differentials between sports participants and non-sports participants female tribal’s”. The study was confined to female Tribals of Jharkhand State. Subjects were selected as a sampling frame from different institutions of Jharkhand state on the basis of random sampling method. A total of 200 female Tribals (100 sports participants & 100 non sports participants) were randomly selected as the subjects for the study. The age level of the subjects was ranging from 15 to 25 years. Observations were made on the following contents related to personality traits: Personality (Extraversion / Neuroticism). Data were collected with regard to personality traits variables from 200 female tribals in two consecutive days at their respective institutions. To assess sports participants and non sports participants female Tribals on personality traits descriptive statistics i.e. Mean, Standard Deviation, Standard Error and range were used. To compare sports participants and non sports participants female Tribals in relation to personality traits ‘t’ test technique was used. The level of significance was set at 0.05. The data was analyzed by SPSS version 16. On the basis of the findings of the study, the following conclusions are drawn: Sports participants are more extroverts as compared to non sports participants. Sports participants and non sports participants are equally emotionally stable as far as neuroticism is considered.

**Key words:** Personality, Sports participants, Non Sports Participants, and Female Tribal’s.

### **Introduction**

Sports have become a psycho- social activity. Physical strength and skill are not the only factors determining the outcome of competition. The socio-psychological variables play an important role in inducing sportsmen to exhibit best possible performance during competition , such as conducting research in sports and in predicting success in sports. Variables such as personality, aggression, self esteem, achievement motivation, self confidence, social adjustment, locus of control and self concept may play a great role to shape up an individual of the society.

According to Allport, personality is that which permits a prediction of what a person will do in a given situation and it is also concerned with all behaviour of the situation both over and under the skin.

The personality trait concepts is also very much a part of Eysenck’s (1967) theory of personality. In Eysenck’s view, personality consists of a hierarchy structure of personality factors. At the top of this hierarchy are broad, general dimensions called types. Personality composed of traits , which in turn are made up of habitual responses , which are composed of specific response, the behavior actually observed, Eysenck hypothesized three broad personality dimensions: neuroticism stability, extraversion – introversion and psychoticism, which are evaluated and measured through a personality inventory. The Eysenck personality inventory (EPI) is designed to measure the two pervasive and relatively independent dimensions of neuroticism stability and extraversion – introversion as identified by Eysenck. Neuroticism refers to general emotional instability and the individual’s predisposition to neurotic breakdown under

stress, while extraversion refers to the uninhibitive, outgoing, impulsive, and sociable inclinations of a person.

The purpose of the study was to assess & compare the “personality traits differentials between sports participants and non-sports participants female tribal’s”.

It was hypothesized that there might not have been significant difference in personality traits of sports participants and non-sports participants female tribal’s.

### **Procedure and Methodology**

#### Coverage

#### **Universe of the Study:**

The study was confined to female Tribals of Jharkhand State.

#### **Sampling Frame:**

Subjects were selected as a sampling frame from different institutions of Jharkhand state.

#### **Sampling Method:**

Subjects were selected on the basis of random sampling method.

#### **Sampling Size:**

A total of 200 female Tribals (100 sports participants & 100 non sports participants) were randomly selected as the subjects for the study. The age level of the subjects was ranging from 15 to 25 years.

#### **Units of Observation:**

Observations were made on the following contents related to personality traits:  
 Personality (Extraversion / Neuroticism)

#### Criterion Measures

Personality (Extraversion / Neuroticism) was assessed by the total scores in Maudsley Personality Inventory (MPI) written by H. J. Eysenck.

#### Collection of Data

With the help of the questionnaires related to personality traits necessary data were collected. Data were collected with regard to personality traits variables from 200 female tribals in two consecutive days at their respective institutions. The tests were conducted on 100 female tribals who were sports participants and 100 female tribals those who were non sports participants.

#### Statistical Techniques

To assess sports participants and non sports participants female Tribals on personality traits descriptive statistics i.e. Mean, Standard Deviation, Standard Error and range were used.

To compare sports participants and non sports participants female Tribals in relation to personality traits ‘t’ test technique was used.

The level of significance was set at 0.05. The data was analyzed by SPSS version 16.

### **Results and Discussions of the Findings**

**Table-1: Descriptive Statistics of Sports Participants and Non-Sports Participants Female Tribal’s in relation to Personality Trait (Extraversion)**

Sports Participants		Non-Sports Participants	
Mean	34.28	Mean	28.38
Standard Error	.41489	Standard Error	.12616
Standard Deviation	4.14894	Standard Deviation	1.26155
Kurtosis	-.801	Kurtosis	-.552

Standard Error of Kurtosis	.478	Standard Error of Kurtosis	.478
Skewness	-.399	Skewness	-.170
Standard Error of Skewness	.241	Standard Error of Skewness	.241
Range	14	Range	4
Minimum	26	Minimum	26
Maximum	40	Maximum	30
Count	100	Count	100

It is evident from table - 1 that mean and standard deviation scores of Sports Participants and Non-Sports Participants female tribal's in relation to Personality Trait (Extraversion) has been found 34.28 & 28.38 and 4.14 & 1.26 respectively and range of score was 14 & 4 respectively where as standard error was found .414 & .126 respectively.

**Table-2: Comparison of Personality Trait (Extraversion) between Sports Participants and Non-Sports Participants Female Tribals**

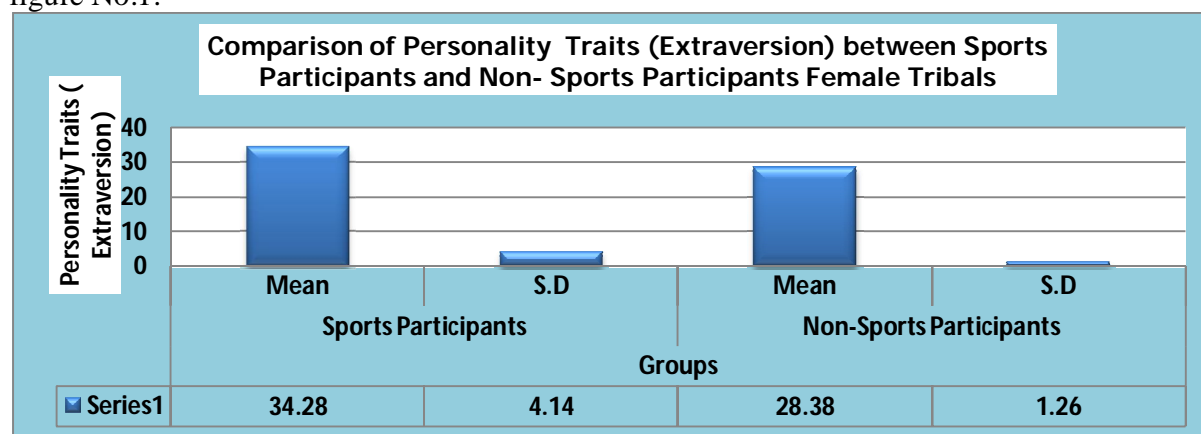
Groups				t-ratio
Sports Participants		Non-Sports Participants		13.98*
Mean	S.D	Mean	S.D	
34.28	4.14	28.38	1.26	

\* Significant at 0.05 level of significance, t-value required to be significant at 198 df = 1.960

Table-2 revealed that significant difference was found between Sports Participants & Non-Sports Participants female tribals in relation to Personality Trait (Extraversion), since t-value of 13.98 was found greater than the required tabulated value of 1.960 with 198 df at 0.05 level of significant.

Sports Participants possessed greater Extraversion in comparison to Non-Sports Participants female tribals.

The graphical representation of means between Sports Participants and Non-Sports Participants female tribal's in relation to Personality Trait (Extraversion) has been presented in figure No.1.



**Table-3: Descriptive Statistics of Sports Participants and Non-Sports Participants Female Tribal's in relation to Personality Trait (Neuroticism)**

Sports Participants		Non-Sports Participants	
Mean	20.82	Mean	20.66
Standard Error	.27280	Standard Error	.32913
Standard Deviation	2.72801	Standard Deviation	3.29131
Kurtosis	-.604	Kurtosis	-1.111
Standard Error of Kurtosis	.478	Standard Error of Kurtosis	.478
Skewness	.242	Skewness	.203
Standard Error of Skewness	.241	Standard Error of Skewness	.241
Range	12	Range	10
Minimum	14	Minimum	16
Maximum	26	Maximum	26
Count	100	Count	100

It is evident from table - 3 that mean and standard deviation scores of Sports Participants and Non-Sports Participants female tribal's in relation to Personality Trait (Neuroticism) has been found 20.82 & 20.66 and 2.72 & 3.29 respectively and range of score was 12 & 10 respectively where as standard error was found .272 & .329 respectively.

**Table-4: Comparison of Personality Trait (Neuroticism) between Sports Participants and Non-Sports Participants Female Tribals**

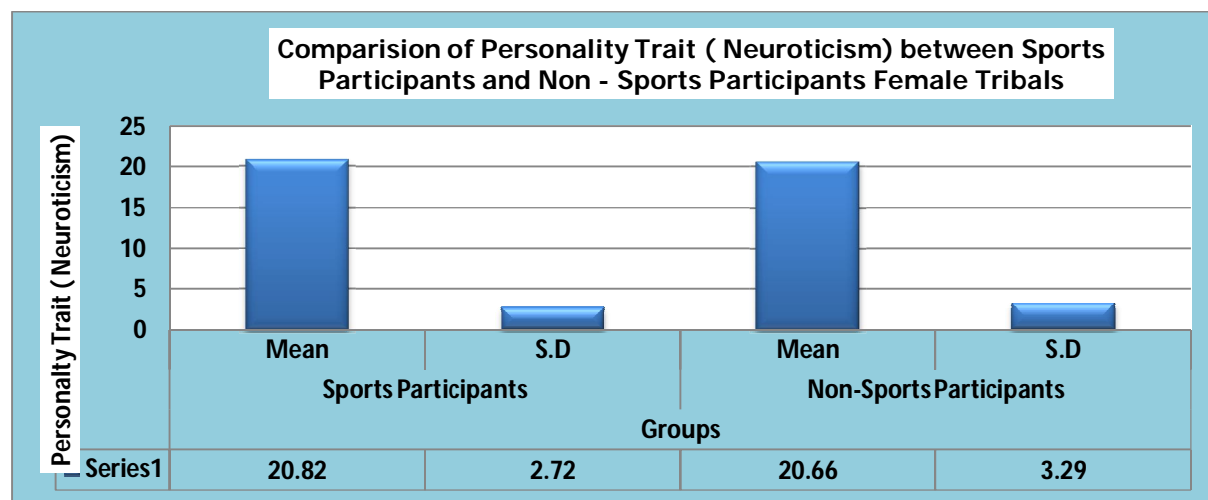
Groups				t-ratio
Sports Participants		Non-Sports Participants		
Mean	S.D	Mean	S.D	
20.82	2.72	20.66	3.29	.353*

\* Significant at 0.05 level of significance, t-value required to be significant at 198 df = 1.960

Table-4 revealed that insignificant difference was found between Sports Participants & Non-Sports Participants female tribal's in relation to Personality Trait (Neuroticism), since t-value of .353 was found lesser than the required tabulated value of 1.960 with 198 df at 0.05 level of significant.

Sports Participants possessed higher Neuroticism in comparison to Non-Sports Participants female tribal's.

The graphical representation of means between Sports Participants and Non-Sports Participants female tribal's in relation to Personality Trait (Neuroticism) has been presented in figure No.2.



### Discussion of Findings

From the findings of the study it was evident that the sports participants were more extroverts in comparison to non-sports participant's female tribals. The findings may be attributed to the fact that extraversion refers to the uninhibitive, outgoing, impulsive, and sociable inclinations of a person. Extraversion is essentially a behavioral description of personality, and finds unique behavioral expressions as outgoing, impulsive, uninhibited, dominant, social, friendly, craving for excitement and group activities. Extroverts more often tends to take chances and risk, they are also aggressive, assertive and express their feelings openly.

Various extrovert responsibilities show higher level of nervous functioning, higher threshold of arousal, and higher level of pain tolerance ability that are basic requirement for highly competitive sports. Competitions now a day are very intense. The personality traits as expressed by extroverts are pre-requisite psychological qualities for higher performer. Especially impulsive and inhibited, optimistic, assertiveness, aggression, risk taking attitude, excitement and craving are the qualities and traits for good performer.

In case of neuroticism (personality trait) the findings of the study revealed that the sports participants and non sports participants were almost equal in neuroticism (personality trait). Sports participants and non sports participants were equally emotionally stable. The reason for this may be that neuroticism is general emotional instability and individual's predisposition to neurotic breakdown under stress. Prominent psychologists are of the view that extroversion and neuroticism are nothing but reflection of two extreme level of cortical nervous functioning under situations which leads to arousal. Cortical excitation responses to external situations, especially during demanding competitive situations will be higher among neurotists. As the result they exhibit weaker nervous system, low threshold for arousal, lesser physical pain tolerance ability etc.

Eysenck (1963) considers neuroticism to be significantly closer to introversion. Neurotics are generally introvert and their efficiency of mental functioning succumbed to pressure under demanding and stressful in competitive situation. Hence, prominence of neuroticism among non participants and non achievers and dominance of extroversion personality type among sports achievers can be attributed to above explained fact.

The findings are in consonance with the study of O.Sullivan et.al. (1998) Singh and Saini (1993), Mohan and Avtar (1986), De and Jha (1978), McDonald (1971), Oslow (1967).

#### **Discussion of Hypothesis**

The hypothesis earlier set that there might have not been significant difference in personality traits of sports participants, and non-sports participants female tribal's is rejected.

#### **Conclusions**

On the basis of the findings of the study, the following conclusions are drawn:

1. Sports participants are more extroverts as compared to non sports participants.
2. Sports participants and non sports participants are equally emotionally stable as far as neuroticism is considered.

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