

## Comparative Study of Personality Traits between Sports and Non-Sports Women

**Dr. Neeraj Pratap Singh\***

\*Assistant Professor, Ch. Charan Singh P.G. College, Heonra Etawah  
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### Abstract

The purpose of the study was to compare the psychological profile of sports and non-sports women in Bharati Vidyapeeth Deemed University. The present study was conducted on the 30 sports and 30 non-sports women on the basis of evidence available in the literature and with personal experience as well as discussion with experts the following hypothesis was formulated what there would be significant difference in personality traits of sports and non-sports women in Bharati Vidyapeeth Deemed University. The psychological questionnaire developed by personality traits (H.J.Eysenck) in national psychological corporation test was selected for the collection of data because it was found to be most reliable and have been very often used in research in the profession physical education and sports. In order to determine the psychological profile of sports and non-sports women independent 't' was employed and the level of significance was set (0.05). It is observe that, calculated 't' value is 6.808 s greater than the tabulated t-value of 2.002, hence there is significant difference was found between the personality trait of selected sports and non-sports women.

**Keywords:** - Sports and Non-Sports Women, Profile, Trails

### INTRODUCTION

In this modern era of competition, the psychological preparation of a team is as important as teaching the different skill of the game on the scientific lines. The teams are not only to play the game but also to win the game and for winning the games, it is not only the proficiency in the skill that brings victory but more important ids the spirit of the players with which they play and perform their best in competition (*Orlick 1980; Guttman DL, 1987*).

There are certain psychological principles which have to be applied so that the athlete and players are able to show their best in their performance. It is important to know about the role of emotional phenomenon like personality, emotional intelligence, mental toughness and motivation of the players during the training as well as competitive situations (*Bull, 1991*)

Robert N. Singer explain that sports psychology studied the behavior and also the psychology of motor, learning Singer further view sports psychology as "encompassing scholarly" education and practical activities associated with understanding and influencing of selected behavior of people involved in athletics and exercise (*K.K.Vaidya & R.Kumar, 2004*).

Personality depends on the physique, physiological and behavior. Kretschmer, a German psychiatrist, distinguished three body forms, the panic (short) the aesthetic (tall, thin) and athletic (muscular). The types of personality along with there were extroverts, introverts and midway respectively. Brand postulated three major body builds the endomorphic (fat) the ectomorphic (lean) and mesomorphic (muscular). The endomorph is a pleasure lover. The ectomorph is energetic and competitive. Although the study of body types was carefully made, the psychologists have not been able to

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find any consistent relationship between physique and personality. (J.C.Brvant, 1957; H.J Eysenck, (1982).

### METHODOLOGY

For comparing the personality traits researcher had selected total sixty subjects which were further divided into 30 sports and 30 non-sports girls. All the subjects were students of Bharati Vidyapeeth deemed university, Pune. The selection process for subjects was purely based on random sampling technique. The subject's age group was ranged from 19 to 22 years. To assess the personality traits of selected subject's researchers had used H.J.Eysenck constructed questionnaire which was considered as appropriate and precise for this study. Descriptive statistical technique was used to find out the scattering of the score. Independent "t" test was used to find out the significant difference between sports and non sports girls.

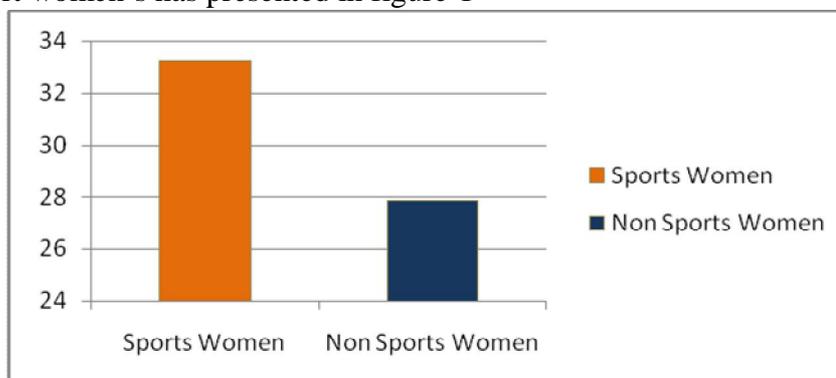
### RESULTS

**Table-1: Descriptive Statistical Analysis of Selected Psychological Variable on Sports and Non Sports Women**

Group	N	Mean	Std. Deviation	Std. Error Mean
Personality sports women	30	33.2667	2.63836	0.48170
non sport women	30	27.8667	3.45147	0.63015

Table-1- shows that, data collected on 30 sports women the mean was 33.266, std deviation was 2.63 and std error mean was 0.48. For 30 non sports women the mean was 27.667, std deviation was 3.45 and std error mean was 0.63.

The graph of mean difference of psychological traits between the 30 non sport women and 30 sport women's has presented in figure-1



**Graphical representation of mean difference between sport women and non sport women on psychological traits**

**Table-2: Significance Mean Difference between Sport Women and Non Sports Women on Psychological Variables**

Group	Mean	Mean difference	Standard deviation	t value	Sig
Sports Women	33.266	5.4	2.63	6.808	0.00
Non Sports Women	27.866		3.45		

tab<sub>0.05</sub> (58) = 2.0017

The table-2 of significance mean difference between 30 sports women and 30 non sports women on psychological traits shows, that mean of sport women was  $33.266 \pm 2.63$  whereas; the mean of non sport women was  $27.866 \pm 3.45$ . The mean difference was 5.4. **The calculated 't' values was 6.808** which is significant as the significant value was  $P > 0.05$ . (2.0017)

Hence, concluded here there were difference was found on the psychological traits between the 30 non sport women and 30 sport women s.

### **Discussion of findings**

Human personality is consists of different types of thought, emotion and behavior layers which makes every individual humans differ from each other. Hence, when it comes to understand human personality the origin of psychology comes into exist. Psychology is the connection of applied, educational and theoretical science. It is the study of behavior, performance and the mental operations of people (**Raymond Philippe, 2015**).

Psychology is also in reference to the usage and application of skill, knowledge and understanding various activities undertaken by humans and how they are used through daily activities, whether that is within events, talking to people, education and employment, relationships and even treating mental health issues.

The research studies conducted on different human or people from different occupation revealed that your personality is very much influence from the surrounding where you work or live. In nut shell your personality reflects the person from where you usually belong. (**Caitlin Moscatello 2015; Costa PT, 1984**)

This study was an endeavor in similar way to find out and compare the diversity among the two different field's women in terms of personality trait. In this aspect the researcher had selected 30 girls from sports field and 30 girls from non sports field. The purpose to assess that participation in sports could bring the changes in the emotional, thought or behavior of an individual.

In the light of the results of analysis researcher found that there were significant difference was observed between the girls of sports participants and non participant in terms of personality traits. As studies shows that you're surrounding specially where you work having more influence on your personality. This dispersion because of demand of the nature of works which make you to react differs from individual to individual.

Here, also one group of girls are regularly participating in sports activities and sports involvement bring changes in the human behavior in terms of personality. Sports participation requires a person to be self confidence, more cooperative, develop leadership quality and enhance decision making quality, help to adjust in all the aspect of life etc. (**Benjamin P. Chapman, 2008**)

Therefore, researcher felt these all above factors might be reasons to bring the significant difference between the girls from sports participation and girls who are not involved in any sports activities.

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