



## Personality traits of athletes and non athletes

**Pavitra Mann**

Ph. D Scholar, Singhania University, Rajasthan, India

### Abstract

The purpose of this study was to compare the personality traits between athletes and non athletes of Mahrishi Dayanand University. The study was conducted on hundred samples, consisting of fifty athletes and fifty non athletes of different colleges affiliated to Mahrishi Dayanand University. Personality traits were obtained by administrating Sports Specific Personality Test. The data collected through a foresaid tests were analyzed with respect to personality traits. T test was applied to compute the significances among two groups. The significance of data was judged at .05 levels. The result of the study indicates that the differences of means were significant for all personality traits at .05 levels.

**Keywords:** personality, athletes, non athletes, sports

### Introduction

According to Phares and Chaplin, “Personality has been defined as a unique pattern of characteristic, thoughts, feelings and behaviors that distinguish one person from another and that persist over time and situations.” Personality traits are organized in a structural hierarch. Sports personality is a product of biological and cultural heritage. It reveals the psychological makeup of an individual through his behavior. In fact, it is the quality of a person’s total behavior. In a review of numerous studies Ogilvie (1968) conducted that eight personality traits were closely linked to athletic performance-emotional stability, tough-mindedness conscientiousness, self-discipline, self-assurance, trust, extraversion and low tension. This was supported in research by Morgan (1974) who found that athletes were more likely to have stable and extravert personalities than non-athletes.

Franken, Hill and Kierstead (1994), the literature shows that athletes in one sport often differ in personality type and profile from Athletes in other sports. Gat & MC Whirter (1998), Athletes differ from non athletes on many personality traits. It is often a matter of conjecture whether these differences favour the Athletes and Non-Athletes. Personality research in sports has considered whether particular personality traits are related to the sports which people take up, the positions they take on a team and their success in sports. Overall personality is seen as only one of several factors which are related to sports performance.

### Objectives of the study

The objectives of the study are stated as follows:

1. To study the personality traits of athletes and non athletes of Mahrishi Dayanand University
2. To compare the personality dimensions of athletes and non athletes.

### Methodology

#### Selection of Sample

The sample consists of hundred athletes and non athletes of

Mahrishi Dayanand University. The subjects were drawn from the colleges affiliated to Mahrishi Dayanand University. Random Sampling Technique was employed to select the subjects. The data was collected from Wrestling, Judo, Weight lifting, Boxing and Taekwondo inter collegiate winner and runner male athletes during inter collegiate tournaments and non athletes in their colleges. The researcher will use survey research methodology for the study.

### Tools used

Agya Jit Singh’s Sports Specific Personality Test has been taken to assess the personality traits. This questionnaire consisted of hundred statements.

### Method for Analysis

Student’s t test has been applied to find out the significant differences among two groups at 0.05 levels of significance. The collected data were tabulated to find out the difference of sports personality dimensions among two groups.

### Results and Discussion

**Table 1:** Means, SDs. & T Values of Personality Traits of Athletes and Non-Athletes

S. No	Dimensions	Athletes		Non-Athletes		T Values
		Mean	S.D	Mean	S.D	
1	Sociability	33.6	2.84	28.9	1.69	7.07*
2	Dominance	31.5	1.98	26.1	2.08	9.40*
3	Extraversion	27.2	1.23	21.5	1.36	15.7*
4	Conventionality	31.2	2.15	22.0	1.84	16.2*

\* Significance at 0.05 level of confidence.

The above table shows that the dimensions of sports personality Sociability, Dominance, Extraversion and Conventionality are significant at 0.05 level of confidence. It shows that the mean scores for the athletes and non athletes differ significantly. The result indicate that mean scores of

athletes are higher than non athletes in Sociability, Dominance, Extraversion and Conventionality dimensions depicting that athletes are more better personality traits than non athletes.

### **Conclusions**

On the basis of the findings of the study the following conclusions have been drawn:

1. There has been significant difference between athletes and non athletes of Mahrishi Dayanand University on Sociability.
2. There has been significant difference between athletes and non athletes on Dominance, extraversion
3. There has been significant difference between athletes and non athletes on Conventionality.

### **Recommendations**

1. This study may be taken for female inter university and national level sports and on team games.
2. Similar study may be taken on other psychological variables like anxiety, stress and aggression on another group of athletes.

### **References**

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