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A comparative study of level of personality between male & female students of physical education and non-physical education college

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Abstract

The personality is very important part of human life. Every person having different personality, in physical education & sports area we can say sports personality. Sports personality is very use full word in sports area. According to this the researcher was selected this study "level of personality in male & female students of physical education & nonphysical education college of Punjab. A total number of 400 students (200 physical education & 200 non physical education colleges) are observed for the study by having a questionnaire schedule including closed-ended questions. And when we talk about students, they all are belonging to different colleges of Punjab. Their age group is in the stage of between 18 to 25 years. To evaluate the Sports Specific Personality Test designed by H.S. Cheema and Agyajeet Singh was applied. To observe the theory of the study illustrative statistics like mean and standard variation & t ratio were used. It concludes the more difference of level of personality among male & female students of both colleges. The level of significance set at 0.05 levels.

Keywords: A comparative study personality between male & female students of physical education

Introduction

Psychology plays an important role in learning and performance of an individual. Psychology is the behavioral study of human nature. It is the study of man, man as a living human being, acting in an ever-changing world, responding to things, events and other people. Psychology is very much a part of the everyday life of people. Psychologists study a wide range of topics that can be applied to every aspect of human behavior and experience. It is important to consider the different activities in which psychologists engage and the impact of their work on our society. Sooner or later psychology has entered into our lives and has touched every aspect of life. Psychological factors like personality traits, motivation, emotions etc have attracted the attention of the educationists, administrators and sports psychologists in these days. Psychology as a discipline has become very important in sports activities and physical education. Hence it was thought proper to study some psychological variables of sports-persons and also of the physical education students. In order to know why some students in the schools and colleges select physical education subject, while others do not. It is only possible if a comparative study is conducted between the physical education students and non-physical education students on some selected psychological characteristics like personality traits, locus of control and perceived self-efficacy to know if differences exist on these variables (Singh Agyajit 1992) [1].

Personality trait

To assess the personality traits of sportspersons and physical education students and teachers in India, a number of foreign made general as well as sports specific personality tests and also their adapted or translated Indian versions are being used. So far no personality test has been standardized on Indian sports population for measuring the traits of athletes with such a magnitude where most of the desired personality traits of athletes are incorporated in a single test, which could be helpful for Indian sports population.

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- **Personality traits**
 - Sociability
 - Dominance
 - Extraversion
 - Self-concept
 - Conventionality
 - Mental toughness
 - Mental stability (Tutko, T. & Richard A 1970)

Aim of the study

- To evaluate the level of personality in physical education college students.
- To analyze the level of personality in non-physical education college students.
- To comparison the level of personality in physical education and non-physical education college students.

Method and Technique

The survey type study was designed to find out the significance difference in college students of physical education and non-physical education college of Punjab. The 400 (200 physical education & 200 non physical education) college students (100 Male & 100 female of each group) were selected for this study with the age group of 18 to 25 years. The random sampling method was used for selection of students. Only level of personality was calculated through the Sports Specific Personality Test designed by H.S. Cheema and Agyajeet Singh was applied. The t ratio was used for significance of this study. After that the difference in level of personality was presented in following table & graph.

Statistical Analysis

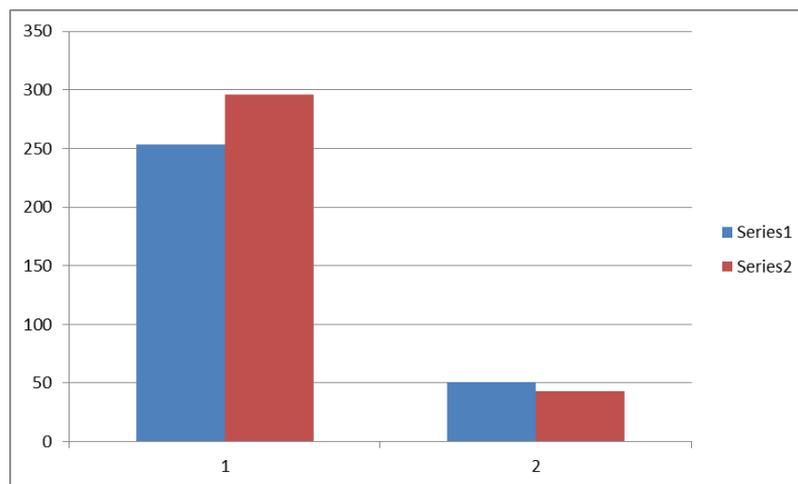
Table 1: Showing t-ratio between male and female physical education students on personality.

S. No.	Group	Sex	N	Mean	S.D	S.ED	t-ratio	Level of Significance
1	Physical edu. students	Male	100	253.38	50.98	6.68	6.37	*
2		Female	100	295.99	43.22			

*Significant at 0.05 level.

The table 1 shows comparison between male and female physical education students on Personality. The table shows that the mean scores of the male physical education students is 253.38, which is lower than their female Counterparts. The Difference between the two mean scores is tested by t-ratio.

The obtained t- ratio is 6.37 which are more than table value which is significant at 0.05 level of significance. So there is significant difference between the mean score of Male and Female Physical Education.



Graph 1: Showing t-ratio between male and female physical education students on personality.

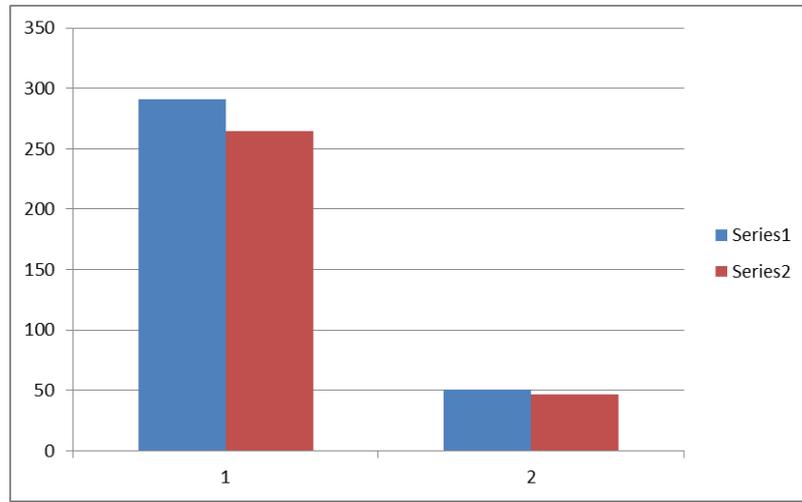
Table 2: Showing t-ratio between male and Female of Non-Physical Education students on personality.

S. No	Group	Sex	N	Mean score	S.D	S.ED	t-value	Level of Significance
1	Non-Physical Education Students.	M	100	290.68	50.8	6.88	3.8	*
2		F	100	264.57	46.38			

* Significant at 0.05 level of significance.

The table 4.1.2 shows Comparison between the Male and Female non-Physical Education students on personality. The table shows that the mean score of the male Non-Physical Education students is 290.68, which is higher than their female counterpart. The difference between the two mean

scores is tested by t-ratio. The obtained t- ratio is 3.8 which is more than table-value, hence, significant at 0.05 level of significance. So there is significant difference between the mean score of male & female Non-Physical Education students on personality at 0.05 level of significant.



Graph 2: Showing t-ratio between male and Female of Non-Physical Education students on personality

Conclusion

After the used of suitable statistical analysis (t ratio) it can be concluded that the level of personality is much better in female students of physical college to compare to male students.

The level of personality is much better in male students of non-physical college to compare to female students

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