



ISSN: 2456-0057

IJPNPE 2017; 2(2): 269-271

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www.journalofsports.com

Received: 23-05-2017

Accepted: 24-06-2017

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Comparative study of the personality traits among Individual and dual sports

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Abstract

This study aims to investigate the personality traits of athletes in individual and dual sports. Total 250 intervarsity level male players (mean age 21.80 ± 2.13 years) were taken as subjects in the study. Further they were divided into 2 groups: A (Individual Game) and B (dual Game). T-test was implemented to assess the between-group differences. The level of $p \leq 0.05$ was considered significant. Significant between-group differences were found for factors A ($t=1.76^*$), factors B ($t=5.47^*$), factors C ($t=3.38^*$), factors E ($t=1.82^*$), factors F ($t=1.95^*$), factors G ($t=4.48^*$), factors H ($t=3.00^*$), factors I ($t=4.49^*$), factors L ($t=5.16^*$), factors O ($t=4.57^*$), factors Q3 ($t=3.37^*$), factors Q4 ($t=3.49^*$) whereas no significant between-group differences were found for factors M ($t=1.63$), factors N ($t=1.36$), factors Q1 ($t=1.61$) and factors Q2 ($t=1.39$). Thus it may be concluded that personality traits of athletes in individual and dual sports found to be statistically significant in factors A, factors B, factors C, factors E, factors F, factors G, factors H, factors I, factors L, factors O, factors Q3, factors Q4 whereas no significant between-group differences were found for factors M, factors N, factors Q1 and factors Q2.

Keywords: Personality, Traits, Athletes, Individual and Dual Sports

Introduction

One of the most basic questions often asked in psychology is, 'Why are we all different?' There is no doubt that in some ways, we are all same. The structure and the mechanisms of our brains and body are almost same. But there is huge difference among us as we think, feel and behave in response to particular situations. The psychology of personality is concerned with the study of these individual differences. There are four factors which influence our respond in any given situation: our genetic makeup, our past experience, the nature of the situation and our will. All these factors depend upon the traits of any individual. Traits are quality or characteristic of any individual which make him differ from any other individual. There are two main assumptions: firstly, an individual's personality is made up of certain key characteristics or traits. Traits are the steady, enduring characteristics of a person. Secondly, individuals differ in each trait due to their genetic differences. Traits can be measured according to three factors: their frequency, their intensity and the range of situations to which they can be applied. Each of these factors can better understand by one or more theories of personality. Some of the trait theories are mention below.

- Eysenck's theory
- Cattell's theory
- The five-factor model of personality

All researches conducted in this field prove that difference in traits, predispositions and cognitions influence athlete's behaviors and experiences in sport. By which we can say that the each and every athlete must be treated as an individual. In the end we can say that all the athletes are different due to their personality traits. Thus, the aim of the present study investigates the difference of the personality traits of athletes in individual and dual sports.

Methods

A group of 250 intervarsity level male players (mean age 21.81 ± 2.14 years) were selected and informed about the objective and protocol of the study and all were volunteered to participate in the study. Cattell's (16 PF) personality traits questionnaire was used as a tool. The study was delimited to individual and dual sports including: (individual sports) athletics, archery,

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shooting and swimming; (dual sports) table tennis, tennis, fencing and badminton.

Methodology

For the purposes of this study, individual and dual sports players were asked to complete Cattell 16PF questionnaire (Fifth edition) based on the Raymond Cattell's theory of personality. Cattell's 16pf questionnaire consists of many primary factors which are related with personality. Some of the primary factors are: A - Warmth; B - Reasoning; C - Emotional Stability; E - Dominance; F - Liveliness; G - Rule-Consciousness; H - Social Boldness; I - Sensitivity; L - Vigilance; M - Abstractedness; N - Privatness; O - Apprehension; Q1- Openness to Change; Q2 - Self-Reliance; Q3 - Perfectionism; Q4-Tension.

Data Analysis

The Statistical Package for the Social Sciences (SPSS)

version 14.0 was used for all analyses. Student's t-test was used to assess the between group differences. In all the analyses, the 5% critical level ($p \leq 0.05$) was considered to indicate statistical significance.

Results

Findings of this study were made in sequence of all the factors namely: A-Warmth, B-Reasoning, C- Emotional Stability, E-Dominance, F- Live lines, G- Rule Consciousness, H- Social Boldness, I- Sensitivity, L- Vigilance, M- Abstractedness, N- Privatness, O- Apprehension, Q1- Openness to Change, Q2- Self Reliance, Q3- Perfectionism and Q4- Tension. For each of the chosen factor, the results pertaining to significant difference, if any, between the intervarsity level individual and dual sports athletes is presented in Table 1.

Table 1: Mean Values (\pm SD), Standard error of the Mean and Test Statistic t of Personality Traits among Individual Sports (n = 125) and Dual Sports (n = 125).

Dimension	Mean		SD		SEM		t-value
	Individual Sport	Dual Sport	Individual Sport	Dual Sport	Individual Sport	Dual Sport	
Factor A	5.73	6.10	1.55	1.93	0.13	0.17	1.76
Factor B	7.28	6.24	1.33	1.71	0.11	0.15	5.47
Factor C	7.38	6.60	1.83	1.58	0.16	0.14	3.38
Factor E	6.00	6.36	1.36	1.60	0.12	0.16	1.82
Factor F	6.10	6.48	1.36	1.60	0.12	0.14	1.95
Factor G	7.23	6.16	1.93	1.80	0.17	0.16	4.48
Factor H	7.23	6.60	1.93	1.41	0.17	0.12	3.00
Factor I	7.21	6.13	1.55	2.14	0.13	0.19	4.49
Factor L	4.84	6.09	1.93	1.65	0.17	0.14	5.16
Factor M	6.00	6.28	1.15	1.73	0.10	0.15	1.63
Factor N	6.61	6.88	1.41	1.81	0.12	0.16	1.36
Factor O	5.24	6.36	2.19	1.45	0.19	0.13	4.57
Factor Q1	6.15	6.45	1.63	1.50	0.14	0.13	1.61
Factor Q2	7.19	7.42	1.10	1.63	0.098	0.14	1.39
Factor Q3	5.72	6.48	1.71	1.71	0.15	0.15	3.37
Factor Q4	5.43	6.19	2.10	1.24	0.18	0.11	3.49

*Significant at .05 level of significance. $t_{0.05}(249) = 1.645$

The results of personality traits of individual and dual sports athletes (i.e., factors namely: A- reserved v/s outgoing, B -less intelligent v/s more intelligent, C- affected by feeling v/s emotionally stable, E-humble v/s aggressive, F-sober v/s happy go- lucky, G-expedient v/s conscientious, H-shy v/s venturesome, I-tough minded v/s tender minded, L-trusting v/s mistrusting, M-practical v/s imaginative, N-unsophisticated v/s calculating, O-placid v/s apprehensive, Q1-conservative v/s experimenting, Q2-group dependent v/s self-sufficient, Q3-group dependent v/s self-sufficient, Q4-relaxed v/s tensed) between the individual and dual sports athletes are presented in table-1. In case of personality traits of individual and dual sports athletes significant between group differences were found for factors A ($t=1.76^*$), factors B ($t=5.47^*$), factors C ($t=3.38^*$), factors E($t=1.82^*$), factors F ($t=1.95^*$), factors G ($t=4.48^*$), factors H ($t=3.00^*$), factors I ($t=4.49^*$), factors L ($t=5.16^*$), factors O ($t=4.57^*$), factors Q3 ($t=3.37^*$), factors Q4 ($t=3.49^*$) whereas no significant between group differences were found for factors M ($t=1.63$), factors N ($t=1.36$), factors Q1 ($t=1.61$) and factors Q2 ($t=1.39$). Fig. 1: Mean Values (\pm SD), Standard Error of the Mean and Test statistic t of Personality Traits among Individual Sports (n = 125) and dual Sports (n = 125)

Discussion

The aim of the present study was to investigate difference of the personality traits of athletes in individual and dual sports. Analysis of data revealed significant difference of personality traits of individual and dual sports athletes significant between-group differences were found for factors A, factors B, factors C, factors E, factors F, factors G, factors H, factors I, factors L, factors O, factors Q3, factors Q4 whereas no significant between-group differences were found for factors M, factors N, factors Q1 and factors Q2.

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