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## A study of Personality traits and self-concepts of B.P.Ed and M.P.Ed student athletes

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### Abstract

Sports is still a subject in the state list of the constitution so that we can have a national sports and physical education law, which will facilitate better co-ordination and monitoring of sports and physical education activity in the country. There is also an urgent need to develop sports awareness and sports consciousness amongst our people. Physical education is one of the most important factors in promoting health and longevity. Physical education and sports increase the scope of the human ability and enriches the life of the individual and that of the society as a whole. The teachers, students, parents, and faculties for creating a much needed sports culture on the country we need to orient our minds towards sports and physical education. The physical education teacher and experts here have a major role to play on this exercise. The psychological aspects of sports are gaining attention at meeting of sport administrators representing all levels of competition. Administrators are aware the sport is no longer the only choice for young people. Their interests have broadened and they often choose the form of recreation other than sport, to help and make sport more attractive to prospective athletes. Coaches need to learn about the psychology of coaching and sport. This study would help to find out the differences in personality traits and self concept between B.P.Ed and M.P.Ed athletes. If the study proves that there are differences in personality among players, then it might be correlated with performance.

**Keywords:** personality, athletes, sports and physical education

### Introduction

Sports is still a subject in the state list of the constitution so that we can have a national sports and physical education law, which will facilitate better co-ordination and monitoring of sports and physical education activity in the country. There is also an urgent need to develop sports awareness and sports consciousness amongst our people. Physical education is one of the most important factors in promoting health and longevity. Physical education and sports increase the scope of the human ability and enriches the life of the individual and that of the society as a whole. The teachers, students, parents, and faculties for creating a much needed sports culture on the country we need to orient our minds towards sports and physical education. The physical education teacher and experts here have a major role to play on this exercise. Sports in the present day world have become extremely competitive, previous records are being broken whenever there is a competition. It is not the mere participation or few days' practice that brings out an individual victorious but the continuous hardships of training, right from the childhood, strong self-determination and various other psychological and social factors. The psychological aspects of sports are gaining attention at meeting of sport administrators representing all levels of competition. Administrators are aware the sport is no longer the only choice for young people. Their interests have broadened and they often choose the form of recreation other than sport, to help and make sport more attractive to prospective athletes. Coaches need to learn about the psychology of coaching and sport.

### Personality

The term personality refers to mind in particular, body and mind in general. The personality must indicate a total of various aspects of human behavior. Personality is the total bio psychological structure of individual that is his appearance, his anatomy, the way he thinks, feels, acts and behaves in life situation.

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**Importance of personality**

Personality is the total quality of the structure aptitudes, interest, capacities, attitudes and behavior patterns, which are manifested in mans relation with the environment. It is a compound, grouping and resultant of many coordinated elements, some of which are inherited, some absorbed and some predominantly acquired. Contemporary society finds greater dynamics of human personality in sports than in any other institution. In many ways participants in sports are much better than the non-participants in sports. Sports persons were significantly better adjusted in the area of health, family, society and emotions while the non-participants persons were better adjusted in the areas of education.

**Personality and Sports Performance**

Personality traits of sportsmen have strong being on their performance. High level sports performance need learning complex motor movements. Quickly and thoroughly learned, these movements can be swiftly and confidently applied during the competitions. The sports performance of an individual is believed to be influenced by his physical fitness on the one hand and by the psychological adjustment on the other. It is strictly so with regard to successful sportsmen because for the high level achievements in competitive sports they need to be physically and mentally well balanced. Usually sports persons seem to be extroverts, introverts, dominating, sociable self-esteemed, less anxious tough minded, confident, emotionally stable and intelligent. These personality traits to be developed through continued participation of the individuals in sports competitions.

**Personality**

"Personality can be broadly defined as the total quality of an individual's behavior, as it is revealed in his habits of though and expression, his attitudes and interests, his manners of acting and personal philosophy of life".

**Self Concept**

Self concept is relatively stable and more or less a conscious phenomenon, emotionally experienced as a unique system of the individual's ideas about himself, based on which he interacts with other people and develops an attitude towards himself.

**Traits**

Another method used for describing personality is the analysis of an individual behavior in terms of qualities called 'traits' for all practical purposes, describing an individual personality in terms of traits has definite advantage. All sport defines traits, "as a group of characteristic reactions, which reveal or typical adjustments of the individual to his environment.

**Statement of the problem**

The purpose of the study was to analyze personality traits and self concepts of B. P. Ed and M. P. Ed student athletes.

**Hypotheses**

1. There would be a significance difference in personality traits and self concept between B. P. Ed and M. P. Ed athletes.

**Significance of the study**

1. This study would help to find out the differences in personality traits and self concept between B. P. Ed and M. P. Ed athletes. If the study proves that there are

differences in personality among players, then it might be correlated with performance.

2. The study may help to understand the psychological variables which are very essential for B. P. Ed and M. P. Ed athletes.
3. The study may create interest among researcher to determine the importance of psychological variables of other games on performance.

**Selection of subjects**

Totally 50 female players were selected 25 from B. P. Ed and 25 M. P. Ed. athletes The age ranged between eighteen to twenty eight years.

**Selection of variables**

The following psychology variables were selected

1. Personality traits
2. Self concept

**Collection of data**

The personality inventory and self concept questionnaire were administered separately. The investigator went to collect the data from Akkamahadevi women's university, Vijayapura Inter Collegiate athletic meet. The data was collected from twenty five B. P. Ed and twenty five M.P.Ed athletes who have represented in Akkamahadevi women's university, Vijayapura Inter Collegiate athletic meet. The subjected were reminded not to make undue delay in answering all questions.

**Scoring**

The scoring of the response forms were done in accordance with the instructions and keys given by SBC Eysenck and HJ Eysenck and Mukta Rani Rastogi.

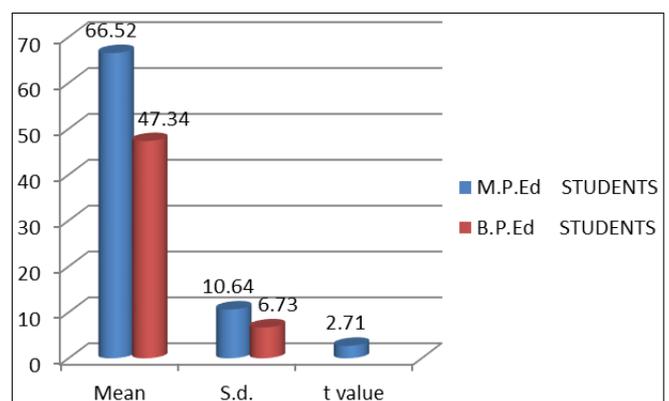
**Statistical Procedure**

To test the research hypothesis, 't' test for difference of means was used with the level of significance being set at 0.05 percent.

Necessary data relevant to the present study were collected through the responses of the selected subjects to the SBC Eysenck and HJ Eysenck and Mukta Rani Rastogi. inventory administered to them. Statistical analysis of data then revealed the following findings which have been presented in table 1.

**Table 1:** Personality traits of M.P.Ed and B.P.Ed Students Athletes

Personality traits	N	Mean	S.D.	t value
M. P. Ed ATHLETES	25	66.52	10.64	2.71
B. P. Ed ATHLETES	25	47.34	6.73	



**Fig 1:** Personality traits of M.P.Ed and B.P.Ed Students Athletes

The table and graph no;1 shows that, the mean score of personality traits of M. P. Ed Athletes was 38.078 with Sd of 6.06 and that the mean score of personality traits of B. P. Ed Athletes was 31.06 with Sd 5.73.

From the above table the calculated t value was greater than 2.71. We reject the null hypothesis at 5% level of significance. That is, there exists a significant mean difference in personality traits among B. P. Ed and M. P. Ed athletes.at 5% level and significance.

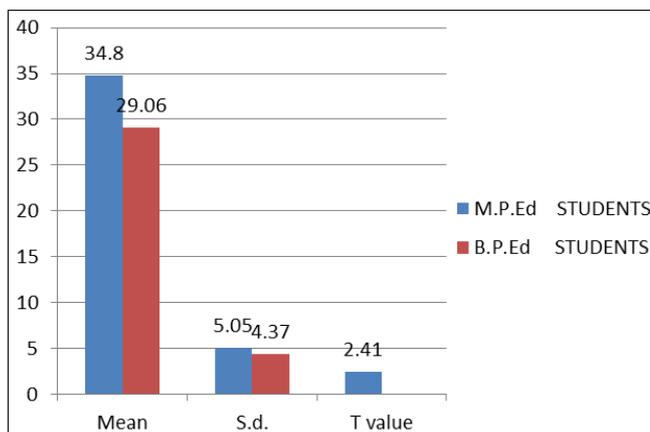
It was concluded from the results of the study that the M. P. Ed Athletes were on the high in personality traits levels and that there were significant differences between M. P. Ed and B. P. Ed Athletes in their mean personality traits scores. Thus the hypothesis formulated in the present study was rejected.

The factors such as age, training, experience, exposure, and the level of competitions may have been the causes influencing such results. The impact of sports participation over a few years might have been the influencing factors in the subject's high level of personality traits.

On the contrary, the subjects belonging to the B. P. Ed Athletes, might not have experienced success and may not have greater achievements. They might have some success in their academic life which may not be enough to increase their belief in their own abilities. Successes and achievements in one's life are very important factors that contribute to increase in personality traits levels. Lack of experience and exposure may also be the factors that have a negative effect on the personality traits levels of subjects belonging to the B. P. Ed Athletes. Hence, there may be a significant difference in personality traits between M. P. Ed and B. P. Ed Athletes.

**Table 2:** Self Concept of M. P. Ed and B. P. Ed Athletes

Self concept	N	Mean	S.d.	T value
M.P.Ed Athletes	25	34.8	5.05	2.41
B.P.Ed Athletes	25	29.06	4.37	



Self Concept of M. P. Ed and B. P. Ed Athletes

Table and Graph 2 reveals the mean, SD and 't' values of Self concept of M. P. Ed and B. P. Ed Athletes of K.S.W. University. The mean score of M. P. Ed and B. P. Ed Students on Self concept is 34.08 and 29.6 respectively. This difference in their mean score suggests that the M. P. Ed Athletes are moderate in their Self concept when compared to the B. P. Ed Athletes, who are have more Self concept. The obtained 't' value 2.41 which is highly significant at 0.05 level suggest the fact that, there is a significant difference of Self concept between the M. P. Ed and B. P. Ed Athletes of A.M.W. University. Therefore, the hypothesis that there is a significant difference in the Self concept of M. P. Ed and B. P. Ed Athletes is confirmed.

**Summary, conclusions and recommendations summary**

The purpose of the study was to compare there is any difference exists between Akkamahadevi women's university,Vijayapura Inter collegiate of M.P.Ed and B.P.Ed Athletes in personality traits and self- concept. All the subjects were from Akkamahadevi women's university,Vijayapura who have participated in inter - collegiate athletic meet. A total of Fifty M.P.Ed and B.P.Ed Athletes were selected.The purpose of the present investigation was to correlate the personality traits and self concept of M.P.Ed and B.P.Ed Athletes. To achieve the purpose of the study Eysneck personality questionnaire and Muktha Rani Rastogiself concept questionnaire were administrated to the sample of fifty members who were the participants at Akkamahadevi women's university,Vijayapura inter collegiate athletic meet. The data collected was statistically analyzed with t test. The statistical analysis of the data revealed the following conclusions. All the subjects were tested with the following psychological variables.

1. Personality Traits
2. Self-concept.

**Conclusions**

- Based on the results of the study it was concluded as follows.
1. M.P.Ed Athletes have high level of personality traits and self concept then the B.P.Ed Athletes.
  2. There is a significant difference between personality traits and self concept of M.P.Ed and B.P.Ed Athletes

According to the results obtained from the study Athletes who have well in personality traits certainly they will have good self concept and vice versa.

**Recommendations**

- Based on the results and the conclusions drawn from this study, the following recommendations are made for further research.
1. A similar study may be conducted on men players.
  2. This study could be applied to other games.
  3. A similar study may be conducted with other psychological variables.
  4. This study may be applied not only to sports, but also to common people to identify the strength and weakness in psychological aspects.
  5. The same study may be conducted on other variables.

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