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Study on personality traits and body image of college teachers and professional players

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Abstract

Aim: The present study aims to find out the relationship between personality traits and body image of the college teachers and professional players.

Methods: Following purposive sampling method, a total sample of 120 participants (Male college teachers (N1) = 60 and male professional players (N2) = 60) with age range from 26 years to 40 years were selected for the present study. Multi-dimensional Body-Self Relations Questionnaire [1] was used to measure Body Image of the sample under study. International Personality Item Pool [2] was used to measure personality traits of the sample. Pearson's Product Moment Correlation Coefficient, ANOVA and t-statistics were used with the help of SPSS (Version 22).

Results: i) Body image has a significant and positive correlation with four personality traits, like openness, agreeableness, extraversion and conscientiousness of the college teachers and the professional players under study. ii) Body image of the college teachers and professional players under study are negatively correlated with neuroticism. iii) The overall personality score of the college teachers and professional players with Positive body image and moderate body image differed significantly from the overall personality score of those with poor body image. iv). The College Teachers and the Professional Players differed significantly with respect to their body Image. v) The College Teachers and the Professional Players differed significantly with respect to their overall personality score.

Keywords: Body image, personality traits, extraversion, neuroticism

Introduction

Personality traits can be classified into the Big Five dimensions of Openness to Experience, Conscientiousness, Extraversion, Agreeableness, and Neuroticism. On measures of Big Five personality traits, researchers [3] found that neuroticism and extraversion positively correlated with body dissatisfaction while agreeableness, imagination, and conscientiousness had a negative correlation. However, only neuroticism and conscientiousness demonstrated a significant correlation. Personality traits correlate with body satisfaction [4].

Body image is regarded as multi-dimensional self-attitude towards one's body particularly focusing on appearance [5]. Body image may be considered as a combination of physique, body composition, and exercise regime, dietary behaviour of an individual as a separate identity or in comparison to others. According to Cashmore (2008) [6], body image is defined as an internal, subjective representation of physical appearance based on bodily experience, and the way the body image is developed is also a culturally influenced process [6]. Some of the dimensions encompassing body image are: perception, attitude, cognition, behaviour, affect, and fear of fatness, body distortion, body dissatisfaction, cognitive-behavioural investment, evaluation, preference for thinness, and restrictive eating [7].

In a study, Soohinda (2019) [3] has shown that a significant percentage of young women had a negative body image associated with high levels of neuroticism. There are several studies relating to personality traits and body satisfactions, but little is known about the relationships between personality traits and body image of Teachers and Players. Furthermore, the findings of comparison between Teachers and Players with regard to their personality traits and body image will provide a fruitful guideline to the counselling psychologists, career counsellors and the institutional heads to guide and motivate the aspirant teachers and aspirant players for right direction to career selection. This study is to examine how personality traits and body image are interrelated.

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Methodology

Sample: Following purposive sampling method, a total sample of 120 individuals [Male College Teachers (N_1) = 60 and Male Professional Players (N_2) = 60] with age range from 26 to 40 years were selected for the present study. 60 fixed salaried college teachers were selected from four different colleges and 60 fixed salaried professional players were selected from four different sports academies located in Kolkata, North 24 Parganas, South 24 Parganas and Paschim Midnapore Districts in West Bengal in India.

Tools for Data Collection

The following tools were used to assess personality traits and body image of the college teachers and professional players. Multi-dimensional Body-Self Relations Questionnaire (Cash, 2017). Multidimensional Body-Self Relations Questionnaire (MBSRQ) by Cash T. F. (2000) [1] was used for assessing body image. The Multidimensional Body-Self Relations Questionnaire (MBSRQ) is a 69-item self-report inventory for the assessment of self-attitudinal aspects of the body-image

construct. International Personality Item Pool (Donnellan *et al.*, 2006) [2]. It is a useful short measure of the Big Five factors of personality such as extraversion, agreeableness, conscientiousness, neuroticism, and imagination. It is a 20-item short form of 50-item International Item Pool five-factor model measures and was developed and validated across five studies. It is tiny, yet effective measures of the big five factors of personality.

Statistics: Descriptive and inferential statistics were used. On the basis of the 25th percentile, 50th percentile and 75th percentile position of the body image value obtained on the body image scores of the sample, three different levels of body image, i.e., Positive body image, Moderate body image and Poor body image were determined. The data were analyzed using SPSS (Version: 22). Mean, Standard Deviation, Pearson's Correlation Coefficient, t-Statistics and ANOVA were used to analyze the data.

Results and Discussion

Table 1: Correlation between body image and personality traits

	Overall Personality	Neuroticism	Extraversion	Openness	Agreeableness	Conscientiousness
Body Image	.445**	-.413**	.270**	.470**	.587**	.283**

** Significant at the 0.01 and at the 0.05 level.

The above table shows that Body Image has a significant and positive correlation with the four traits of personality, i.e., extraversion, openness, agreeableness, and conscientiousness. Moreover, Table 1 shows that body image has a significant positive correlation with the overall personality score of the college teachers and professional players of the total sample. But, the table has also depicted that body image is significantly and negatively correlated with neuroticism.

Hence, from Table 1, it can be stated that positive body image is greatly correlated with higher level of openness, agreeableness, extraversion and conscientiousness and greater emotional stability.

So the finding shown in Table 1 confirms that the body image and personality traits of the total sample of college teachers and professional players are significantly correlated.

Table 2: ANOVA Showing the Significant Mean Difference between the Poor, Moderate and Positive Body Image of the Total sample with Respect to their Overall Personality Score.

Scheffe (ANOVA--Post Hoc test: Multiple Comparison)					
Dependent Variables	(I)VAR00001	(J) VAR00001	Mean Difference (I-J)	Std. Error	Sig.
Overall Personality Score	Poor	Positive Body Image	-4.503*	.837	.000
	Body Image	Moderate Body Image	-3.290*	.862	.001

*. The mean difference is significant at the 0.05 level. (Only significant findings are reported)

Table 2 shows that there is mean difference of 4.503 between the poor body image and positive body image of the present sample with respect to their overall personality scores. Again, there is mean difference of 3.290 between the poor body image and moderate body image of the present sample with respect to their overall personality scores. The obtained mean differences are significant at the 0.05 level.

Hence the result confirms that the three different levels of body image (Positive, Moderate and Poor) of the total sample differed significantly with respect to their overall personality score.

From the present study it is revealed that body image has a significant and positive correlation with four personality traits, like openness, agreeableness, extraversion and conscientiousness of the college teachers and the professional players under study. But, the finding has also revealed that body image of the college teachers and professional players under study are negatively correlated with neuroticism. From this finding, it can be stated that positive body image is greatly correlated with higher level of openness, agreeableness, extraversion and conscientiousness and greater emotional stability.

Table 3: t- Value Showing the Difference between College Teachers and Professional Players with Respect To Their Body Image

	Independent Samples test				
	Mean	S.D.	t-Value	df	Level of Significance (2-tailed)
Body image of the College Teachers	259.47	9.566	9.306**	118	0.01
Body Image of the Professional Players	234.40	18.543			

*Significant at 0.01 level

Table 3 shows that the mean values of Body Image of the college teachers and professional player are 259.47 and 234.40 respectively. The obtained t-value is 9.306 with df

=118, which is much higher than the table value of 2.62 at 0.01 level of significance.

But, poor body image of the sample is correlated with their

lower level of openness, agreeableness, extraversion and conscientiousness and higher level of neuroticism. Previous research studies have shown that, personality traits correlate with body satisfaction (Skorek *et al.*, 2014) ^[4]. Neuroticism is related to poorer mental health and lowers body satisfaction. Agreeableness and conscientiousness are greatly related to body appreciation ^[8].

An interesting finding (Table 2) revealed that the overall personality score of the sample with positive body image differed significantly from the overall personality score of the sample with poor body image. Again, the overall personality score of the college teachers and professional players with moderate body image differed significantly from the overall personality score of those with poor body image. Previous researchers have reported that the relationships between personality traits and negative body image may be explained by the fact that individuals who have low emotional stability are more emotionally reactive to social comparisons and generally more negative towards themselves and their appearance.

On measures of Big Five personality traits (Soohinda *et al.*, 2019) ^[3] neuroticism and extraversion positively correlated with body dissatisfaction while agreeableness, imagination, and conscientiousness had a negative correlation. However, only neuroticism and conscientiousness demonstrated a significant correlation. Neuroticism is related to poorer mental health and lowers body satisfaction. Agreeableness and conscientiousness were greatly related to body appreciation (Swami *et al.* 2013) ^[8]. So, the present study finding is corroborated by the previous research findings.

Conclusions

The result of the present study as reported and discussed earlier, appeared to be interesting and the major trends of findings obtained are conveyed as follows:

- i. Body image has a significant and positive correlation with four personality traits, like openness, agreeableness, extraversion and conscientiousness of the college teachers and the professional players under study.
- ii. Body image of the college teachers and professional players under study are negatively correlated with neuroticism.
- iii. The overall personality score of the college teachers and professional players with Positive body image and moderate body image differed significantly from the overall personality score of those with poor body image.
- iv. The College Teachers and the Professional Players differed significantly with respect to their body Image.
- v. The College Teachers and the Professional Players differed significantly with respect to their overall personality score.

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