

Comparison of Personality among Athletes and Non – Athletes

Anilkumar Edward, Research Scholar and

M.S.Pasodi, Senior Lecturer, Department of Physical Education, Gulbarga University, Gulbarga, Karnataka.

Abstract

The propose of the present paper is to find difference of personality level among athletes and athletes players the research method is ex – post –fact and fulfill the purpose 50 Athletes and 50 Non-Athletes were selected randomly from various colleges of Gulbarga University, and their age ranged from 19-25. They are administrated 16 PF Personality scale developed by the Cattell (1965) to collect data pertaining to research. The study was examined by using 't' test. It is concluded that Athletes are having the high Personality level than Non-Athletes. So the hypothesized statement there would be differences in the Personality level between the Athletes and Non-Athletes is accepted.

Key words: Personality, Athletes, Non-Athletes.

Introduction

Scientific knowledge of the nature of human beings and also of the process and conditions of their growth and development can be had only when a systematic study of the whole man is undertaken. The systematic study of the whole man is undertaken in two inseparable fields, identified as the psychology of adjustment and psychology of personality.

The subject matter of psychology deals with human behavior. The field of human behaviour is very wide of rather unlimited because it shows the activity performed by man in any state or condition from birth to death. So all types of activities inner, outer, conscious, unconscious, physical, mental, moral, immoral, social, anti-social good or bad are included. According to Singer (1972)-“Psychology is the science of human behaviour. The term “behaviour” requires some explanation. In psychology, the term is used in very wide and comprehensive sense. It does not mean manner or the way of our dealings with other. It impels every activity performed my man. Hence, playing, thinking, walking, reading, talking, writing, eating, abusing, weeping, etc., are different type of behaviour. A man is busy with this or that activity every movement and only death can put an end to his activity. Therefore, in brief, behaviour includes man’s every activity from birth to death. In sports, now-a-days more and more stress is being laid on the study of psychology factors, which control, Condition and modify the physiological functions. The idea is to improve the performance of an individual by controlling some and manipulation other factors. In sports, the players learn motor skills and in competitive sports he makes use of these skills to achieve success. Learning is a social attribute. It brings about modification in behaviour. Cratty, (1973) states, that sports psychology is an area which attempts to apply psychological facts and principles to learning performance and associated human behaviour in the whole field of sports.

Psychology as a behavioural science has made its contribution for improving sports performance. It has helped coaches to coach more efficiently and athletes to perform more proficiently. These psychological aspects on sports in gaining much attention among sports administration.

Concept of Personality

It is an integration of traits that can be investigated and described in order to render an account of the unique quality of the individual. According to Cattell (1957) "personality of an individual is that which enables us to predict what he will do in a given situation". Personality traits based upon our physiological and psychological needs (food, sex, sleep, and so on), can be developed, thus emphasizing the importance of environment. Each personality is different from any other. All of us have ideals, hopes, fears, beliefs, and attitudes, just as we all have our own habits, interests, and purpose. Yet these elements are not all present within each of us in equal form or degree, nor do they appear to be arranged exactly like in any two people. When the various personal elements fit together nicely, we have what we call the "well-integrated" personality. According to Patterson (1980), "personality is that which permits a prediction of what a person will do in a given situation and it also is concerned with all behaviour of the person both over and under the skin."

It is important to remember that, in the search for significant variables in personality, the 16 PF has a divisive edge over other tests, in that it is deeply embedded in a data based multivariate personality theory which tends itself readily to both psychodynamic and behaviouristic interpretations.

*In factor A (Reserves Vs Outgoing)	*In factor L (Trusting Vs Suspicious)
*In factor B (Less Vs More intelligent)	*In factor M (practical Vs Imaginative)
*In factor C (Emotionally less stable Vs Emotionally stable)	*In factor N (Forthright Vs astute)
*In factor E (Humble Vs Assertive)	*In factor O (Placid Vs apprehensive)
*In factor F (Sober Vs Happy – go lucky)	*In factor Q1 (Conservative Vs Experimenting)
*In factor G (Expedient Vs Conscientious)	*In factor Q2 (Group-dependent Vs self-sufficient)
*In factor H (Shy Vs Venturesome)	*In factor Q3 (Undisciplined self-conflict Vs Controlled)
*In factor I (Tough-minded Vs Tender-minded)	*In factor Q4 (Relaxed Vs Tense)

Significance and Relevance of the Study

- To know the extent of help in providing guideline to Physical Education teachers and coaches for selecting and preparing players for their psychological make up.
- To know the complex of physical, intellectual, emotional and social development patterns and success in sports is an integral part of this pattern. Thus an understanding of behaviour in sport will aid us in helping people better fulfill their lives.
- To study the important factors for future selection and coaching of sportsmen for national and international events.

Objectives of the Study

- To know the nature and relation of Personality among Athletes and Non-Athletes.
- To understand Personality factors level of Athletes and Non-Athletes.
- To assess the comparison of Personality level between Athletes and Non-Athletes.

Hypothesis of the Study

- There will be a significant difference between the personality level of Athletes and Non-Athletes.

Review of Related Literature

Malumphy (1968) used the Cattell's 16PF to compare the personality traits of 120 women: (77 athletes and 43 non-athletes) and found that athletes who played individual sports were more extroverted than those who played team sports.

Niblock (1960) found female athletes to be more energetic enthusiastic efficient as possessing more leadership potential and were optimistic and more extroverts.

Chadwick (1972) found that female athletes were significantly more tough minded, practical, group dependent, suffered and less intelligent than non-athletic females. On the other hand, Ogilvie (1971) found male competitors to be basically emotionally healthy persons who tend towards extraversion. They were tough minded, self-assertive and self-confident with a high capacity to ensure the stress involved in high level competition.

Gruber and Pekins (1978) found women who competed in inter-collegiate competition to be significantly higher on the factors CF (sober) than non-participant group.

Sperling (1942) Sclusher (1964) and Cooper (1969) have tried to find personality differences between sportsman and non-sportsman. Majority of the investigations have indicated that Sportsmen differ from Non-sportsmen on a number of personality traits.

Methodology

The purpose of the present investigation was to compare the personality between Athletes and Non-Athletes in the framework of ex-post-facto research. The particulars of samples, tools, collection of data and statistical techniques are given as under.

Table-I
Sample Design

Sl. No.	Athletes	Non-Athletes	Total
1	50	50	100

- The total sample consists of 100 sportsmen (i.e.50 Athletes and 50 Non-Athletes) belonging to high and low socioeconomic status. The age level ranging from 19-25 and were selected randomly.
- Personal data schedule was used to collect the information related to personal and socio-demographic status of the subject.
- The **16 PF** personality scale developed by the **Cattell (1965)** was adopted in the present investigation.
- To meet the objective of the study and to verify the formulated hypothesis the data were analyzed, the **Mean, SD,** and **'t'-test** were calculated and were organized.

Discussion

An individual in life is confronted with different values, people, situations, opportunities, etc. Hence one cannot be expected to be free from the influence of family, school, college, community system and the economic resources. The influence of these factors may vary in strength and the pattern, but certainly affect participation in sport. In this work; attempt has been made to make a comparative study of the personality among Athletes and Non-Athletes of Gulbarga University.

Table-II**Mean (of Sten scores) SD and t values of Athletes and Non-Athletes**

Factors	Group	Mean	SD	t-value
A	1	13.56	3.87	3.58**
	2	10.65	4.06	
B	1	15.00	3.91	4.97**
	2	13.90	4.43	
C	1	15.86	4.86	2.42*
	2	13.50	2.98	
E	1	14.80	4.85	2.01*
	2	13.70	2.80	
F	1	15.02	2.40	2.66*
	2	13.90	2.83	
G	1	14.70	2.46	2.69*
	2	13.54	2.41	
H	1	14.88	2.89	3.35**
	2	13.00	1.42	
I	1	12.16	1.96	2.43*
	2	14.70	2.60	
L	1	13.94	1.82	2.62*
	2	15.96	2.02	
M	1	10.74	5.50	3.11**
	2	13.98	1.40	
N	1	16.14	1.73	4.11**
	2	13.96	2.06	
O	1	14.90	1.90	3.78**
	2	11.85	1.85	
Q1	1	13.90	2.41	3.08**
	2	9.01	1.91	
Q2	1	15.82	2.68	3.31**
	2	12.73	1.84	
Q3	1	15.77	2.24	4.05**
	2	10.27	2.11	
Q4	1	9.66	1.06	4.51**
	2	14.42	2.06	

**Significant at 0.01 level, *Significant at 0.05 level

1- Athletes

2- Non-Athletes

Factor A (Reserved V/s Outgoing)

In the above table Athletes have the mean score of 13.56 against the mean score of 10.65 by the football players. The obtained t-value is 3.58 which is significant at 0.01 level suggest that there is a significant difference between the Athletes and Non-Athletes on factor **A**

Factor B (Less Vs More intelligent)

Athletes have the mean score of 15.00 on factor B and the Non-Athletes are having the mean score of 13.90. The obtained t-value is 4.97 which is significant at 0.01 level it indicates that there is a significant difference between and Athletes and Non-Athletes on factor **B**.

Factor C (Emotionally less stable Vs Emotionally stable)

The Athletes have the mean score of 15.86 and the Non-Athletes players are having the mean score of 13.50 on factor **C**. The obtained t-value is 2.42 which is significant at 0.05 level indicates that there is a significant difference between both groups on Factor **C**.

Factor E (Humble Vs Assertive)

The Athletes have the mean score of 14.80 on factor **E** and the Non-Athletes have the mean score of 13.70. The obtained t-value for these two groups is 2.01 which is significant at 0.05 level suggests that there is a significant difference of factor **E** between the Athletes and Non-Athletes.

Factor F (Sober Vs Enthusiastic)

The Athletes have the mean score of 15.02 and the Non-Athletes have the mean score of 13.90. The obtained t-value for these two groups is 2.66 which is significant at 0.05 level signifies that there is a significant difference between the Athletes and Non-Athletes in factor **F**.

Factor G (Expedient Vs Conscientious)

The mean scores of Athletes and Non-Athletes on factor **G** are 14.70 and 13.54 respectively. The obtained t-value for these two groups is 2.69 which is significant at 0.05 level informs that there is a significant difference of factor **G** between Athletes and Non-Athletes.

Factor H (Shy Vs Venturesome)

The Athletes have the mean score of 14.88 on factor **H** and the Non-Athletes have the mean score of 13.00. The obtained t-value for these two groups is 3.35 which is significant at 0.01 level indicates that there is a significant difference between the Athletes and Non-Athletes on factor **H**.

Factor I (Tough minded Vs Tender minded)

The Athletes have the mean score of 12.16 and the Non-Athletes have the mean score of 14.70 on factor **I**. The obtained t-value for the both groups is 2.43 which is significant at 0.05 level suggest that there is a significant difference between Athletes and Non-Athletes on factor **I**.

Factor L (Trusting Vs Suspicious)

The Athletes have the mean score of 13.94 and the Non-Athletes have the mean score of 15.96 on factor **L**. Whereas, the obtained t-value for the both groups is 2.62 which is significant at 0.05 level suggests that there is a significant difference between Athletes and Non-Athletes in factor **L**.

Factor M (Practical Vs Imaginative)

The Athletes and Non-Athletes have scored the mean scores of 10.74 and 13.98 respectively on factor **M**. The obtained t-value for these two groups is 3.11 which is significant at 0.01 level suggests that there is a significant difference between Athletes and Non-Athletes in factor **M**.

Factor N (Forthright Vs Astute)

The Athletes have the mean score of 16.14 and the Non-Athletes have the mean score of 13.96 respectively on factor **N**. The obtained t-value 4.11 which is significant at 0.01 level reveals the significant difference between the both groups.

Factor O (Placid Vs Apprehensive)

The Athletes have the mean score of 14.90 whereas; the Non-Athletes have the mean score of 11.85 on factor **O**. Moreover, the obtained t-value for both these groups is 3.78 which is significant at 0.01 level reveals that there is a significant difference between Athletes and Non-Athletes in factor **O**.

Factor Q (Conservative Vs Experimenting)

The Athletes have the mean score of 13.90, and Non-Athletes have the mean score of 9.01. The obtained t-value for the two groups is 3.08 which is significant at 0.01 level reveal that there is a significant difference between Athletes and Non-Athletes in factor **Q₁**.

Factor Q₂ (Group-dependent Vs self-sufficient)

The Athletes have the mean score of 15.82 when compared to the mean score of 12.73 of Non-Athletes. The obtained t-value for both groups is 3.31 which is significant at 0.01 level, suggest that there is a significant difference between Athletes and Non-Athletes in factor **Q₂**.

Factor Q₃ (Undisciplined self-conflict Vs Controlled)

The Athletes have the mean score of 15.77 and the Non-Athletes have the mean score of 10.27 respectively on personality factor **Q₃**. The obtained t-value for both these two group is 4.05 which is significant at 0.01 level indicates that there is a significant difference of personality factor **Q₃** between Athletes and Non-Athletes.

Factor Q₄(Relaxed Vs Tense)

In the above table the mean scores of both Athletes and Non-Athletes are 9.66 and 14.42 respectively on personality factor Q₄. The obtained t-value for these two groups is 4.51 which is significant at 0.01 level indicates that there is a significant difference in personality factor Q₄ between Athletes and Non-Athletes.

Conclusion

1. In factor **A** the Athletes are outgoing, warmhearted, easy going and participating with their friends, coach and team mates whereas the Non-Athletes are found to be reserved, detached, critical of their friends, coach, and team mates.
2. The comparative analysis of factor **B**, mean scores of both groups suggest that the Athletes are more intelligent, possess abstract thinking and have higher scholastic mental capacity whereas the Non-Athletes are less intelligent, possess concrete thinking and are having lower scholastic mental capacity.
3. In factor **C** the Athletes are emotionally stable, faces reality, calm and mature in their approach and are having higher ego strength. On contrary, the Non-Athletes are affected by feeling, emotionally less stable and would become easily upset due to their lower ego strength.
4. The result of factor **E** indicates that the Athletes are assertive, independent, aggressive, competitive and dominant in their approach and behaviour. Whereas, the Non-Athletes are humble, mild, accommodative, confirming and submissive in their approach and behaviour.
5. Also the results of factor **F** suggest that the Athletes are happy go lucky, lively and enthusiastic in their behaviour compared to the Non-Athletes who are prudent, sober and serious in their approach and behaviour.
6. The mean score of factor **G** of both groups informs that the Athletes are conscientious, persevering and rule bound in their behaviour when compared to the Non-Athletes who are generally expedient and generally evades rules and feels low obligation towards responsibilities. It means the Athletes have stronger uperego whereas the Non-Athletes are having lower superego.
7. The results of factor **H** suggest that the Athletes are venturesome, socially bold, uninhibited and spontaneous in their approach and behaviour when compared to the Non-Athletes who are shy, restrained, different and timid in their behaviour and approach.
8. In factor **I** the Non-Athletes are tender minded, dependent, over protected and very sensitive about the issues, whereas the Athletes are tough minded, self reliant, realistic and are having no-nonsense approach.

9. According to the results of factor **L** it indicates that Athletes are trust worthy, adaptable, free of jealousy and are easy to get on with the friends, family members, neighbors and their teammates. On the contrary the Non-Athletes are suspicious, self-opinionated and are hard.
10. In factor **M**, Athletes are always practical, careful, and conventional are regulated by the external realities of life. Whereas, the Non-Athletes are imaginative, absent-minded, careless of practical matters and are wrapped up in inner urgencies.
11. The comparison on factor **N** the Athletes are shrewd, penetrative, worldly and calculative in their behaviour and actions. Whereas the Non-Athletes are artless, sentimental, natural and forthright in their behaviour and actions.
12. According to the result of factor **O** Athletes are apprehensive, depressive, worried and are troubled, whereas the Non-Athletes informs that they are placid, self assured, confident and are serene in their behaviour and approach.
13. In factor **Q1** the mean scores of both groups suggests that the Athletes are experimenting, liberal, analytical, free thinking and possess the radicalism in their behaviour and thinking. On the contrary the Non-Athletes are conservative, respecting, critical, pre-established ideas, tolerant of traditional difficulties and possess conservatism in their behaviour and actions.
14. In factor **Q2** the Athletes are self sufficient, resourceful and prefers own decisions during the crisis situations, whereas the Non-Athletes are group dependent and are just followers and lacks the own decisions.
15. Moreover, the critical analysis of the mean scores of factor **Q3** informs that the Athletes are controlled, socially precise, and are following self image whereas, the Non-Athletes are undisciplined, self conflict, careless of protocol and follows their own urges.
16. Moreover the findings of factor **Q4** indicate that the Athletes are relaxed, tranquil, torpid and are unfrustrated in the crisis situations whereas the Non-Athletes are tense, frustrated, driven and are overwrought and were suffering from high ergic tension.

Thus, it becomes clear that there are fundamental differences in the personality traits of Athletes and Non-Athletes.

References

- Cattel. R.B, (1957), **Personality and Motivation: Structure and Measurement**, New York: Tarry won-On- Hudson world.
- Cratty. B.J, (1973), **Psychology in Contemporary Sport**, Ch. XI, Anxiety, New Jersey: Prentice – Hall Inc.

- Cooper, (1969), Athletics activity, and personality: a review of literature, **Research Quarterly**, 40, 17-22.
- Chadwick. Ida. F, (1972), A comparison of the personality traits and kinesthetic augmentations and redaction of college female and non-athletes. **Dissertation Abstracts International**.
- Gruber. J & Perkins. S, (1978), Personality traits women physical education majors and non-majors at various levels of athletic competition, **International Journal of Sport Psychology**, 9, 40-52.
- Malumphy. T, (1968), personality of women athletes in Inter-collegiate competition. **Research Quarterly**, 39, (3) 610-620.
- Niblock. M.W, (1960), Personality Traits and Intelligence Level o Female Athletes and Non-Participants from Mc Nally high schoolm, **Doctoral Dissertation. Pennslavania State University**.
- Ogilive. B.C. & Tutko. T.A, (1971), self-perception as compared with measured personality of selected male physical Educators, In G.S. Kenyan (ed) Contemporary Psychology of Sport, Second International Congress of Sports Psychology, Athletic, Institute, Chicago, 26.
- Patterson. A, (1980), The effects of a season of high school football upon the personality, self esteem and innovativeness of the student athlete, **Dissertation Abstract**, Int. 33: 5001.
- Sperling. A.P, (1942), The Relationship between Personality, adjustment and achievement on Physical Education Activities, **Research Quarterly**, 13, 351-62.
- Slusher. H.S, (1964), Personality and intelligence characterstics of selected high school athletes and non-athletes, **Research Quarterly**, 35, 359-545.

* * * * *