


PERSONALITY TRAITS AMONG TEAM GAME ATHLETES OF INDIAN UNIVERSITIES

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The purpose of the study was to compare the personality traits among university level male athletes of selected team games. The present study was conducted on a sample of one hundred twenty (N=120) male athletes, which segregated into three sub-group consist of forty athletes each i.e. softball (n1=40); netball (n2=40) and baseball (n3=40) of age ranging from 20 to 23 years who participated in inter-university competitions organized by Association of Indian Universities. All the athletes were informed about the aim and methodology of the study and they agreed to participate in this study. The data was collected by using Big Five Personality Questionnaire developed by Oliver, P. John & Sanjay Srivastava (1999). The data was treated statistically with the help of One way Analysis of Variance (ANOVA) and Scheffe's Post Hoc Test for significant F value. The level of significance was set at 0.05. Significant differences were found among team game athletes with regard to Extraversion ($p \leq 0.05$), Agreeableness ($p \leq 0.05$), Conscientiousness ($p \leq 0.05$) and Openness ($p \leq 0.05$).

Keywords: Agreeableness, Athletes, Conscientiousness, Extraversion, Openness, Personality

Corresponding Author	How to Cite this Article	To Browse
Sandeep , , N.J.S.A., Govt. College, Kapurthala, Punjab, India. Email: sandeepheer56@gmail.com	Sandeep , Amandeep Singh, Vishaw Gaurav3 Vishaw Gaurav3, PERSONALITY TRAITS AMONG TEAM GAME ATHLETES OF INDIAN UNIVERSITIES. IJEMS. 2023;12(02):174-179. Available From https://ijems.net/index.php/ijem/article/view/269	

Manuscript Received
2023-03-21

Review Round 1
2023-04-18

Review Round 2
2023-05-24

Review Round 3
2023-06-05

Accepted
2023-06-27

Conflict of Interest
NIL

Funding
NO

Ethical Approval
YES

Plagiarism X-checker
11

Note



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Introduction

Sport and game are completely multidimensional activities, moreover; these are also a variety of war of athlete's physical strengths and mind. In the preceding eras, society has witnessed a revolution in the area of sporting events. In demand to manage peak performance, the athlete needs a total package of scientific schedule which including fitness, injury prevention, physical skills and psychological skills (Gould and Eklund, 1993). Marina & Sabah (2011) recognized that participation in sports has a progressive conclusion on the personality characteristics of culture. In another investigation Mahin and Mohammad (2010) directed that team sport athlete scored statistically significantly greater on sociotropy and agreeableness than individual sport players. Personality characters are comparatively constant engagements of behaviors, thoughts and feelings that imitate the bent to react in a certain way beneath confident situations (Roberts, 2009). Singh and Sandeep (2016) revealed in their study that combat sports athletes were more extroverts, agreeable and conscientious than non-combat sports athletes. Personality either associated or is predicts many belongings containing, job performance (Thoresen et al., 2004), performance motivation (Judge et al., 2002) and leadership (Hogan and Kaiser, 2005). A personality traits or character seems to have consequences for individuals across a variation of life spheres as they offer proof about how dissimilar people and clusters of individuals normally self-regulate or how an individual's control their behaviors, thoughts and feelings (Hoyle, 2006). Poonehand Mohammad (2014) exposed in their study that athletes have talented a greater score than non-athlete in agreeableness, extraversion and conscientiousness but in respect to neuroticism non-athlete learners have upper score than athletes. Fatemeh et al., (2012) revealed significant difference were observed between team and individual athletes in respect with neuroticism, extraversion and responsibility, they also established that the group players have much greater levels of extraversion and responsibility while as individual athlete's the neuroticism recorded greater. Ilyasi and Salehian (2011) discovered that individual athletes achieved higher scores in conscientiousness, extraversion and openness than their counter part

(Team players). In another study, Devis and Mogk (1994) concluded that no significant discrepancy among athlete, entertainment group, non-athletes, elite and non-elite athletes in respect with psychoticism, tendency to success, extraversion, neuroticism and paratelic. The conclusions furthermore show less neuroticism and paratelic in the professional athlete. The investigators have considered personality in numerous areas extending from the workstation to sports arena. The gigantic area of personality and its impact on athlete's performance motivated us to work more on the same to fetch out differences among in the equal type (Universities Level) of athletes. Therefore, the study was conducted to explore the chance of there could be a significant inter-group difference on account of personality among team game athletes.

Methodology

Subjects:

The present study was conducted on a sample of one hundred twenty (N=120) male athletes, which segregated into three group of forty athletes each i.e. softball (n₁=40); netball (n₂=40) and baseball (n₃=40) of age ranging from 20 to 23 years who participated in inter-university competitions organized by Association of Indian Universities. All the athletes were informed about the aim and methodology of the study and they agreed to participate in this study.

Methodology:

For the collection of data Big Five Personality Questionnaire developed by Oliver, P. John & Sanjay Srivastava (1999) was used by the investigator. This questionnaire consists total forty four (44) personality descriptors to which the subject responses with degree of agreement or disagreement on a 5-point Likert scale for each sub-variable i.e. extraversion, agreeableness, conscientiousness, neuroticism and openness. Essential instructions were given before filling up the questionnaire and each question was explained to the subjects at the time of test.

Statistical analyses:

The Statistical Package for the Social Sciences (SPSS) version 16.0 was used for all the statistical analyses. The data was treated statistically with the help of One way Analysis of Variance (ANOVA) and Scheffe's Post Hoc Test for significant F value. The level of significance was set at 0.05.

Results

Table-1.Descriptive Statistics (Mean and Standard Deviation) of Team Game Athletes in respect to Personality's sub-variables.

Enclosed as Annexure 01

Table-1 exhibited the Mean and SD values of personality traits i.e. extraversion, agreeableness, conscientiousness, neuroticism and openness of team game athletes i.e. softball, netball and baseball. While comparing the means, the data shows there were inter group differences among team game athletes.

Table-2.Analysis of Variance (ANOVA) among Team Game Athletes in respect to Personality's sub-variables.

Enclosed as Annexure 02

Table-2 exhibited results of Analysis of Variance (ANOVA) among team game athletes (softball, netball and baseball) in respect to personality. Personality's sub-variables extraversion ($p \leq 0.05$), agreeableness ($p \leq 0.05$), conscientiousness ($p \leq 0.05$) and openness ($p \leq 0.05$) found statistically significant. Since these four sub-variables were found statistically significant; therefore, Scheffe's Post-hoc test was applied to see the direction and significance of difference between paired means of team game athletes.

Table-3 Comparison of Mean Values of Post-hoc Test (Scheffe's) of Team Game Athletes in respect to Personality's sub-variables.

Enclosed as Annexure 03

Table-3 exhibited that softball and baseball athletes have statistical significant ($p \leq 0.05$) differences with netball athletes on account of extraversion. It also depict that baseball athletes have statistical significant ($p \leq 0.05$) differences with softball and netball athletes in respect to agreeableness. Softball and baseball athletes have statistical significant ($p \leq 0.05$) differences with netball athletes on account of conscientiousness. And in respect to openness netball athletes have statistical significant ($p \leq 0.05$) differences with softball athletes.

Discussion of Findings

In the present study investigator choose to works upon variable namely personality of

University level team game athletes i.e. softball, netball and baseball. While comparing the means with one another result shows softball and baseball athletes have statistically significant better than netball athletes in respect to sub-variable extraversion. On account of agreeableness baseball athletes shows their statistically significant supremacy upon softball and netball athletes. In respect to conscientiousness softball and baseball athletes again proved statistically significant better score than netball athletes. While comparing the means, netball athletes had shown better score than their counterparts i.e. softball and baseball athletes. These results are in line with the outcomes of Mokhtari and Haghi (2014), as they explained athlete students have statistically higher score than non-athlete students in respect to extraversion, agreeableness and conscientiousness. Sohrabiet al. (2011) revealed in their study that contact athletes had differentiated psychological traits as compare to non-contact athletes is also in line with results of present study. The results of study done by Naikoo et al. (2016) partially in contrast as they concluded that there was no significant difference between sports persons and non-sports persons on account of personality aspects. The results of Ragunath (2011) was also totally in line with the current study's findings as he found that male player were more agreeableness, extraversion and conscientiousness than male non players. Aslanifar et al. (2014) study was in contrast with the present results, as they revealed that there was no significant difference ($p > 0.05$) in relation to agreeableness, conscientiousness and extraversion between vegetarians and non-vegetarians group. Zare et al. (2015) findings are also partially in line as well as partially in contrast as they found no significance difference ($p \geq 0.05$) between non-athletes and athletes in respect to extraversion, agreeableness and neuroticism. However, they establish significance differences ($p \leq 0.05$) between non-athletes and athletes in respect to conscientiousness and openness to experience. Ilyasi and Salehian (2011), results are also in line with present results as they found individual sportsmen have statistically higher degree of extraversion, conscientiousness and openness than team sportsmen.

Conclusion

It is concluded from the

Above findings that significant differences were witnessed among team game male athletes on account of personality i.e. extraversion, agreeableness, conscientiousness and openness. However, statistically insignificant differences were observed in respect to neuroticism among team game athletes. The significant inter group differences may be discovered as a result of differences in the nature and training module of the selected team game. The competition rules, athletes' mental training, psychological pressure and many more aspects are also responsible for significant inter group differences among these team game athletes. However, no significant inter group differences have been found among team game athletes in respect to neuroticism. This may occur due to the same level i.e. university level of subjects selected for the study. It is also concluded that baseball athletes have a higher mean value in respect to extraversion and agreeableness, which shows baseball players are more extroverted and agreeable than their counterparts. On account of conscientiousness softball athletes and in respect to openness netball athletes have scored better than their colleagues. This depicts that softball athletes have a higher level of conscientiousness and netball athletes have a greater level of openness than their counterparts.

Annexure

Annexure 01

Table-1. Descriptive Statistics (Mean and Standard Deviation) of Team Game Athletes in respect to Personality's sub-variables.

Variable Groups		N	Mean	Standard Deviation
Extraversion	Softball	40	27.05	3.79
	Netball	40	24.75	3.30
	Baseball	40	28.70	4.11
Agreeableness	Softball	40	27.05	2.57
	Netball	40	25.63	3.13
	Baseball	40	28.78	3.01
Conscientiousness	Softball	40	31.48	5.36
	Netball	40	27.65	5.54
	Baseball	40	30.78	5.12
Neuroticism	Softball	40	29.90	3.75
	Netball	40	29.35	2.89
	Baseball	40	28.70	4.18
Openness	Softball	40	33.60	4.35
	Netball	40	36.35	4.23
	Baseball	40	35.10	4.24

Annexure 02

Table-2. Analysis of Variance (ANOVA) among Team Game Athletes in respect to Personality's sub-variables.

Variable Groups	Source of variance	Sum of Squares	df	Mean Square	F-ratio	Sig.
Extraversion	Between Groups	314.867	2	157.433	11.206	0.000*
	Within Groups	1643.80	117	14.050		
	Total	1958.667	119			
Agreeableness	Between Groups	199.050	2	99.525	11.712	0.000*
	Within Groups	994.250	117	8.498		
	Total	1193.300	119			
Conscientiousness	Between Groups	331.817	2	165.908	5.808	0.004*
	Within Groups	3342.050	117	28.565		
	Total	3673.867	119			
Neuroticism	Between Groups	28.867	2	14.433	1.085	0.341
	Within Groups	1557.100	117	13.309		
	Total	1585.967	119			
Openness	Between Groups	151.667	2	75.833	4.149	0.018*
	Within Groups	2183.300	117	18.276		
	Total	2289.967	119			

Annexure 03

Table-3 Comparison of Mean Values of Post-hoc Test (Scheffe's) of Team Game Athletes in respect to Personality's sub-variables.

Variable	Means		Mean Difference	p-value (Sig.)
Extraversion	Softball (27.05)	Netball (24.75)	2.30	0.026*
		Baseball (28.70)	1.65	0.149
	Netball (24.75)	Baseball (28.70)	3.95	0.000*
Agreeableness	Softball (27.05)	Netball (25.63)	1.42	0.096
		Baseball (28.78)	1.73	0.033*
	Netball (25.63)	Baseball (28.78)	3.15	0.000*
Conscientiousness	Softball (31.48)	Netball (27.65)	3.83	0.007*
		Baseball (30.78)	0.70	0.843
	Netball (27.65)	Baseball (30.78)	3.13	0.036*
Openness	Softball (33.60)	Netball (36.35)	2.75	0.018*
		Baseball (35.10)	1.50	0.296
	Netball (36.35)	Baseball (35.10)	1.25	0.428

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