

A Comparative Study of Personality Characteristics among Physical Education and Non-Physical Education College Students

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INTRODUCTION:

Sports psychology studies sporting behavior. Behavior is the manifestation of personality. The manner in which the person's behavior shows the kind of personality he possesses. "Personality is the whole man, his inherited aptitudes and capacities, all his past learning, the integration and synthesis of these factors into characteristic behavior patterns, "his ideas, values and expectations". Adequate and proper development of an athlete's personality reinforces his/her capacities and potentialities.

The word 'personality' has been derived from the Latin word "personae" which means "to sound through". This term was used to describe the voice of an actor speaking through mask. This term slowly began to be applied to the actors themselves. By personality, it is now generally meant that it is the organizing and integration of a large number of human characteristics. The concept of personality differs widely among different people. Personality may mean different things to different people. To some, it means a generally sum of characteristics of the person. To others it refers to unitary mode of response of life situations. Thus there prevails a great deal of controversy over the meaning of personality.

According to Gordon Allport, "personality is the dynamic organization within the individual of those psychological systems that determine his unique adjustment to his environment". This definition emphasizes the adjective process in the development of an individual personality. An individual inherits needs, urges or drives serve as motivation of behavior towards satisfied goal. If the individual fails to achieve one or more of these behavior goals, there may occur a disorganization of his personality unless a changed mode of action results in the satisfaction of the need. The words 'dynamic organization' refers to the idea that the characteristics of personality interact with each other. The word 'physical' means that personality contains both mental and physical elements and the word 'determine' refers to the idea that personality is considered as the cause of behavior. This is an adequate definition and explains the personality quite clearly.

A characteristic is a stable quality of behavior. It is not a physical peculiarity. A squint in the eye is not a characteristic. A characteristic is a quality which is consistently seen in an individual behavior over a long period of time-cheerfulness. A cheerful athlete is constantly cheerful over a long period of time in varied situations. A characteristic may therefore be defined as "a particular quality of behavior which characterizes the individual in a wide range of his activities and is fairly constant over a period of time".

A large number of athletes tend to share certain characteristics that typically athletic success. These characteristics combined with physical talent, make possible the selections of those athletes most likely to succeed in high level competition. It is impossible to talk about an "athlete" in a singular way. There are characteristics that each athlete possesses to a varying degree. These characteristics determine the athletes' uniqueness.

Sheldon's constitutional theory states that the body structure has crucial importance as a determinant in behavior. Sheldon related one temperament of personality to each of the body components. For example, viscerotonia related endomorph is characterized by sociability, love of comfort and affections. Somatotina related to Mesomorph denotes personality characteristics such as love of adventure, risk-taking and need for violent muscular activity. Cerebrotonic, related to ectomorphy, implies restraint inhibition, isolation and self-consciousness in people in general and athletes in particular.

One of the Freud's pupils, the Swiss psychiatrist Carl Jung, divided all personalities into introverts and extraverts. The introvert tends to withdraw into himself, particularly in times of emotional stress and

conflict; he tends to be shy and prefers to work alone. The introvert may take to speaking platform in support of some movement to which he strongly committed, but even he is impelled from within. The extravert under stress seeks the company of others. He likely to be very sociable, a "hail fellow well met", and tends to choose occupations that permit him to deal directly with people, such as sales or promotional work. The other type is the one who falls somewhere between the two extremes and are called as ambiverts. Individuals of this kind exhibit the characteristic of the introvert in some situations and those of the extrovert in other circumstances. For instance, the individual may be a good speaker and an expressive writer, but they prefer to work in solitude.

Hans Eysenck's is based primarily on physiology and genetics. Although he was a behaviorist who considered learned habits of great importance, he considers personality differences as growing out of genetic inheritance. He is therefore primarily interested in what is usually called temperament. Temperament is that aspect of our personalities that is genetically based, inborn, there from or even before. Eysenck initially conceptualized personality as two, biologically based categories of temperament. Extraversion/ Introversion extraversion is characterized by being outgoing, talkative, high on positive affect (feeling good), and in need of external stimulation. According to Eysenck's arousal theory extraversion, there is an optimal level of cortical arousal, and performance deteriorates as one becomes more or less aroused than this optimal level. Arousal can be measured by skin conductance, brain waves or sweating. Extraverts, according to Eysenck's theory, are chronically under-aroused and bored and are therefore in need of external stimulation to bring them up to an optimal level of performance. Introverts, on the other hand, are chronically over aroused and jittery and are therefore in need of peace and quiet to bring them up to an optimum level of performance. Neuroticism / stability Neuroticism or emotionality is characterized by levels of negative affect such as depression and anxiety. Another type called L-scale or social desirability bias is a term used to describe the tendency of respondents to reply in a manner that will be viewed favorably by others. This will generally take the form of over reporting good behaviour or understanding bad behavior. The effect is common within the fields of medicine psychology and the social sciences.

Specific personality characteristics are responsible for the success in sports depends on sportspersons. There are differences between successful and unsuccessful athletes and non-athletes. According H.J.Eysenck, personality is the more or less stable and enduring organization of a person's character, temperament, intellect and physique, which determine his unique adjustment to the environment.

Two views have been put forward with regard to the functioning of the characteristics. According to one of them it can be said that behavior of an individual is regulated from within and is independent of external environment, i.e, a sincere person will be sincere in all the situations while dealing with other people. This approach may be referred as the theory of 'unitary' or general characteristics. On the other hand, some psychologist while explaining the functioning of the characteristics laid emphasis on behavior response while facing the demands of situation rather than upon any integration of characteristics within the individual. This view has been labeled as the theory of "specificity" of characteristics. On the basis of extensive investigations, Cattell has developed 16 personality factor questionnaires to assess the dimensions of personality.

Physical activities and sports play an important role in the development of personality of an individual. The aim of physical education is to strive. For optimum development of an individual in all spheres of life and thus, physical activities play pivotal role in development in one's personality. Book Walters clearly illustrates the role of physical education and physical activities in shaping up the personality of an individual. In his own words "the aim of physical education is the optimum development of the physically, socially and mentally integrated and adjusted individual through guided instructions and participation in selected total-body sports, rhythmic and gymnastic activities conducted according to social and hygienic standards".

While making efforts to win, an athlete also learns to face failure. He learns to overcome and correct his mistakes and try again for success. Pessimistic and negative approach is alien to sport environment and individual develops a positive outlook towards life, which leaves a permanent impression on his personality. Successful sports performance also contributes self-confidence of the athlete. He has to face

many problems, some on playfield and some off the play field. Sport settings quite often pose many challenging situations. Perseverance and persistence are two important attributes of an athletic performance. These characteristics provide stability to an individual and are helpful in developing his personality.

STRUCTURE OF PERSONALITY IMPRESSION:

GOOD INTELLECT	BAD INTELLECT	GOOD SOCIAL	BAD SOCIAL
Honest Artist Reserved Cautious Practical Meditative Intelligent Skillful Serious Imaginative Important	Unhappy Vain Finicky Boring Dishonest Unimaginative Impulsive Wasteful Foolish Wavering Unintelligent Clumsy	Tolerant Helpful Good Nature Warm Sincere Sentiment Humorous Happy-Popular Social Modest	Humorless Cold Unsociable Stern Critical Moody Daring Dominating Irritable Shrewd Unpopular

HISTORICAL DEVELOPMENT OF THE CONCEPT OF INDIVIDUAL PERSONALITY:

The modern sense of individual personality is a result of the shifts in culture originating in the Renaissance, an essential element in modernity. In contrast the Medieval European's sense of self was linked to a network of social roles: "the household, the kinship, the guild, the corporation- these were the building blocks of personhood", Stephen Greenblatt observes, in recounting the recovery (1417) and career of Lucretius' poem *De rerum natura*: "at the core of the poem lay key principles of a modern understanding of the world." "Dependent on the family, the individual alone was nothing," Jacques Gélis observes.

EMERGENCE OF THE PROBLEM:

The researcher has noticed it from past two years that there is some difference in thinking, acting, behaving and feeling levels among physical education and non-physical education college students in Aurangabad. Therefore, the researcher finds it necessary to compare Personality characteristics scales among physical and non –physical education college students in Aurangabad.

STATEMENT OF THE PROBLEM:

The purpose of the study is to develop an awareness regarding the importance of personality characteristics that determine the total behavior of an individual. This is why the researcher has selected the topic, "A comparative study of personality characteristics among physical education and non-physical education college students in Aurangabad".

NEED OF THE STUDY:

The researcher is intended to study the personality characteristics among physical education and non-physical education college students. It seems that personality characteristics play an important role in performance of a player as well as performance of a non-player in his daily life

OBJECTIVES OF THE PROBLEM:

- 1) The main objective of the study to find out the personality scales like lie-scale, extroversion and neuroticism among physical education and non-physical education college students.
- 2) To find out the personality characteristics of physical education college students of M.S.M college of physical education.
- 3) To find out the personality scales of non-physical education college students of Azad college of education.
- 4) To put forth the result of the personality characteristics for further development in coaching at college level.
- 5) To suggest few remedies related to psychological issue.

SIGNIFICANCE OF THE RESEARCH:

- 1) The coach may know about the role of personality characteristics in sports performance by predicting success of students, or to expect the peak performance.
- 2) This study may influence and motivate other researchers to take up similar studies selecting more variables, parameters and more number of people at other levels also. So that more information and facts related to personality differences among people will be discovered.
- 3) This study may help to college students and teachers to overcome with the students problems of personality characteristics

HYPOTHESIS:

H0: There would be no significant differences of different personality scales among physical education and non-physical education college students.

H1: The Extraversion scale would be more in physical education college students as compared to non-physical education college students i.e., they would be more Extrovert.

H2: The non-physical education college students would be more Neurotic as compared to physical education college students.

H3: The physical education college students would be more socially desirable than non-physical education college students.

DELIMITATIONS:

- 1) The study was delimited only to the physical education college students of M.S.M's college of physical education and students of non-physical education of Azad College.
- 2) The study was delimited to only 50 male students.
- 3) The study was delimited only to the age group of 19-25 years age.
- 4) And Eysenek personality inventory questionnaire.

LIMITATIONS:

- 1) The study was limited to the sincere response of the students.
- 2) The study was limited to personality trait level only.
- 3) The study was limited to communication of the students.

OPERATIONAL DEFINITIONS:

PERSONALITY:

Personality is a dynamic organization within the individual of those psycho-physical systems that determine the individual's unique adjustments to the environment. (Gordon W.Allport)

PHYSICAL EDUCATION:

Physical education is the systematic education to develop a man physically, mentally, emotionally and socially through the medium of physical activity.

NON-PHYSICAL EDUCATION:-

Non-Physical education involves studying different general education subjects such as biology, math, philosophy, sociology etc.

CHARACTERISTICS:

A distinguishing feature or attribute of an item, person, phenomenon etc. usually divided into three categories: 1) Physical 2) functional and 3) operational

AGE:

The number of years that a person has lived or a thing has existed

M.S.M's:

It stands for Maratha Wada Sanskrit Mandles. It is a physical education training college. Students are selected on health related physical fitness and mental fitness. It is established in 1972.

AURANGABAD:

1. Nicknames, the city of gates (52) gates biggest one Bhadkhal gate.
2. The capital of Marathwada.
3. Established: 1610 A.D.
4. It is also one of the fastest growing cities in the world.
5. It is fifth largest city in Maharashtra after Mumbai, Pune, Nagpur and Nashik.
6. It is also famous for tourist place.

COMPARATIVE STUDY:

It is the act of comparing two or more things with a view to discovering something about one or all of the things being compared.

LIE-SCALE OR SOCIAL DESIRABILITY:

Social desirability bias is a term used in scientific research to describe the tendency will be viewed favourably by others. This will generally take the form of over reporting good behavior or understanding bad behavior. The effect is common within the fields of medicine, psychology and the social sciences.

EXTRAVERSION:

Extraversion is characterized by being outgoing, talkative, high on positive affect (feeling good) and in need of external stimulation. The extroverts have more self-confidence, take more interest in others, are outgoing, lively and realistic. They are very social and form friends quite easily. Actors, social and political leaders etc fall in this category. 16%.

INTROVERSION:

Introversion, on the other hand, (also about 16% of the population) are chronically over-aroused and jittery and are therefore in need of peace and quiet to bring them up to an optimal level of performance. Introverts are too self-conscious, they are more interested in their own thoughts and ideas, are self-centered, shy, reserved and lovers of solitude. Philosophers, poets, artists, scientists etc., belong to this class.

AMBIVERT:

The ambiverts are a mixture of both the extremes lie most of the people, about 68%, who have been labeled as ambiverts. The ambiverts are a mixture of both the extremes in a balanced manner. Ambiverts are neither outgoing nor reserved to themselves; they are able to adjust themselves with any situation.

NEUROTICISM:

Neuroticism or emotionality is characterized by high level of negative effect such as depression and anxiety. Neuroticism, according to Eysenck's theory, is based on activation threshold in the sympathetic nervous system or visceral brain. This is the part of the brain that is responsible for the fight-or-flight response in the face of danger. Activation can be measured by heart rate, blood pressure, cold hands, sweating and muscular tension (especially in the forehead).

METHODOLOGY:

The purpose of the study was to compare the personality characteristics among physical education and non-physical education college students studying in Aurangabad.

POPULATION:

The 250 students of M.S.M's college of physical education and 250 non-physical education college students of Azad College Aurangabad is the population of the study.

SAMPLES:

A total number of 50 students from M.S.M's college of physical education and AZAD College of education were selected randomly through survey method. A number of 25 students from M.S.M's College of physical Education Aurangabad and 25 from Azad College Aurangabad were selected for the study.

A questionnaire is used to collect information for their personality characteristics scales difference.

VARIABLES:

a) Independent Variables:

Comprised of Eysenck Personality Inventory

b) Dependent Variables:

Comprised of personality traits such as Lie-scale, Extraversion and Neuroticism, Emotional stability, etc

c) Intervening Variables:

Comprised of the age, educational level and their environment

TOOLS AND MEANS:

The researcher used the questionnaire schedule to collect data. The method used by researcher is survey method. The students were asked to fill the questionnaire by their own containing 57 questions. Pencil, rubber and Eysenck Personality Inventory manual were also used.

PROCEDURE:

The subjects were selected randomly through survey method to compare their personality trait differences. For this purpose, some scales of personality were used i.e., Lie-scale or social desirability, Extraversion and Neuroticism. The total number of 50 students, 25 from M.S.M College of physical education, Aurangabad and 25 from Azad College of education, Aurangabad were selected. After the permission from both principals, the students were given a questionnaire containing 57 questions regarding how they feel, act and behave. They were given 10 minutes to write the answers. Then on the basis of their responses the mean score was drawn i.e. adding their answers by their number and compared it. Then their standard deviations were drawn by square rooting their arithmetic means of the deviations from the mean. After that their t-tests were compared which is used to find the significant differences on the mean scores of two groups of students.

COLLECTION OF DATA:

The data was collected from Aurangabad city. Out of which, 25 from M.S.M's college of physical education Aurangabad and 25 from Azad college Aurangabad were selected.

STATISTICAL METHOD:

Mean, Standard Deviation and t-test were used as statistical methods.

$$\text{Mean} = \frac{\sum x}{n}$$

$$\text{Standard Deviation} = \sqrt{\sum \frac{x^2}{N}}$$

$$T. \text{ Scale} = \frac{x_1 - x_2}{\sqrt{\frac{(SD_1)^2}{n_1 - 1} + \frac{(SD_2)^2}{n_2 - 1}}}$$

$$\text{Degree of freedom} = N_1 - 1 + N_2 - 1$$

$$25 - 1 + 25 - 1$$

$$24 + 24 = 48$$

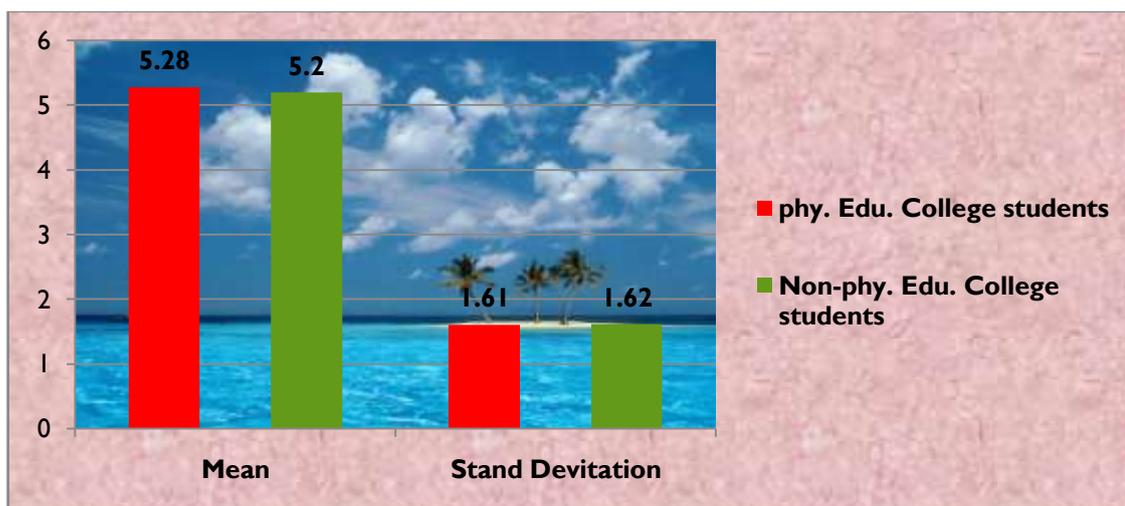
RESULT AND DISCUSSION:

For the comparison of Personality characteristics of all the students from both the colleges for this study, who were instructed to give true response about what they feel, how they act and behave. After collecting the questionnaires they were scored according to the instructions given in the personality trait manual. The mean and standard deviation of personality trait scale i.e., lie-scale, extraversion and neuroticism of both Physical education college students and non-physical education college students were find out and t – test values were calculated in order to find the significant differences among the scales. The physical education and non-physical education college students having average mean in Lie-scale (5.28, 5.20) and standard deviation values in Lie-scale (1.61, 1.62). The mean and standard deviation in Extraversion scale (12.44, 12.40) and SD (2.03, 2.65) respectively while in Neuroticism scale, the mean and standard deviation values are (15.72, 11.36) and SD (3.72, 3.60) respectively In case of t-test, Lie-scale of physical education and non-physical education college students is (t=0.18) which is insignificant according to table value. In case of Extraversion scale the value of physical education and non-physical education college students is (t=0.05) which is insignificant according to table value while in case of Neuroticism, the t-test value of physical education and non-physical education college students is (t=4.15) which is significant according to table value.

TABLE 1: LIE- SCALE

Mean and Standard Deviation between Physical Education College Students and Non-Physical Education College Students

VARIABLES	MEAN	SD
Phy. Edu. College Students	5.28	1.61
Non Phy. Edu. College Students	5.20	1.62

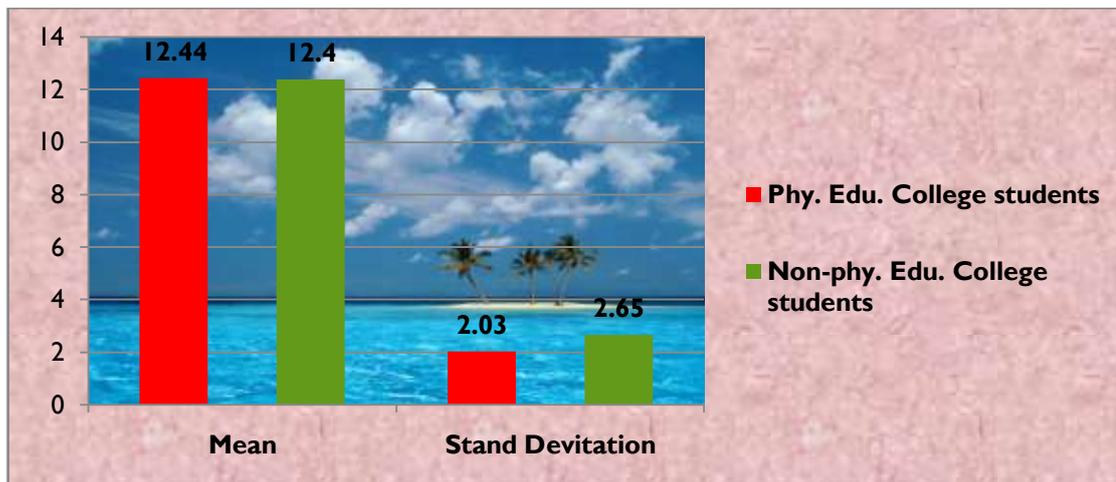


Graphical Comparison of Lie-scale Mean and Standard Deviation value between physical education college students and non-physical education college students is 5.28(1.61) and 5.20(1.62) respectively.

TABLE 2 EXTROVERSION

Mean and Standard Deviation between Physical Education College Students and Non-Physical Education College Students.

VERIABLES	MEAN	SD
PHY EDU COLLEGE STUDENTS	12.44	2.03
NON-PHY EDUCATION COLLEGE STUDENTS	12.40	2.65

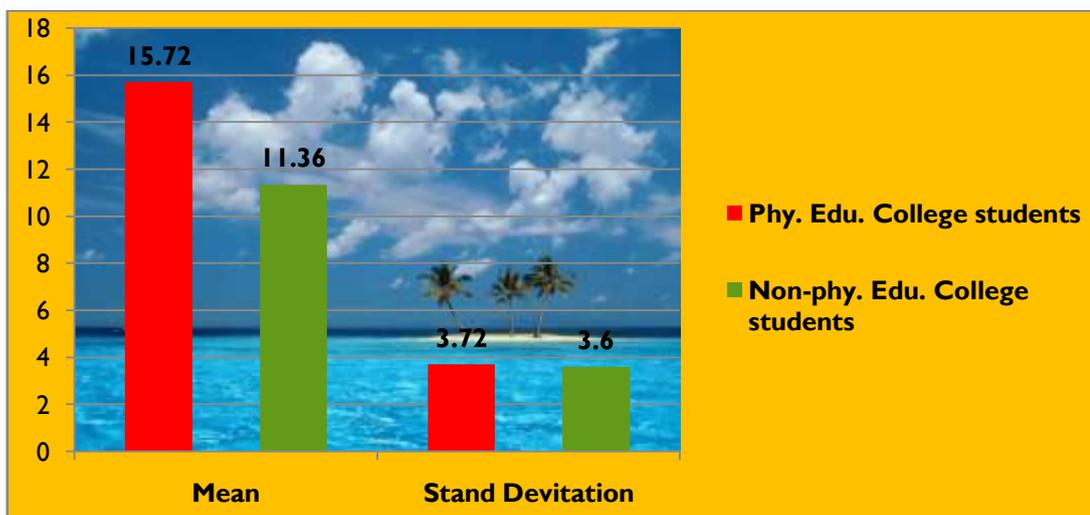


Graphical Comparison of Extroversion Mean and Standard Deviation value between physical education college students and non- physical education college students is 12.44(2.03) and 12.40(2.65) respectively

TABLE 3: NEUROTICISM

Mean and Standard Deviation between Physical Education College Students and Non-Physical Education College Students

VARIABLES	MEAN	SD
PHY EDU COLLEGE STUDENTS	15.72	3.72
NON PHY EDU COLLEGE STUDENTS	11.36	3.6



Graphical Comparison of Neuroticism Mean and Standard Deviation value between physical education college students and non- physical education college students is 15.72(3.72) and 11.36(3.60) respectively.

SUMMARY AND CONCLUSION:

Summary:

The purpose of this study was to compare the personality characteristics among the physical education and non-physical education college students at college level in 'Aurangabad'. For this study the researcher used the Eysenck personality inventory which is composed of three scales i.e., Lie-scale or social desirability, Extraversion and Neuroticism. Each student was a questionnaire to respond in "yes" or "no" in 10 minutes regarding how they feel, act and behave. The questionnaire was compared of 57 questions for all the students. After the collection of questionnaire from each student of both the groups, their mean and standard deviation values were drawn and compared to each other. At last the comparison between variable mean and standard deviation were drawn by using t-test to test their significance.

Conclusion:

After the statistical analysis of results of this study, the following conclusions can be 'drawn'.

1. The first hypothesis is that there is no significant difference of different personality characteristics scales among the physical education and non-physical college students is rejected.
2. The second hypothesis is that the extraversion scale is more in physical education college students as compared to non-physical education college students is rejected.
3. The third hypothesis is that the non-physical education college students are more neurotic as compared to physical education college students is accepted.
4. The fourth hypothesis is that the physical education college students would be more socially desirable is rejected.

Recommendations:

The researcher keeps within the limitation and recommends that:

1. The researcher can compare the other personality characteristics scales such as psychoticism mental depression, mental anxiety, etc.
2. The researchers can conduct researches on the other age groups and in other class of people or professions.
3. The researchers can check the psychological variables regionally, nationally and internationally.
4. It is the platform for the coming researchers to check what type of people we are having in our society.
5. The most important thing is that the coaches can select the players according to their traits for different game and sports.

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