

A COMPARATIVE STUDY OF SPORTS PERSONOLOGY BETWEEN SPORTS-PERSONS AND NON SPORTS-PERSONS

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ABSTRACT

The main purpose of the present study was to find out the significant differences on seven traits of personality between sportspersons and non-sportspersons. a sample of 800 subjects was selected; out of which 600 sportspersons, 200 were school players, 200 were college level players and 200 were university level players. Out of the 200 non-sportspersons, 100 were from the colleges. They were administered sports specific personality test devised by Singh and Cheema (2005) which consists of 100 items and measures seven traits of personality like sociability, dominance, extraversion, conventionality, self-concept, mental toughness and emotional stability. The results of the study indicate that the differences between sportspersons and non-sportspersons were not found out on different personality traits, except the trait of emotional stability where the difference was significant and the sportspersons were found to be better on this trait. (2) Significant differences between male and female students (non-sportspersons) were found on sociability, dominance and mental toughness at school level; where males were better on these traits than females. On other traits like extraversion, conventionality, self-concept and emotional stability sex differences did not exist. (3) At college level, non-sportspersons male and female students differed on sociability, mental toughness and emotional stability; where again the males were found to be better on these traits than females on other traits like dominances, extraversion, conventionality and self-concept, they did not differ significantly. (4) The combined group of both school and college non-sportspersons differed only on sociability, mental toughness and emotional maturity where again male students were found to be better on these traits. In all other traits of personality of dominance, extraversions, conventionality and self-concept no significant differences were observed.

Key Words: Sociability, Dominance, Extraversion and Emotional stability.

INTRODUCTION:

The participation in modern sports is influenced by various physical, physiological, psychological and sociological factors. During training, besides good physique and physical fitness of the players, main emphasis is laid on the development of various types of motor skills involved in the game as well as on the techniques and tactics of the game. Usually very little attention has been paid to the psychological factors which have been proved to contribute to performance at the higher levels of competitive sports. The present study has been undertaken to

investigate a very important psychological component of the sports-persons, i.e. specific sports personality traits of the sports-persons and non-sportspersons.

“Personology is the study of personality which personologists think as the underlying, relatively stable, psychological structures and processes that organize human experiences and also a person’s actions and reaction to the environment.”(Lazarus & Monat, 1979). Alderman (1974) has identified seven personality dimensions mostly prevalent in sports participants, e.g.; sociability, dominance, extraversion, self-concept, conventionality, mental toughness and emotional stability.

The major portion of the research literature on personality structure in the field of sports psychology is related with the comparison between athletes and non-athletes (Slusher, 1964, Cooper, 1969, Sperling, 1970). Majority of the investigations have indicated that athletes differ from non-athlete on a number of personality traits.

Many other investigators have also reported that athletes could be differentiated from non-athletes with respect to their self-control (Bird, 1970), extraversion (Peterson et al, 1967), dominance (Ammodt, et al, 1982), locus of control (Mckelvie and Hushand, 1980), death anxiety, self-esteem, and mental health (Kumar, et al, 1985).

With the exception of a few researchers, many have found that athletes differ from non-athletes. It seems the athletes’ traits are usually positive. For example, athletes have been described as extroverted, outgoing, and socially aggressive. These are positive attributes that would probably benefit athletes in any social situation. That athletes are highly competitive is generally accepted as fact. We assume that an individual has to have a strong competitive drive to participate in sport. When athletes compete successfully, the competitive trait seems to be strengthened.

The hypotheses of the study were that (i) there would be no significant sex differences on seven traits of personality between the male and female sportspersons and (ii) there would be significant differences on seven traits of personality between the sportspersons and non-sportspersons on the Sports Specific Personality test.

METHOD AND PROCEDURE:

The sample of the study consisted of 800 subjects; out of which 600 were sportspersons and 200 were non-sportspersons. Out of the 600 sportspersons, 200 (100 male and 100 female) sportspersons were from different schools, 200 (100 male and 100 female) sportspersons from different colleges and 200 (100 male and 100 female) sportspersons who have been playing at inter-university levels. Out of the 200 non-sportspersons; 100 (50 male and 50 female) were from the schools and 100 (50 male and 50 female) were from the colleges.

For the measurement of personality traits of sportspersons; Specific Sports Personality Test devised by Cheema and Singh (2005) was administered in Punjabi version to all the subjects of the study; both males and females. This test consists of 100 items and measures seven traits of personality measures. The reliability co-efficients of the test for all the traits were calculated by using test retest method and were found to be 0.90,0.84,0.69,0.93,0.82,0.87,0.58 for Sociability, dominance, extraversion, conventionality, self-concept, mental toughness, emotional stability and 0.86 for the total test. Reliability co-efficient using split half method was found to be 0.86, 0.77, 0.61, 0.82, 0.80, 0.92 & 0.62 for the seven components respectively and 0.91 for the total test. Concurrent validity of the test as calculated by correlating the scores of the test with the rating scores obtained from the coaches on a four point scale from very true to not true which were found to be 0.66,0.63,0.62,0.56,0.61,0.53,0.62 respectively as well as 0.64 for the total test.

RESULTS AND DISCUSSION:**SEX DIFFERENCES ON PERSONALITY TRAITS OF SPORTSPERSONS**

Table1 shows the mean differences on all the seven traits of personality of male and female sportspersons combined of school, college and university levels players.

Table 1
Means, SDs and t-ratios of scores of seven personality traits of male and female sportspersons

S. No.	Personality Traits	Male (N = 300)			Female (N = 300)			dm	SEdm	t-ratio	Significance Level
		M	SD	SE	M	SD	SE				
I	Sociability	47.54	5.229	0.302	47.96	5.333	0.308	0.42	0.431	0.974	NS
II	Dominance	41.88	4.248	0.245	42.14	4.407	0.254	0.26	0.353	0.737	NS

III	Extra-version	40.77	4.937	0.285	40.04	5.224	0.302	0.73	0.415	1.758	NS
IV	Conventionality	38.76	4.205	0.243	38.53	4.519	0.261	0.23	0.357	0.645	NS
V	Self-concept	42.09	4.199	0.242	42.33	4.944	0.285	0.24	0.374	0.642	NS
VI	Mental toughness	44.29	5.428	0.313	42.68	5.398	0.312	1.61	0.442	3.643**	p < .01
VII	Emotional Stability	43.28	6.073	0.351	42.46	5.933	0.343	0.82	0.491	1.671	NS
Total		298.62	23.155	1.337	296.15	23.363	1.349	2.47	1.899	1.30	NS

** Significant at 0.01 level

As the above table shows that no significant differences were observed between the male and female sportspersons of the combined group consisting of school, college and university level players on almost all the personality traits; as t-values were not found to be significant; except in the case of 6th traits i.e. mental toughness where t-value of 3.643 was significant at 0.01 level and males were better (M = 44.29) as compared to females (M = 42.68). Here the results have failed to reject the null hypothesis. Hence the hypothesis of no sex difference has been accepted.

SEX DIFFERENCES ON PERSONALITY TRAITS OF NON-SPORTS PERSONS

The mean difference scores between male and female students of non-sportspersons were also found which are shown in Table2.

Table 2
Means, SDs and t-ratios of scores of seven personality traits of male and female non-sportspersons

S. No.	Personality Traits	Male (N = 100)			Female (N = 100)			dm	SEdm	t-ratio	Significance Level
		M	SD	SE	M	SD	SE				
I	Sociability	48.75	5.491	0.549	45.87	5.478	0.548	2.88	0.776	3.713**	p < .01
II	Dominance	41.98	4.269	0.427	40.98	4.362	0.436	1.00	0.610	1.639	NS
III	Extra-version	40.78	4.861	0.486	39.38	5.410	0.541	1.40	0.727	1.925	NS
IV	Conventionality	39.42	4.477	0.448	38.53	4.834	0.483	0.89	0.659	1.351	NS
V	Self-concept	42.38	4.539	0.454	41.57	4.188	0.419	0.81	0.618	1.311	NS
VI	Mental toughness	44.74	5.804	0.580	41.34	4.797	0.480	3.40	0.753	4.516**	p < .01
VII	Emotional Stability	42.71	5.600	0.560	40.73	5.738	0.574	1.98	0.802	2.469*	p < .05
Total		296.20	24.898	2.490	288.40	20.595	2.060	7.80	3.232	2.414	p < .05

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

As the above table shows that significant differences were found between male and female non-sportspersons students on the first, sixth and seventh traits of personality i.e. sociability, mental toughness and emotional stability as the t-values of 3.731, 4.516 and 2.469 were statistically significant where the males got higher means scores on these traits as compared to their female counterparts. The males got mean scores as 48.75, 44.74 and 42.71 on sociability, mental toughness and emotional stability as compared to the females who got 45.87, 41.34 and 40.73 respectively. In case of other traits of personality e.g. dominance, extraversion, conventionality and self-concept as t-values were not statistically significant, hence no sex-differences were found.

Here the sex differences were found between the male and female students who had not played any sports at any level. The results show the mean differences on some traits of personality between male and female non-sportspersons and that only in three traits i.e. first, sixth and seventh trait which reveal sociability, mental toughness and emotional stability, the differences between male and female students were significant; where the male students seemed to have an edge on their female counterparts; as they were getting high mean scores on these traits. In other traits, e.g. dominance, extraversion, conventionality, self-concept; no-significant differences were found. It means that there existed non-significant differences. It is also observed in ordinary life that the male individuals are more sociable, dominant and mentally tough as compared to their female counterparts. Usually, the girls in the schools are shy, submissive, tender minded and soft in nature. It may be due to the biological differences. Hence the null hypothesis of no significant sex differences was partially accepted; as the results have failed to reject the null hypothesis in total.

DIFFERENCES OF PERSONALITY TRAITS BETWEEN SPORTS-PERSONS AND NON-SPORTS-PERSONS

An attempt was made in the present study to know if significant differences existed on seven traits of personality between the sportspersons and non-sportspersons. Table 3 shows the mean differences between sportspersons and non-sportspersons on the seven traits of personality.

Table 3
Means, SDs and t-ratios of scores of seven personality traits for sportspersons and non-sportspersons

S. No.	Personality Traits	Sportspersons (N = 600)			Non-sportspersons (N = 200)			dm	SEdm	t-ratio	Significance Level
		M	SD	SE	M	SD	SE				
I	Sociability	47.75	5.281	0.216	47.31	5.658	0.400	0.44	0.455	0.968	NS
II	Dominance	42.01	4.327	0.177	41.48	4.334	0.306	0.53	0.354	1.499	NS
III	Extra-version	40.40	5.092	0.208	40.08	5.178	0.366	0.32	0.421	0.760	NS
IV	Conventionality	38.64	4.363	0.178	38.98	4.668	0.330	0.34	0.375	0.907	NS
V	Self-concept	42.21	4.584	0.187	41.98	4.375	0.309	0.23	0.361	0.637	NS
VI	Mental toughness	43.48	5.468	0.223	43.04	5.578	0.394	0.44	0.453	0.972	NS
VII	Emotional Stability	42.87	6.013	0.245	41.72	5.742	0.406	1.15	0.474	2.425*	p < .05
Total		297.38	23.273	0.950	292.30	23.123	1.635	5.08	1.891	2.686**	p < .01

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

As the above table shows that no-significant differences were found between sportspersons and non-sportspersons on most of the personality traits as t-values were not statistically significant except in the case of the seventh trait i.e. emotional stability where the t-value was 2.425 ($p < .05$) and hence difference between sportspersons and non-sportspersons was found.

In the case of the emotional stability the sportspersons seemed to be better on this trait as compared to non-sportspersons. In fact, sports and physical activities enable the individual to become more emotionally stable; as they have to face failures and defeats in sporting spirits. The hypothesis of the study was that there would be significant differences on seven traits of personality between the sports persons and non-sports persons on the sports specific personality test was not accepted by the findings of this study.

Many studies in general tend to agree that differences do exist between athletes and non-athletes. Booth (1958) using MMPI investigated the differences in the personality of football athletes and non-athletes. His results revealed that the athletes from the various sports groups and non-athletes differed significantly on several of the MMPI scales. He compared the personality traits of 141 athletes to those of 145 non-athletes and found that the non-athletes scored higher than the athletes only on anxiety and depression. Slusher (1964) investigated differences in

personality characteristic of high school athletes and non-athletes. He found that athletes and non-athletes differed on all the MMPI scales except the M (hypomania) and K (validity).

CONCLUSIONS:

The following conclusions were drawn from the findings of the study:

1. No significant differences are found between male and female sports persons on many personality traits; except mental toughness.
2. Sex differences between male and female non-sports persons are found in sociability, mental toughness; and emotional maturity.
3. Significant differences are not found between sportspersons and non-sportspersons on many personality traits except emotional stability.

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