

A Comparison of Dimensional Personalities of Young Athletes and Non-Athletes

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Abstract—The purpose of the study was to compare dimensional personalities of young athletes and non-athletes. The investigator selected 100 subjects from two colleges of Sakoli, Dist. Bhandara, consisting of 25 athletes and non-athletes from each college. In total 50 each from athletes and non-athletes were selected. Age of the subjects ranged from 18 to 22 years, the normality of data of each variable P, E, N and L properly distributed or not with the help of 't' Ratio. Athletes are more extroverts than the non-athletes, but non-athletes are significantly more psychotic and neurotic.

Key words— Athletes, dimensional personalities, non-athletes, young.

1 INTRODUCTION

Science is a body of systematized knowledge that is gathered by carefully observing and measuring events. As a science a Psychology is systematic data from experiments and observations are essential, but for them to make some sense in helping us understand events, they must be organized in some way. Personality is the more or less stable and enduring organization of person's character, temperament, intellect and physique, which determine his unique adjustment to the environment. View of Eysenck, Allport (1965), "Personality is the dynamic organization within individuals of thought. Cattell (1950), State, Personality is that which permits prediction what a person will do when placed on the given situation.

2 METHODOLOGY

The investigator has taken permission from both the college. After taking permission investigator was selected 100 subjects from these two colleges of Bhandara District, consisting of 25 each from young athletes and non-athletes from each college. In total 50 each from athletes and non-athletes were selected. Age of the subjects ranged from 18 to 22 years. These randomly selected subjects were examined for psychosocial status. For the purpose of tapping extraversion, Neuroticism, Psychoticism, dimensions of Eysenck's personality theory, the PEN inventory developed by Eysenck (1968-69) had been preferred. This Inventory measures Psychoticism (P), Extraversion (E), Neuroticism (N), along with an element of social desirability, known as faking through its lie subscale by a questionnaire method. The original Inventory is in English and it was basically meant for adult population inclusive of college and university students. However, the samples were tested in the present study being not well versed with English. It was decided to go for a Hindi version of Eysenck's PEN inventory prepared

by MENON (1978), The Hindi PEN Inventory comprised of in all 78 items of which 20 items were for measuring tendency to tell a lie (L). So as the reliability and validity of Hindi PEN Inventory were concerned it can be said that the inventory was highly reliable and valid, The responses given in the PEN Inventory were scored with the help of 4 Scoring keys were prescribed by researcher. A numerical weight-age of T was given to each response matching with the key answer while a weight-age "0" was given to the un-match response.

3 STATISTICAL OF THE VARIABLES

The data depends upon certain properties of the distribution of the obtained data; an attempt has been made to know the normality of data of each variable P, E, N and L properly distributed or not with the help of 't' Ratio. The obtained results presented in Table No. 1 with respect to all sample (N=100), Non athletes (N=50) and Athletes (N=50).

The level of significant to test the value obtained by the application of 't' test was highly fixed at 0.05 level of confidence, which was considered appropriate in view of the fact that highly sophisticated instruments.

TABLE-1
PSYCHOTICISM DIFFERENCE BETWEEN NON-ATHLETES AND ATHLETES.

Subjects	Mean	SD	Mean Diff.	't'
Non-athletes (N=50)	7.12	3.236	1.8	2.9*
Athletes (N=50)	5.32	2.958		

*=0.05 level of confidence.

Result shows in Table-1 those non-athletes shown significantly higher in Psychoticism dimension (M=7.12) compared to athletes (M=5.32); the T 2.9 reported significant at 0.05 levels.

Athletes and non-athletes are distributed according to their Psychoticism dimension-wise presented.

TABLE-2
EXTRA VERSION DIFFERENCE BETWEEN NON-ATHLETES AND ATHLETES

Subjects	Mean	SD	Mean Diff.	t'
Non-athletes (N=50)	10.16	2.827	1.34	2.41*
Athletes (N=50)	11.50	2.741		

*=0.05 level of confidence.

Result shows in Table-2 those non-athletes shown significantly higher in Extraversion dimension (M=10.16) compared to athletes (M=11.50); the .41 reported significant at 0.05 levels. Athletes and non-athletes are distributed according to their Extraversion dimension-wise presented.

TABLE - 3
NEUTROTICISM DIFFERENCE BETWEEN NON-ATHLETES AND ATHLETES.

Subjects	Mean	SD	Mean Diff.	t'
Non-athletes (N=50)	8.90	3.459	1.36	2.033*
Athletes (N=50)	7.54	3.227		

*=0.05 level of confidence.

Results shows in Table-3 those non-athletes shown significantly higher in 'Neuroticism dimension (M=8.90) compared to athletes (M=7.54); the 't' 2.033 reported significant at 0.05 levels. Athletes and non-athletes are distributed according to their Extraversion dimension-wise presented.

TABLE-4
L-SCALE DIFFERENCES BETWEEN NON-ATHLETES AND ATHLETES.

Subjects	Mean	SD	Mean Diff.	t'
Non-athletes (N=50)	9.04	3.200	0.46	0.84*
Athletes (N=50)	8.58	2.148		

*=0.05 level of confidence.

As hypothesized about L-dimension of personality i.e. social desirability, results indicated in Table No.4. There is no significant difference between non-athletes (M=9.04) and athletes (M=8.58) has been found. The T ratio is 0.91 shows that it is insignificant at the level of 0.05.

Athletes and non-athletes are distributed according to their L-Scale-wise presented While discussing about athletes group in connection with non-athlete dimension of personality, differences are found. It shows how participation in sports reduces differences on personality dimensions like psychoticism, introversion, restlessness, anxiety, fear etc. Only difference has been found in social desirability dimension of personality. It demands scientific explanation from more studies in this regard, interpretation of tire findings lead to the following major conclusions :

CONCLUSIONS

Personality difference athletes and non-athletes have been found significant. Athletes are more extroverts than the non-athletes, but non-athletes are significantly more psychotic and neurotic. No significant difference has been found on social desirability.

SUGGESTION FOR FURTHER RESEARCH

Further research on personality, if carried out in the light of the following suggestions, may bring additional knowledge to physical educationist and sports scientist.

1. A cross-cultural study on personality difference of Women sports person can be undertaken.
2. An impact of cultural background and morphological structure of athletes can be compared with respect to their personality.
3. Morphological structure and personality of athletes and non-athletes belonging to schedule tribe and schedule caste of Vidarbha region can also be investigated.

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