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RESEARCH ARTICLE

PERSONALITY DIFFERENCES AMONG SPORTS PERSONS AND NON-SPORTS PERSONS.

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Abstract

The present study aimed to examine the personality differences among sports persons and non sports persons. For this purpose 50 male subjects equally divided into two equal groups (25 Sports persons and 25 non sports persons) were selected through random sampling method. Dr Tom Buchanan's Big Five Personality Inventory was used for data collection. The obtained data was analyzed by applying mean, S.D, SE_D and t- test. Results revealed that there is no significant difference found between the personality aspects of sports persons and non sports persons as the obtained t-value (0.32) was found insignificant at 0.05 level of significance.

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Introduction:-

The term "Personality" has its origin from the Latin word "Persona" means "Mask". In ancient times Roman actors wore persona to hide their originality on stages. Personality is the pattern of enduring characteristics that produce consistency and individuality in a given person. Personality wraps the practices that make each of us exceptional and that different us from others. In simple terms personality can be defined as the individuals distinctive and characteristic patterns of thought, emotion, and his behavior that make up his personal style of interacting with the physical and social environment. Personality is important aspect of individual differences by which we understand the reasons why we differ from one another with reference to physiological as well as developmental processes. Allport define Personality as the dynamic organization within the individual of those psychophysical systems that determines his unique adjustment to his environment. Sigmund Freud, who is known as the father of contemporary psychoanalysis says personality is largely unconscious, hidden, and unknown. Personality is uniqueness of traits; various psychologists propounded their personality theories on the basis of traits like a renowned trait psychologist Raymond B. Cattell, who give big five personality traits which describes those personality aspects of an individual which are remarkably consistent, especially among adults. These big five factors are Neuroticism, Extraversion, Openness, Agreeableness and Conscientiousness which sometimes refers as "OCEAN". The great psychologist namely Lewis Goldberg was the first who used the term "Big Five" in 1981 to describe the consistent findings of factor analyses of personality traits. Since from that time researchers conducted research to investigate the impact of these big five on individuals personality also in the field of sports researchers conducted their studies to find the role of big five personality among sports persons some of them are mentioned as Jamal *et al.*, (2015) investigated personality characteristics among players. They found insignificant difference in neuroticism and openness between the groups. Pooneh *et al.*, (2014) in their study found athlete students have accomplished a higher score than non-athlete in extraversion, agreeableness and conscientiousness but in neuroticism their score was lower than non-athlete students. Fatemeh *et al.*, (2012) in their study discovered significant difference between individual and team athletes in respect to extraversion, responsibility, and neuroticism, they also found group athletes have higher levels of extraversion and responsibility while as individual athletes has higher neuroticism. Results demonstrate insignificant difference among two groups in other components. Ilyasi *et al.*, (2011) revealed that individual players acquired higher scores in extraversion, openness and conscientiousness than team players. Results also show no significant differences in agreeableness and neuroticism between team and individual players. Davis and Mogk (1994) in their study found insignificant difference among elite, non-elite athletes, entertainment group and non-

athletes in extraversion, neuroticism, psychoticism, paratelic and tendency to success. The outcomes additionally indicate decrease of neuroticism, paratelic in professional athlete.

Problem:-

To investigate personality differences among sports persons and non-sports persons

Objectives:-

To measure the personality of sports persons and non-sports persons

Hypothesis:-

There is no significant difference in the personality of sports persons and non-sports persons.

Sampling:-

The sample consists of 50 male subjects equally divided into two equal groups (25 Sports persons and 25 non sports persons) selected through random sampling method.

Measuring Tool:-

Dr Tom Buchanan's Big Five Personality Inventory was used for data collection the inventory consist of 41 items, each item have five alternatives (Very Inaccurate, Moderately Inaccurate, Neither Inaccurate nor Accurate, Moderately Accurate, and Very Accurate).

Statistical analysis:-

For statistical analysis the investigator apply mean, S.D, SE_D and t- test

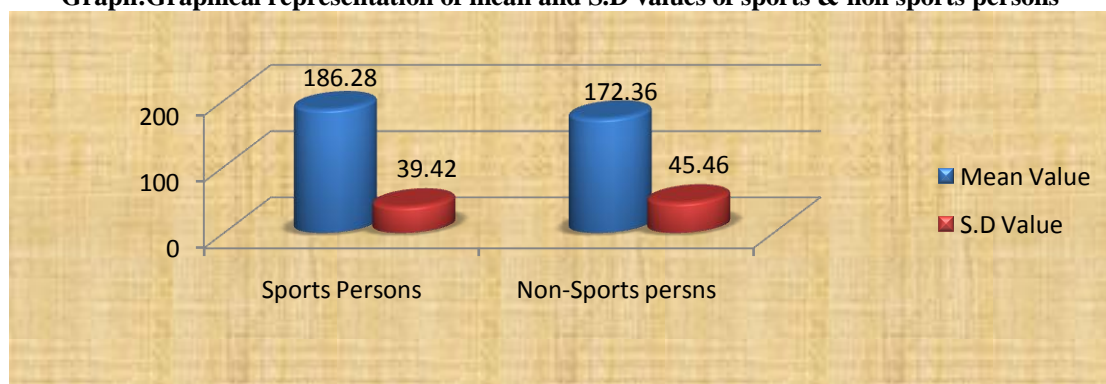
Results:-

The present study aimed to find out the personality difference among sports persons and non sports persons. For this purpose the data was collected through random sampling method from various high schools in Rewa city by using Big Five Personality Inventory by Dr Tom Buchanan. The obtained scores were arranged on the basis of responses according to each item. The scores were arranged in tabular form to find Mean value later t-test was applied to test hypotheses. The results obtained by the investigator are shown in table given below.

Table: Showing mean, S.D, M.D, and t- value of sports & non sports persons in respect to their personality

Subjects	N	Mean	S.D	M.D	SED	t-value
Sports persons	25	186.28	39.42	13.92	12.03	0.32
Non- sports persons	25	172.36	45.46			

Graph: Graphical representation of mean and S.D values of sports & non sports persons



Discussion:-

The results of the present study reveal that there is insignificant difference found between the personality aspects of sports persons and non sports persons as the obtained t-value was found less than tabulation value at 0.05 level of significance. The mean scores of sports persons (186.28) are more than mean scores of non sports persons (172.36) respectively. On the basis of obtained results our hypothesis is accepted. There are various previous studies which

support our findings like study done by Shekarchizadeh and Karimian (2010) showed no difference between athletes and non-athletes in their conscientiousness and agreeableness. Sohrabi and Atashak (2011) they found no difference between athlete and non-athletes in their personality trait of extraversion. Similarly Fazel (2011) also found no difference between athletes and non athletes in their agreeableness.

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