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## **STUDY OF PERSONALITY PATTERNS OF SPORTS AND NON-SPORTS STUDENTS**

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# Study of Personality Patterns of Sports and Non-Sports Students

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**Abstract – The purpose of the present study was to examine the study of personality patterns of sports and non-sports students. A sample of 200 college students from different colleges. The results shows that there is a significant difference in the personality patterns of sports and Non-sports students. Majority of sports students have better personality patterns. Sports effects the personality in better and constructive manner.**

## INTRODUCTION:-

Sports and games play an important role in the development of human development. Physical activities of competitive nature have long been regarded as an effective medium for psychological development. Few phenomena in contemporary society touch as many people both vicariously and directly as does sports, youth sports have become an increasingly integrated part of the daily life. They are firmly entrenched in our social and culture media. It is true that youth sports systems provides a naturalistic laboratory that offers unique opportunities to advance knowledge about human behaviour and also having clear cut applications that can contribute to human betterment. Personality is the unique blend of the psychological characteristics and behavioral tendencies that make individuals different from and similar to each other. Interestingly, the popular notion that distinct personality types exists in sport has not been supported by research. Also, no consistent personality differences between athletic subgroups have been shown to exist. Successful athletes have a more positive mood profile, more self-confidence and better strategies to focus attention and manage anxiety. Sport psychology has also examined the effects of sport participation on personality development and change. Personality similarity is one potential contributing factor to adherence levels in exercise programs. and this extends beyond other members of the exercise class to the personality traits of the consultant or service provider administering the physical-activity intervention. The role of personality in sports teams and exercise groups has received little empirical attention. Sport performance and physical activity levels can be predicted by personality traits.

## MEANING OF PERSONALITY:

Educationist and psychologist are busy in building wholesome or harmonious personality of the individual. The term 'personality' is derived from the latin word 'Persona' that the actors used to wear and Greek drama. Personality is the pattern of an individual's life. Personality is something unique and specific. It is the total integration of physical, intellectual, emotional, social and character makeup of the individual which is expressed in terms of behaviour, experiences, manners, attitude, values, beliefs, habits and traits.

**Allport** says "Personality is a dynamic organisation within the individual of those psycho-physical system that determines his unique adjustment to his environment."

**Drever** defines personality, "Personality is the term used for the integrated and dynamic organization of physical, mental social qualities of an individual's".

**Guilford** defines personality, "It is an individual's unique pattern of traits and stress integration of traits."

## OBJECTIVES OF THE STUDY

- 1 To study the personality patterns of sports students.
- 2 To study the personality patterns of non-sports students.
- 3 To know the difference in personality patterns of sports and non-sports students.

## HYPOTHESES OF THE STUDY.

- 1 There is no significant difference in the personality patterns of sports students.
- 2) There is no significant difference in the personality patterns of non-sports students.

## SAMPLE OF THE STUDY

A sample of 200 students of B.A. Ist Class out of which 100 sports students and 100 Non-sports students were randomly selected.

## DESIGN

For the present study descriptive survey method has been used.

## TOOLS USED

Multidimensional personality inventory by Kumari Manju Rani Aggarwal will be used to know the personality patterns of sports and non-sports students.

## RESULTS AND DISCUSSION

**Table 1**

Showing the personality patterns of sports and non-sports students :

Percentile	Sports Students		Non-Sports Students		Category
	Frequency	Percentage	Frequency	Percentage	
P <sub>75</sub> and above	25	25%	23	23%	High
P <sub>75</sub> -P <sub>25</sub>	56	56%	51	51%	Average
P <sub>25</sub> and below	19	19%	26	26%	Low

Table 1 shows that 25% of sports students and 23% of Non-sports students have high personality patterns. The table next indicates 56% of sports and 51% of Non-Sports students have average personality patterns 19% of Sports and 26% of non-sports students have low personality patterns.

**Table 2**

**Showing the difference in of personality patterns of sports and non-sports students :**

Group	N	Mean	S.D.	S.ED	t	Level of significance
Sports students	100	285.3	13.24	4.94	3.59	Significant at both 0.05 and 0.01 levels
Non-Sports Students	100	267.57	17.85			

Table 2 shows the mean scores of sports and non-sports students in total personality pattern. The 't' value between the mean scores is 3.59 which is highly significant at both 0.05 and 0.01 levels.

## Educational Implications

- 1 The education should not be based on burden of text books. It should not be theoretical, should be practical based on learning by doing subjects like sports.
2. Curriculum should be according to students needs and interests.
- 3 Students should be encouraged for activities of sports.

## Suggestions for further Research

- 1 The present study was conducted on college students. A similar study can be conducted on school as well as on university level students.
2. The present study has been restricted to 200 students only. In the further study a large sample can be taken up to get more valid and reliable results.

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