

# Comparing Personality Traits of College and University Level Ball Game Female Sports-Persons

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## ABSTRACT

Sports psychologists and coaches are interested in the measurement of personality traits of athletes and players, which has become an important area of study of psychological aspects of sports. The development of personality and the achievement of desirable social values have been the objectives of sports and physical education since early times. The present study is concerned with the selected psychological characteristics of sports-persons at different level of participation. For this purpose, psychological characteristics like sociability, dominance, extraversion, conventionality, self-concept, mental toughness and emotional stability along with external and internal locus of control were studied for 300 female sports-persons who had participated at inter-college and inter-university level of competition in ball-games.

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## 1. Introduction

In recent years, there has been an increasing amount of attention to the inter-relationships of personality variables and psychological characteristics with athletic performance. Most of this work has been concerned with delineating personality traits of athletes, differentiating among individuals by sports and level of success etc. Studies of measurement of personality traits of athletes and players are vital, if we are to secure the information needed by sport psychologists and coaches, who are charged with responsibility for selection, counseling and also the training of the athletes for competition. It is assumed that the physical abilities of an individual are related to his personality structure, because the environment in which physical abilities are displayed (i.e. in games and sports) constitutes an ideal setting for the development of desirable personality characteristics such as sociability, emotional stability, confidence, cooperativeness, personal adjustment and extraversion which are very essential for increasing the athletic ability of the players and sportsmen (Singh, 1992).

Personality is a set of relatively enduring behavioral responses that characterize how a person reacts to the environment. Personality is the way someone behaves over a long period and in a variety of situations. Personality characterizes individuals as they appear in most circumstances. The individual's behavior is greatly governed by social factors.

Psychologically, personality is the integrated and dynamic organization of the physical, mental, moral and social qualities of the individual as that manifests itself to others in social life. It includes both his emotional and attitudinal traits. So it is the total being of man, It refers to one's total make-up i.e.; biological as well as sociological. It is the essence of one's instincts, feelings, emotions, sentiments, thoughts, ideals, attitudes, interest, aptitude, intelligence, experience, habits, perception, memory, imagination and various ways of behavior. It seems logical to consider that certain personality attributes (e.g; competitiveness, self-confidence) are important

to achieving success in sport. Another popular belief is that certain personality attributes (e.g.; self-esteem, emotional control) may be developed or modified through sport participation i.e; participation in sports and physical activities enhances psychological as well as physical development.

Players who have internal and external controls may influence both their performance. Internal control athletes are skill oriented and more motivated to achieve, while external control athletes are chance oriented and fear failure. Internals are more likely to raise their goals after success and lower their goals slightly after failure. Externals, consequently, are more inclined to set unrealistically high or low goals, and take unnecessary risks.

There is a dire need to study the psychological characteristics like different personality traits, such as sociability, dominance, extraversion, self-concept, conventionality, mental toughness and emotional stability as well as locus of control of sports-persons participating at college and university levels and among female athletes of different games separately and combined.

In the present study the seven personality traits of the sports-persons would be used; e.g. sociability, dominance, extraversion, self-concept, conventionality, mental toughness and emotional stability

## 2. Objectives of the study

The objectives of the present study are given below:-

1. To measure the personality characteristics, like sociability, dominance, extraversion, self-concept, conventionality, mental toughness and emotional stability as well as internal and external locus of control of the sports-persons participating at different levels of competitions.
2. To make comparison of seven personality traits and internal and external locus of control between

sports-persons of ball games at college and university levels of competition.

### 3. Hypotheses of the study

1. There would be significant differences on seven traits of personality, as well as internal and external locus of control among the female sports- persons of college and university levels of competition for Baseball game.
2. There would be significant differences on seven traits of personality, as well as internal and external locus of control among the female sports- persons of college and university levels of competition for football game.
3. There would be significant differences on seven traits of personality, as well as internal and external locus of control among the female sports- persons of college and university levels of competition for wrestling handball game.

### 4. Method and procedure

In the present study, descriptive and survey method was used. For measuring two variables of the study, two different standardized tests were administered to the sports-persons of inter-college and inter-university levels of competition. Here personality characteristics and locus of control were dependent variable, and (ii) type of the competition, i.e.; inter-college and

inter-university levels competitions and (iii) type of the game i.e.; ball games were the independent variables. a sample of 300 female sports-persons were selected, out of which 150 were from inter-college level and 150 were from inter-university level competition.

### 5. Tools used

In order to measure psychological characteristics of the female sports-persons, two standardized inventories were administered to them, i.e.; Sports Specific personality Inventory devised by Singh & Cheema (2005) and Locus of Control Inventory by Hasnain and Joshi (1992). The sports-persons belonged to ball-games like football, baseball and handball. The following statistical techniques were used on the raw data in order to find out the results:

The means, SDs, and SEs of the scores of all the variables belonging to different groups were calculated, t-ratios were found out in order to know the significant differences on scores of seven traits of personality and two dimensions of locus of control between two groups .

### 6. Statistical analysis

Table 1 shows the mean scores differences on all these seven personality characteristics as well as internal and external locus of control between the female sport-persons of Baseball game participating at inter-college and inter-university level competition.

Table 1. Means, SDs and t-ratios of personality characteristics of Baseball female players of college and university level competition

Variables	Institute	N	Mean	SDs	Sem	t-value	df	p-value
Sociability	College	50	42.98	5.22	0.74	.216	98	.829
	University	50	42.74	5.87	0.83			
Dominance	College	50	40.90	5.09	0.72	.251	98	.802
	University	50	40.66	4.44	0.63			
Extroversion	College	50	36.26	5.20	0.74	1.450	98	.150
	University	50	34.76	5.15	0.73			
Conventionality	College	50	36.02	4.03	0.57	.799	98	.426
	University	50	35.34	4.47	0.63			
Self Concept	College	50	39.32	4.83	0.68	.261	98	.794
	University	50	39.58	5.11	0.72			
Mental Toughness	College	50	40.66	5.15	0.73	1.627	98	.107
	University	50	39.10	4.41	0.62			
Emotional Stability	College	50	41.72	5.06	0.72	1.365	98	.176
	University	50	40.32	5.20	0.73			
Internal	College	50	9.02	4.53	0.64	1.588	98	.116
	University	50	10.42	4.28	0.61			
External	College	50	22.14	5.85	0.83	1.192	98	.236
	University	50	23.42	4.84	0.69			

\*\* Significant at 0.01 level (t should be more than 2.58)

\*Significant at 0.05 level (t should be between 1.96 and 2.58)

As per the above table, no significant differences were observed on all the personality characteristics between the female players of Baseball game participating at inter-college and inter-university level, as all these t-values were found out

to be non significant. It means that the college and university level players were at the same level on all these seven personality characteristics as well as internal and external locus of control.

The mean scores of all personality characteristics of inter-college and inter-university level female sports-persons of

basketball game have been depicted graphically through histograms which have been given in the Figure 1.

Figure 1. Histograms showing the mean scores of all personality characteristics of inter-college and inter-university female sports-persons of baseball game

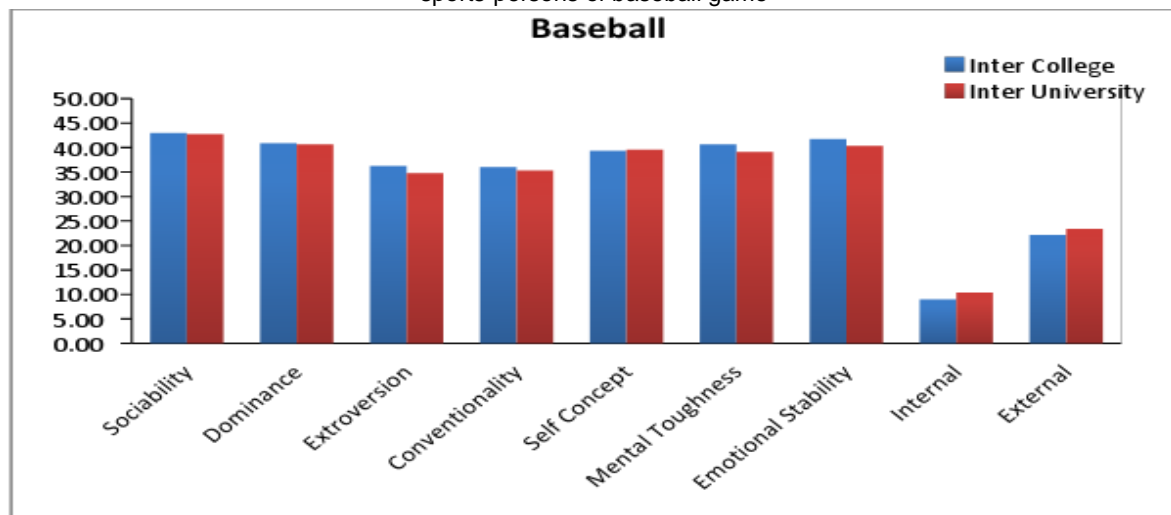


Table 2 shows the mean scores differences on all these seven personality characteristics as well as internal and external locus of control between the female sport-persons of football

game participating at inter-college and inter-university level competition.

Table 2. Means, SDs and t-ratios of personality characteristics of Football female players of college and university level competition

Variables	Institute	N	Mean	SDs	SEm	t-value	df	p-value
Sociability	College	50	42.24	6.97	0.99	1.793	98	.076
	University	50	44.54	5.80	0.82			
Dominance	College	50	39.38	5.32	0.75	1.626	98	.107
	University	50	40.98	4.48	0.63			
Extroversion	College	50	35.12	6.22	0.88	1.649	98	.102
	University	50	36.96	4.86	0.69			
Conventinality	College	50	34.24	4.68	0.66	2.567*	98	.012*
	University	50	36.58	4.43	0.63			
Self Concept	College	50	37.24	6.36	0.90	1.979*	98	.051
	University	50	39.48	4.85	0.69			
Mental Toughness	College	50	39.84	6.40	0.91	.492	98	.624
	University	50	40.38	4.38	0.62			
Emotional Stability	College	50	39.32	5.96	0.84	1.256	98	.212
	University	50	40.70	4.98	0.70			
Internal	College	50	8.46	4.38	0.62	1.260	98	.211
	University	50	9.70	5.41	0.76			
External	College	50	32.52	5.89	0.83	9.409*	98	.0001*
	University	50	21.50	5.82	0.82			

\*\* Significant at 0.01 level (t should be more than 2.58)

\*Significant at 0.05 level (t should be between 1.96 and 2.58)

As per the above table, significant differences were evinced in case of conventionality (t= 2.56 p<0.012), self-concept (t=1.979 p<0.051) and external locus of control (t=9.409 p<.0001) between football female sports-persons participating at inter-college and inter-university level competition and not on all other personality characteristics, as

all other t-values were found to be non significant. In case of conventionality and self-concept variables, university level players were better (M=36.58 & 39.48) as compared to college level players (M=34.24 & 37.24). But in case of external LOC. College level players were found to be higher (M=32.52) than the university level players (M=21.50). The mean scores of all

personality characteristics of inter-college and inter-university level female sports-persons of football game have been

depicted graphically through histograms which have been given in the Figure 2.

Figure 2. Histograms showing the mean scores of all personality characteristics of inter-college and inter-university female sports-persons of Football game

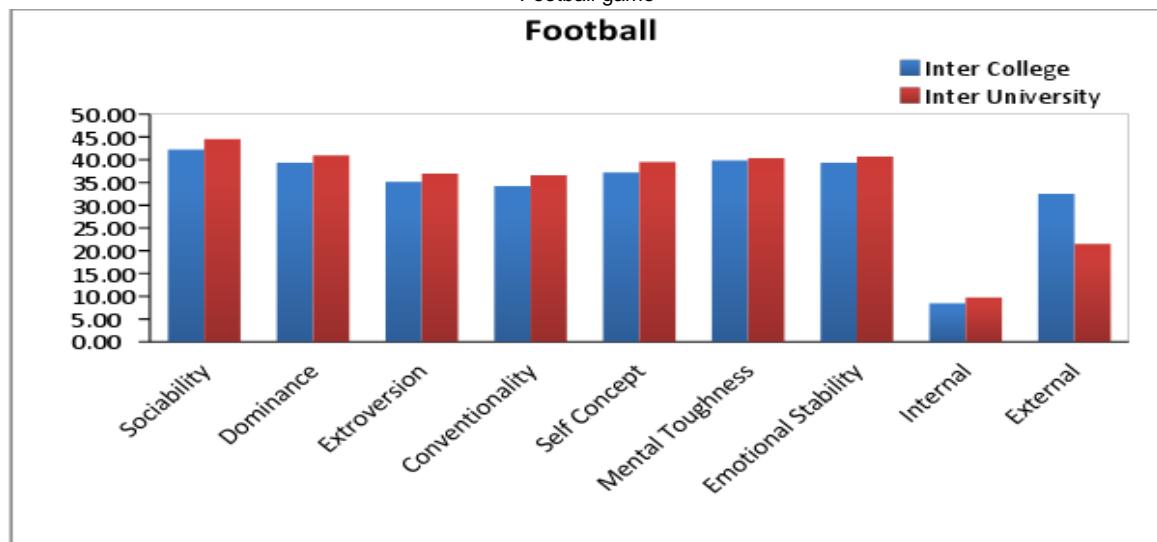


Table 3 shows the mean scores differences on all these seven personality characteristics as well as internal and external locus of control between the female sport-persons of

handball game participating at inter-college and inter-university level competition.

Table 3. Means, SDs and t-ratios of Personality Characteristics of Handball female players of college and university level competition

Variables	Institute	N	Mean	SDs	SEm	t-value	df	p-value
Sociability	College	50	40.36	5.32	0.75	4.32**	98	.000**
	University	50	44.66	4.61	0.65			
Dominance	College	50	39.46	3.41	0.48	2.398*	98	.018*
	University	50	41.12	3.51	0.50			
Extroversion	College	50	33.96	4.74	0.67	3.23**	98	.002**
	University	50	37.02	4.71	0.67			
Conventinality	College	50	33.62	3.93	0.56	3.86**	98	.000**
	University	50	36.68	3.98	0.56			
Self Concept	College	50	36.72	5.21	0.74	3.45**	98	.001**
	University	50	40.16	4.74	0.67			
Mental Toughness	College	50	39.56	4.73	0.67	2.393*	98	.019*
	University	50	41.72	4.28	0.61			
Emotional Stability	College	50	38.94	5.40	0.76	1.609	98	.111
	University	50	40.74	5.78	0.82			
Internal	College	50	13.24	4.63	0.66	4.75**	98	.000**
	University	50	8.74	4.84	0.68			
External	College	50	22.50	5.40	0.76	3.17**	98	.002**
	University	50	18.72	6.45	0.91			

\*\* Significant at 0.01 level (t should be more than 2.58)

\*Significant at 0.05 level (t should be between 1.96 and 2.58)

As per the above table, differences on many personality characteristics were found to be significant between university level and college level female sports-persons of handball game, e.g.; sociability (t= 4.321 p<0.001), dominance (t=2.398 p<0.05), extroversion (t=3.237 p<0.001), conventionality

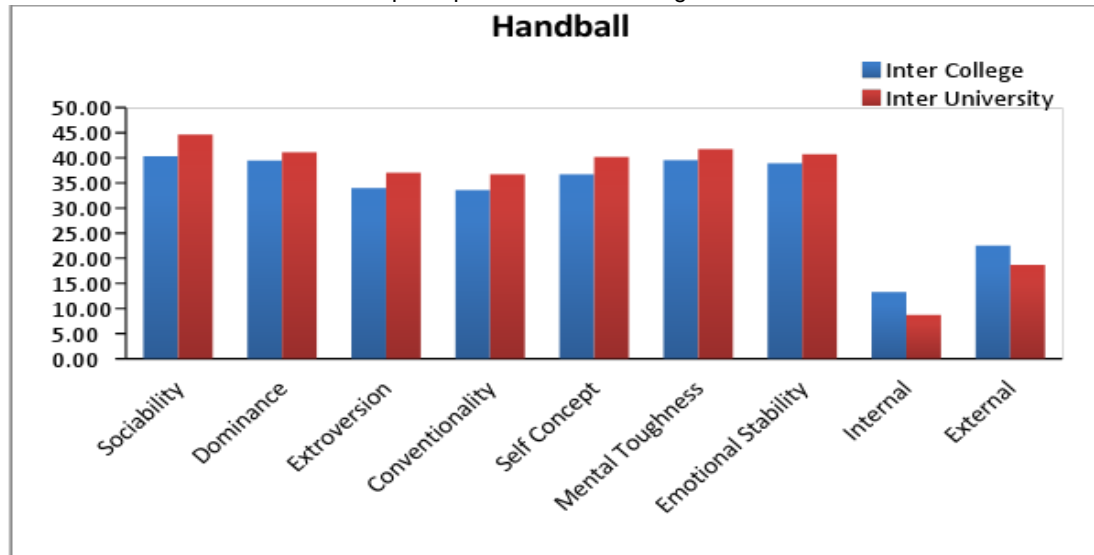
(t=3.869 p<0.001), self-concept (t=3.454 p<0.001), mental toughness (t=2.393 p< 0.05), , internal LOC (t= 4.75 p<0.001), and external LOC (t= 3.177 p< 0.01), but not in the case of emotional stability, where t-value of 1.609 was not statistically significant. The mean scores indicate that university level

female players of handball game were having high mean scores on sociability (M=44.66), dominance (M=41.12), extraversion (M=37.02), conventionality (M= 36.68), self-concept (M=40.16), mental toughness (M=41.72) than the college level players whose mean scores can be compared as 40.36, 39.46; 33.96, 33.62, 36.72, & 39.56 respectively. On the other hand, college level players were better on both internal and external locus of control as their mean score were 13.24

and 22.50 as compared to their university counterparts (M= 8.74 and 18.72).

The mean scores of all personality characteristics of inter-college and inter-university level female sports-persons of handball game have been depicted graphically through histograms which have been given in the Figure 3.

Figure 3. Histograms showing the mean scores of all personality characteristics of inter-college and inter-university female sports-persons of Handball game



## 7. Conclusion

Sports-Psychology can play an important role in the present scenario for enhancement of sports performance of our sports-persons. Psychological skills training is the need of the hour. So research should also be conducted on different psychological skills e.g.; imagery, motivation techniques, stress management techniques, goal setting and self-confidence etc. the college and university level players were at the same level on all these seven personality characteristics as well as internal and external locus of control. In case of conventionality and self-concept variables, university level players were better as compared to college level players. But in case of external LOC.

College level players were found to be higher than the university level players. Differences on many personality characteristics were found to be significant between university level and college level female sports-persons of handball game, e.g.; sociability, dominance, extroversion, conventionality, self-concept, mental toughness, internal LOC, and external LOC but not in the case of emotional stability. With the help of this study trainers who train highly competitive sportspersons will have an easier job in preparing the team for an opponent, as more time can be devoted to technical training than to motivation. For the trainer, psychological training should be equally competent as technical preparation.

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