

A Comparison Study of Big Five Personality Trait between Athlete and Non-Athlete

Hatel D Dhimmarr

Research Scholar, V.N. South Gujarat University, Surat

ARTICLE DETAILS

Article History

Published Online: 15 April 2019

Keywords

Athlete, personality, Conscientiousness

ABSTRACT

The purpose of this study was to compare big five personality traits between athletes and non-athletes of South Gujarat University. It was a causative comparative study and the necessary data was obtained through field research. In this study 240 (120 male athletes and 120 male non-athletes) were selected randomly from different colleges of South Gujarat University. Neo-Five Factor personality inventory developed by Costa & McCrae (1992) was used to measure personality structure of subject. To find out the major effects of athletes and non-athletes on big five personalities trait; Independent T statistical method was used to analyze data. Results showed that there are significant differences between the athletic and non-athletic student regarding the factors of Neuroticism, Extraversion, Agreeableness and Conscientiousness. In other words, there is no significant difference between the athletic and non-athletic student of openness to experience.

1. Introduction

Today, psychology pays great attention to the subject of personality, to an extent that most psychologists try to shed light on its various different aspects through varying perspectives. Personality has received the most attention in recent research in the field of sports psychology and athletic behaviour. "Personality" is a term commonly used by people concerned with almost every aspect of human interaction. Most people do not know what they are capable of achieving. The reason is that they do not know themselves well enough. To know who we are and what we are able to do is especially important in sports. If a person knows more of his or her potentials and what they are able to accomplish, there will be a much greater chance for that person to find success. (Dobersek and Bartling, 2008). The Five-Factor Model across Cultures was designed to further an understanding of the interrelations between personality and culture by examining the dominant paradigm for personality assessment. A grand part of the study done on the subject of sport psychology has over reviewed different aspects of personality in the athletic and the non-athletic. The Neuroticism dimension was found to be associated with the selection of less adaptive coping strategies and lower levels of reported coping effectiveness. The other four personality dimensions were associated with more adaptive coping strategies that were rated as effective. John & Srivastava (1999). To understand the psychology of athletes, researchers have asked whether they differ in personality from non-athletes and whether athletes vary among different sports (McKelvie, 2003) McKelvie et al (2003) found no differences in

extraversion between athletes and non-athletes, although athletes scored significantly lower in neuroticism; that is, they were more emotionally stable. The aim of present study was to compare five personality elements in both groups of athletic students and non-athletic students in South Gujarat University, in order to know whether there are personality differences between people who do sports and ones who do not.

2. Materials and methods

Research Sampling: Total 240 (120 male athletes and 120 male non-athletes) were selected randomly from different colleges of South Gujarat University who had studied during the 2016-17 academic years.

Variables in the Research: Independent variables in this research were that of the athlete and non-athlete. The dependent variable was those of the big five factors of personality: Neuroticism, Extraversion, Agreeableness, Openness to Experiences and Conscientiousness.

Tools: Neo-Five Factor personality inventory developed by Costa & McCrae (1992) was used to measure personality structure of subject.

Analyzing the data: The independent "t" ratio was used to analyze the significant differences in five personality traits between athletes and non-athletes. Level of significance was set at 0.05.

3. Result and discussion

Table – 1 Results of 't' test on five personality traits of athletes and non-athlete students

Variable		Mean	Standard Deviation	T – value	Sig.
Neuroticism	Athlete	27.4667	2.39022	2.55*	0.01
	Non-Athlete	28.3917	3.17896		
Extraversion	Athlete	30.9917	3.07195	2.91*	0.00
	Non-Athlete	29.9417	2.48456		
Openness to	Athlete	27.3917	3.80247	1.58	0.11

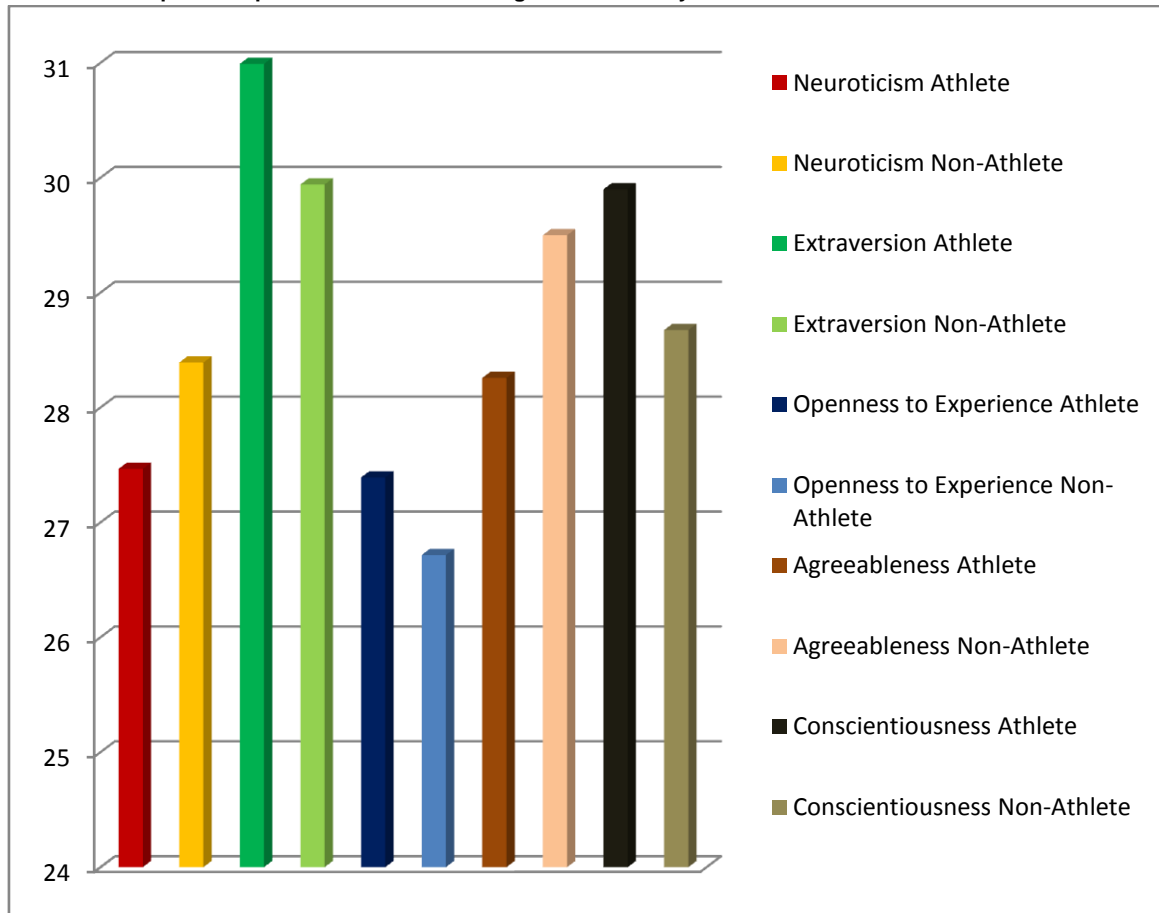
Experience	Non-Athlete	26.7167	2.71375		
Agreeableness	Athlete	28.2583	2.53213	3.27*	0.00
	Non-Athlete	29.5000	3.30774		
Conscientiousness	Athlete	29.9000	2.57134	3.71*	0.00
	Non-Athlete	28.6750	2.54097		

*Significant at 0.05 level.

T-test results showed that there are significant differences between the athletic and non-athletic student regarding the factors of Neuroticism ($t=2.55, p<0.05$), Extraversion ($t=2.91, p<0.05$), Agreeableness ($t=3.27, p<0.05$) and

Conscientiousness ($t=3.71, p<0.05$). In the other words, there is no significant difference between the athletic and non-athletic student of Openness to Experience ($t=1.58, p>0.05$).

Fig. 1 Graphical Depiction of the means of big five Personality treat of athlete and non-athlete Students



4. Discussion

The main finding of this research that, there was significantly different between athletes and non athlete students in neuroticism, extraversion, agreeableness and conscientiousness and here was no significantly different between athletes and non athlete students in openness to experience.

This finding is consistent with investigations by Talyabee et al. (2013), Mokhtari and Haghi (2014), Shariati and Bakhtiari (2011), Najar and Dar (2017) and Kalkhoran et al. (2015).

5. Conclusion

In conclusion, the variable mean show that the athlete students are on a higher stand regarding the two traits of extraversion and conscientiousness; in comparison to the non-athletics. However, they remain on a lower stand regarding the Neuroticism and Agreeableness trait. Athlete students and non athlete students are almost identical in terms of openness to experience.

Reference

1. Dobersek, Urska; Bartling, Carl., (2008). Connection between personality type and sport. *American Journal of Psychological Research*; 4; 1: 21-28.
2. Irshad Ahmad Najar and Wahid Ahmad Dar, "Big five personality traits of post graduate students in relation to gender, type of family and residential background", *International Journal of Multidisciplinary Education and Research*, 2:6 (November 2017): 01-06

3. Jarvis, *Sports Psychology; A Student's Handbook*, p. 19
4. John, O. P., & Srivastava, S. (1999). The Big-Five trait taxonomy: History, measurement, and theoretical perspectives. In
5. L. A. Pervin & O. P. John (Eds.), *Handbook of personality: Theory and research* (Vol. 2, pp. 102–138). New York: Guilford Press.
6. Kalkhoran et al., "A Comparison of Personality Characteristics of National and Premier League Handball Players", *European Academic Research*, 3:4 (July 2015): 3972-3985.
7. Marina Shariati and Sabah Bakhtiari, Comparison of personality characteristics athlete and non-athlete student, Islamic Azad University of Ahvaz, *Procedia - Social and Behavioral Sciences*, 30 (2011) 2312 – 2315.
8. McKelvie, J. Stuart. (2003). Extraversion and neuroticism in contact athletes, no contact athletes and non-athletes. *Journal of Sport Psychology*; 5; 3: 19-27.
9. Mokhtari and Haghii., The Comparison of Five Personality Factors Between Athlete and Non-Athlete Students, *Indian Journal of Science and Research*, 2014 3(1) :350-354.
10. Talyabee et al. The investigation of personality characteristics in athlete and non-athlete students, *European Journal of Experimental Biology*, 2013, 3(3):254-256