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Comparative Study of Higher Secondary Schools Students Inclined and Non-Inclined to Sports in Relation to Personality

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Abstract:

Aim of the present study was to compare the personalities of students who are inclined to sports and those who are non-inclined to sports. The present study has been conducted in the Haridwar district of Uttarakhand. Sample of 400 students (200 sports students and 200 non-sports students) were collected. Sports students were considered who have played at block level or at higher level. The age of the subjects ranged from 14-19 years. Eysenck Personality Questionnaire-Revised was used. Statistical technique 't' test was used. The result of the study shows that sports students and non-sports students show significant difference at 0.01 level of confidence on the three dimensions of personality i.e. psychoticism, extraversion and neuroticism.

Keywords: Sports students, personality

1. Introduction

The educational significance of physical education lies in improving the vital functions of the body in developing positive emotions in providing leisure time activities and in offering opportunities for team spirit, co-operative effort, self-discipline, leadership and such other qualities for the development of character and personality. Physical education has a social obligation of preparing the youth for work and other socially useful activities.

Researchers compared athlete's personality characteristics in individual and team sports. 134 athletes (92 team, 42 individuals, 88 males, and 46 females) completed the NEO Personality Inventory-Revised and the Sociotropy-Autonomy Scale (SAS). The results revealed that individual sport athletes scored significantly higher on conscientiousness and autonomy than did team sport athletes. The team sport athletes scored significantly higher on agreeableness and sociotropy than did the individual sport athletes. No significant difference was found between the two groups on neuroticism, extraversion and openness. It can be concluded that athlete's personality characteristics are different for individual and team sports (Nia, M.E. and Besharat, M.A. (2010)

Laurin R. (2009) examined the influence of the Big Five factors on the fit between demands and abilities in soccer was examined for school and boarding home domains for newcomer trainees of soccer academies. 81 male trainees from 4 academies participated in the survey (M age = 16.3 yr., SD = 1.1). The fit between demands and abilities was measured three times during the academic year. In each domain, three repeated measures were aggregated into a single composite measure to define the fit index in the soccer, school and boarding home domains. Results from the NEO Personality Inventory Revised revealed that Neuroticism and Conscientiousness were, respectively, negatively and positively correlated with the school and boarding home fit index, Extraversion was negatively related to the boarding home fit index, and no personality factors were related to the soccer fit index. Stepwise regression analyses showed that Conscientiousness was the strongest predictor of the school and boarding home fit indexes.

Researcher found that team participants scored higher on Extraversion than both individual sport participants and non-participants, and that test scores did not change over time, supporting the gravitational hypothesis for Extraversion (Eagleton, McKelvie., and Deman, A. 2007).

2. Study Design and Methodology

The present study has been conducted in the Haridwar district of Uttarakhand. All the students of Higher Secondary who are inclined to sports and also those who are not inclined to sports have been considered as population of the study. A sample of 200 sports and 200 non-sports students of Higher Secondary schools of Haridwar District were selected. Since the present study aimed to study the comparison of Higher Secondary Schools students inclined to sports and non-inclined to sports in relation to personality of Haridwar district, the sample unit for this study comprised of sports person and non-sports person studying upto XII class. A random sampling technique for non-sports students and purposive sampling technique for sports students was planned. In this way, a total number of

400 sports and non-sports students were selected. This sample being sufficient and drawn in a random manner (for non-sports students) and purposive manner (for sports person) may be reasonably considered representative of the total population of Haridwar district of Uttarakhand. Statistical technique 't'-test was computed to compare the personalities of sports and non-sports students.

2.1. Tool

Eyesenck's Personality Questionnaire-R (EPQ-R) was used to evaluate the personality of students. It was designed to give rough and ready measure of three important personality dimensions: Psychoticism, Extraversion and Neuroticism.

2.2. Hypothesis

There is no significant difference between the personalities of students inclined to sports and students not inclined to sports.

2.3. Objective

To compare the personalities of sports students and non-sports students.

Types of Participants → Dimensions of personality ↓	Sports (N = 200)		Non-sports (N = 200)		't' values
	Mean	SD	Mean	SD	
Psychoticism	14.275	2.77	15	2.70	-2.6**
Extraversion	15	2.63	12.145	3.105	10.19**
Neuroticism	10.7	3.79	14	2.8	-10**

Table 1: Mean, SDs and 't' on Extraversion, Psychoticism and Neuroticism of Sports and Non Sports Personnel of government and non-government schools.

2.4. Graphical Representation

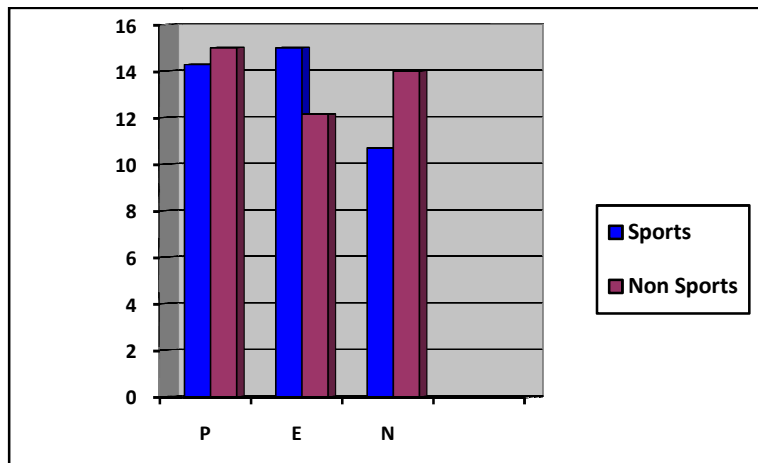


Figure 1: Means of three dimensions of Personality of sports and non-sports belonging to government and non-government schools.

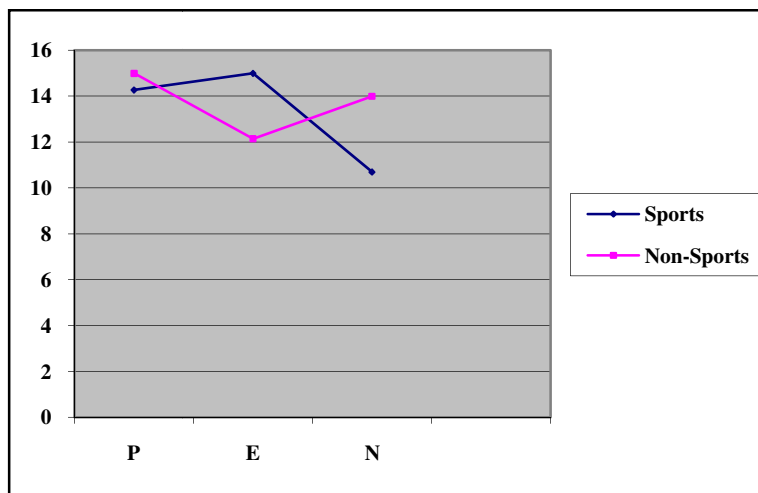


Figure 2

3. Results

1. There is high statistical significant difference between students inclined to sports and students not inclined to sports on psychoticism ($t = -2.6$, $p < 0.01$), extraversion ($t = 10.19$, $p < 0.01$) and neuroticism ($t = -10$, $p < 0.01$). Non-sports students scored higher on psychoticism ($M = 15$) than sports students ($M = 14.275$).
2. Contrary to this sports students scored higher on extraversion dimension ($M = 15$) than non-sports students ($M = 12.145$).
3. On neuroticism dimension non-sports students scored higher ($M = 14$) than sports students ($M = 10.7$).

4. Discussion

Athletic participation and physical exercises are strongly promoted in higher secondary schools across the nation. Physical educators and parents encourage students to be involved in different types of physical programs. But when educators, coaches and administrators promote athletic and physical exercises programs to students and parents, do they really know all of the benefits of school athletic and physical programs?

The results of our study consistent with the results of a study conducted by *Nia, M.E. and Besharat, M.A. (2010)*, *Eagleton J. R., McKelvie S. J., and Deman, A. 2007*).

5. Conclusion

From the research it has been found that sports students are more extroverted but less psychotic and neurotic than non-sports students (Table 1).

From above, it is clear that sports persons are more extrovert and less psychotic and neurotic than non-sports persons. This research will be quiet useful for parents, teachers, curriculum makers, schools, counselors, students, society and government by providing them the importance of sports in schools through workshops, seminars and also by conducting practical classes of yoga and sports.

6. References

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