

A Comparative study of personality traits between under graduate and post graduate physical education students of West Bengal

¹ Mrityunjay Biswas, ² Rajkumar Bauri, ³ Sandip Sankar Ghosh

¹ Regular Research Scholar, Jadavpur University, Kolkata, West Bengal, India

² Senior Research Fellow, Jadavpur University, Kolkata, West Bengal, India

³ Assistant Professor, University of Kalyani, Nadia, West Bengal, India

Abstract

The purpose of the present study was to compare the personality traits i.e. Self-confidence, Dominance, Introversion, Neuroticism, Sociability and dominance between under-graduate and post-graduate physical education student of West Bengal. A total Sixty four (N = 64) physical education students were randomly selected from State Institute of Physical Education for Women Hastings House, Kolkata. Among all the subjects Thirty Four (n=34) were Undergraduate (B.P.Ed) students and rest thirty (n=30) were Post-Graduate (M.P.Ed) students. The age ranged from 20 - 25 years. Mean and standard deviation of different variables were calculated. The data of the selected variables were analyzed through standard Statistical procedure. The mean of different variables were compared by using t- test. Statistical significance was tested at 0.05 levels. The results highlighted that there were significant difference in selected personality variables between under-graduate and post-graduate physical education students.

Keywords: Personality Traits, Self-confidence, Dominance, Introversion, Neuroticism, Sociability, Dominance

1. Introduction

Personality is the totality of one's behavior towards oneself and others. It includes everything about the person his physical, emotional, social, mental and spiritual make-up. It is all that a person has about him. It is deeper than more appearance or outward behavior.

Personality is the overall pattern of psychological characteristics that makes each person a unique individual. Personality is the individual's unique psychological makeup or more formally, "the underlying, relatively stable, psychological structures and processes." (Lazarus & Monat). Individual differences are obvious in sport and understanding such personality factors can help to explain sport and exercise behavior. The goal of sport personality research is to provide accurate and reliable information about individual differences in sport and the implications of such personality differences for sport performance and behavior. Personality embraces a person's moods, attitudes opinions, motivations, style of thinking, perceiving, speaking and acting. It is the part of what make each individual distinct. Personality can be described as the sum total or overall pattern of various characteristics related to social behaviors, such as introversion, independence or aggressiveness. Personality also includes perceptual and cognitive characteristics, such as the ability to concentrate of focus attention. The relevant stable organization of person character, temperament, intellect, and physic which predisposes him or her to behave and action particular ways in given situations, and which differentiates one individual from another. In this context present project was planned to initiate research on personality traits from a comparative stand point between the under graduate and post graduate physical education students of West Bengal. The study will be helpful to the teacher, future researcher to evaluate the personality

characteristics of the physical education students of the under graduate and post graduate level.

2. Methodology

To conduct the study A total Sixty four (N = 64) physical education students were randomly selected from State Institute of Physical Education for Women Hastings House, Kolkata. Among all the subjects Thirty Four (n=34) were Undergraduate (B.P.Ed) students and rest thirty (n=30) were Post-Graduate (M.P.Ed) students. The age ranged from 20 - 25 years. To measure the personality of selected subjects' Bengali version of Burn- Reuter Questionnaire (modified) was used. Each item response was scored differently as per the scoring key prepared by Prof. D. Das Mahanta to measure personality characteristic. The short form of Burn-Reuter personality inventory with 30 items was prescribed and standardized by Prof. D. Das Mahanta. The study was approved by Institutional Ethical Committee. Mean and standard deviation of different variables were calculated. The data of the selected variables were analyzed through standard Statistical procedure. The mean of different variables were compared by using t- test. The significance of means were tested at $p < 0.05$ level of confidence. For statistical calculations Excel Spread Sheet of windows version 7 will be used.

3. Results

In Table-1 the mean and standard deviation and t-ratio of the personality traits (Self- confidence, Dominance, Introversion, Neuroticism and Sociability) of the under-graduate and post-graduate students have been presented. From the table-1 it was found that statistically significant difference existed at 0.05 level of confidence between under-graduate and post-graduate physical education students in Self-confidence and Dominance. But there was no significant difference observed

between under-graduate and post-graduate physical education students in Introversion, Neuroticism, and Sociability. It was also found that in Self Confidence and Dominance, post-graduate physical education student had significantly higher

value than the under-graduate physical education students. In the figure-1 the mean values of different personality variables have been shown.

Table 1: comparative analysis of mean, sd, mean diff, standard error and t - ratio of personality traits of under-graduate students and post-graduate students

Variables	Under-graduate Students		Post-graduate Students		Mean Diff.	Standard Error	t-value	Remarks
	Mean	S.D.	Mean	S.D.				
Self confidence	-20.76	7.45	-28.09	6.16	7.33	1.71	4.31	Significant
Dominance	24.64	13.32	11.76	8.88	12.88	2.80	4.60	Significant
Introversion	-8.55	5.56	-11.34	9.63	2.79	2.00	1.39	Not Significant
Neuroticism	-16.46	9.67	-14.4	8.63	6.06	2.29	0.90	Not Significant
Sociability	-17.14	7.6	-18.45	8.23	1.31	1.99	0.66	Not Significant

* Table value of 't' for df (58) at 0.05 level of confidence = *2.001

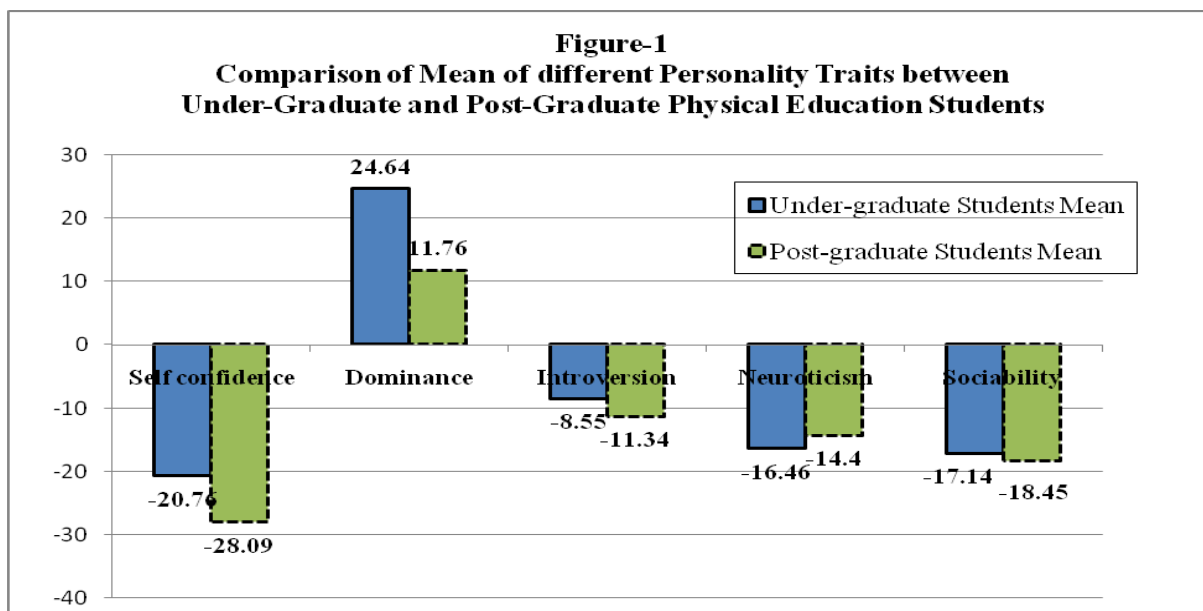


Fig 1

4. Discussion of Findings

The result of the study indicated that in Self-confidence and Dominance the Post Graduate physical education students had significantly higher value than the Under-Graduate Physical Education Students. This may be explained as the post-graduate subjects are respectively more knowledgeable than the undergraduate students as a result in self-confidence significant difference may come. As the B.P.Ed trainees were new comer in physical education fields, consequently submissive and less aggressive in nature compared to the M.P.Ed students that may cause significant difference in dominance between the under-graduate and post graduate physical education students. These results of the present study were in consonance with Mondal, L. K.; & Chakraborty P. (2010) and Ghosh & Banerjee, 2014. On the other hand, no significant differences were found in rest of the traits i.e. in self-confidence, introversion, Neuroticism and sociability between the under graduate and post graduate physical students of West Bengal. These results may be explained by the fact that the personality traits show no difference means that these variables were not influenced or less influenced by experience in the physical education field of study. This type of result may perhaps due to the above fact that the under-graduate and post-graduate physical education students have

their same psychological make-up and personality factors and mental set-up, which may caused no significant difference in personality traits between two groups of physical education students of West Bengal. This result of the present study was in consonance with Ghosh & Banerjee, 2014.

5. Conclusions

From the above discussions it can be concluded that the under-graduate physical education students significantly differed in self-confidence and dominance compared to the post-graduate physical education students. In other three personality traits i.e. in Introversion, Neuroticism and Sociability no significant difference was found between under-graduate and post-graduate physical education students of West Bengal.

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