



## **The influence of gender on personality traits of sportsperson**

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### **Abstract**

The purpose of the present research was to describe and compare the personality traits (sociability, Dominance behaviour) of male and female sportsperson. The method of the study is descriptive analyses, total hundred (Each 50) samples representing all India interuniversity players were selected and To collect the data the standardized scale devised by Dr Ajith Sing has administered on the subject who are participating in all India interuniversity tournament, later 't' test was applied to assess the significant difference in sociability factor of personality traits between sportsperson of male and female, the conclusion was drawn that sportsperson both male and female have possessed the similar kind of sociability personality traits, whereas in case of dominance behaviour male sportsperson have shown more assertive nature comparing to their counterpart it was rationalized that nature of group participation develops and cultivates the social values and character among the participants, this was resulted to express similar kind of social behaviour and The earlier socialization and attitude towards female and less scope for social interaction might be reason to show smooth and less assertive behaviour comparing to female sportsperson.

**Keywords:** personality traits, sportsperson, gender

### **Introduction**

Personality including dimensions of extraversion, Sport psychology has emerged as a field with a personality including dimensions of neuroticism, research tradition that provides a foundation for direct extraversion, openness, agreeableness and application with athletes. As the role played by conscientiousness, two that have supported both psychological factors in the performance and over well-theoretical and empirical by a large number of researches being of athletes has become better understood, in the last decades. Numerous studies have intervention have been designed to favourably affect examined the relations between five factor model athlete behaviour throughout their involvement in sport dimensions and sport activities; these studies suggest and beyond]. Sport psychology researchers have been that there is a positive correlation between sport interested in how athletes' psychological an activities, extraversion and conscientiousness and also a characteristics influence performance. From this point, it negative correlation between sport activities and clear that psychological characteristics differ between neuroticism. Also the results of studies connected with more and less effective athletes and teams. Moreover, the Three-dimensional model of personality have shown ability to mentally prepare is considered a key component correlation between sport activities with one or more of such differences. The optimal level of skills in dimensions of low neuroticism, high extraversion and low championship depends on three factors; physical, skill psychotics. Koon (1965) believed sportsmen and mental preparation. It seems that champion's different women are extraversion and there is a significant relation performance depends on mental preparation, influence of between sport abilities and extraversion rate. It is obvious psychology and personality of sportsmen. So it needs to higher abilities have related

with extraversion and lower compare the relationship between psychological variables abilities with introspection. Some findings have found (personality) in different sports. This matter would help different results in this case.

### **Problem**

A Comparative Study of Personality Traits between male and female sportsperson

### **Hypotheses**

It was hypothesized that the sex as demographical variables is influence on developing different kind of personality traits between the male and female sportsperson

### **Objective**

To assess the influence of sex variables on personality traits of sportsperson.

### **Materials and Methods**

The present research is descriptive comparative which compares the personality traits of male and female.

Participants: The participants of the present research are belonging the male and female athletes, those are participating in the inter university tournaments. The sample was selected using purposive random technique, 50 subjects of each group as male and female sportsperson were selected from (basketball, volleyball, kabaddi, kho-kho, Badminton, cycling, track and field,) were evaluated and compared using seven factor inventory.

### **Measurement Tools**

To collect the requisite data, the standard zed questionnaire constructed by Dr Ajith Sing has administered on the sports person of male and female, who are participating in all India interuniversity tournament held at different part of the country.

**Data analysis**

First descriptive statistics including means and standard deviation and ‘t’ test and correlation used for describing the personality traits of male and female.

The seven primary personality dimension identified by Dr Ajith Singh are described as being functionally independent and psychologically meaningful dimensions of a person’s personality. The primary personality factors that are sociability as taken to prepare research article, hence, sociability, dominance behavior has analyzed and described as follows.

Sex variable also plays a significant role determine the mental health of the sports women, in some sports biological factors are hindrances as far as female sportsperson are concerned. Besides the biological factors, socio-cultural factors also affect the sports performances. It is difficult for the women to compete against men as far as physique and ethics are concerned. Hence, the sports training session is to be organized differently for men and women sportsperson. It has been observed that women sportsperson are in slightly disadvantageous position than

men sportsperson due to physical and physiological make-up, choice of activity, training for competition etc, are greatly affected by these latent sex differences, social orthodox attitude and prejudice, customs and social perception towards women’s hinders to have quality education and expose to various opportunities. This difference influence on the development of personality traits of sportsperson.

**Sociability Behaviour**

The hypothesis that the Male sportsperson will have a better social ability than the female sportsperson is framed on the rationale that the Gender is believed to be a prime mover of the personality traits of individuals, which also includes the social adjustment. Because normally, the male sportsperson would naturally have an advantage over her counterpart as the social status she enjoys, the higher education she receives, the rich exposure she gains, would all influence and promote greater amount of characteristics that fit her in a highly stable mentality in which she could easily adjust socially himself to the different occasions.

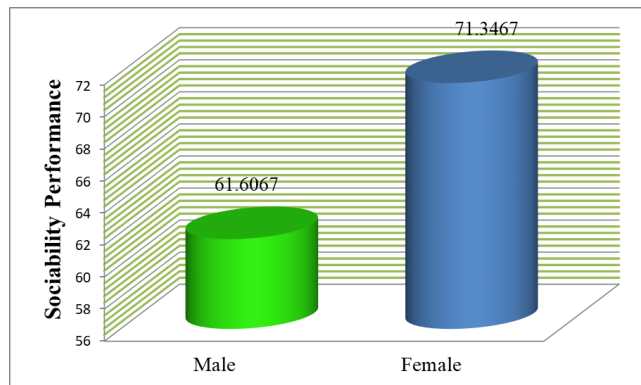
**Table 1:** Showing the mean, SD and t-values of sociability of personality traits of male and female sportsmen

Variable	Groups	Mean	SD	SE	t-value	P-value	Sig
Sociability	Male	61.6067	19.55556	1.12904	-6.697	.000	S
	Female	71.3467	15.88019	.91684			

\*\* Significant at 0.01 level.

Table-1- reveals the mean, SD and ‘t’ values of Sociability of male and female sportsmen. It can be seen from the above table that, the mean scores of both male and female sportsmen is 61.6067 and 71.3467 respectively. The high mean score of Female sportsmen indicates the fact that, they are high in Sociability when compared to the male sportsmen who scored a relatively low mean score. The obtained ‘t’ value for these two groups is -6.697 which is significant at 0.01 level; indicates that there is a significant difference between Sociability of male and female

sportsmen. Therefore, the hypothesis that there is a significant difference between Sociability of male and female sportsmen is accepted. This is because; myths and the conservative attitude of the society towards female sportsmen are entirely different. And they are not properly trained and educated and are having very rare exposure to the sport competitions. These disadvantages and in equal opportunities would result negative impact on their morale and self-confidence which in turn increased their Sociability in sports.



**Fig 1:** Showing the Mean, SD and t- values of sociability of personality traits of male and female sportsmen

Figure No.1. The above figure indicates that Sociability performance mean scores a different the graphs showing of comparison of Male and female sportsmen with respect to Sociability performance scores.

The mean Sociability scores of Male and female sportsmen are 61.6067 and 71.3467 respectively. It means that the Sociability performance of Female Sportsman is better than Male Sportsman.

**Table 2:** Showing the Mean, SD and t- Values of dominance of personality traits of male and female sportsmen

Variable	Groups	Mean	SD	SE	t-value	P-value	Sig.
Dominance	Male	70.3800	16.21147	.93597	-.391	.696	S
	Female	70.8933	15.97935	.92257			

\*\* Significant at 0.01 level.

Table-2. A-reveals the mean, SD and 't' values of Dominance of male and female sportsmen. It can be seen from the above table that, the mean scores of both male and female sportsmen is 70.3800 and 70.8933 respectively. The high mean score of Female sportsmen indicates the fact that, they are high in Dominance when compared to the male sportsmen who scored a relatively low mean score. The obtained 't' value for these two groups is -.391 which is significant at 0.01 level; indicates that there is a significant difference between Dominance of male and female sportsmen. Therefore, the hypothesis that there is a significant difference between Dominance of male and female sportsmen is accepted. This is because; myths and the conservative attitude of the society towards female sportsmen are entirely different. And they are not properly trained and educated and are having very rare exposure to the sport competitions. These disadvantages and in equal opportunities would result negative impact on their morale and self-confidence which in turn increased their Dominance in sports.

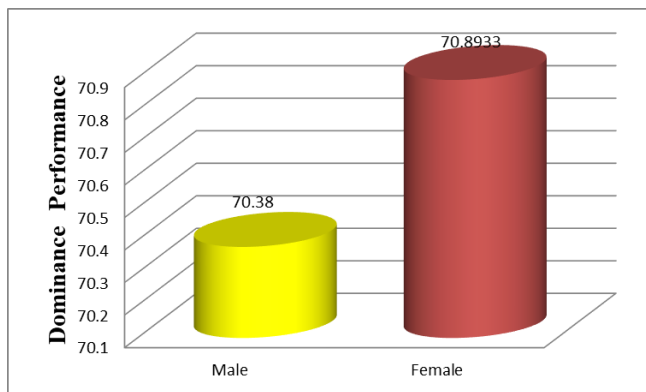


Fig 2: Showing the Mean, SD and t- values of dominance of personality traits of male and female sportsmen

Figure No.2 the above figure indicates that Dominance performance mean scores a different the graphs showing of comparison of Male and female sportsmen with respect to Dominance performance scores.

The mean Dominance scores of Male and female sportsmen are 70.3800 and 70.8933 respectively. It means that the Dominance performance of Female Sportsman is better than Male Sportsman.

**Conclusion**

The participation in sports activities develops harmonious personality traits among the participants, the study also proved and expressed the fact the sex has an advantages to cultivate similar and equal nature of the social behaviour and values, and differences in assertive and dominance behaviour personality traits in male comparing to their counterpart group.

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