

A Comparative Study of Personality Profiles Between Sportsmen and Non-Sportsmen of Sant Baba Bhag Singh University

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Abstract—The purpose of the present study was to examine and compare the openness personality trait among sportsmen and non-sportsmen students. Personality is an important psychological factor that influences an individual's behaviour, thinking, and social adjustment. Openness is one of the major dimensions of personality and is associated with qualities such as creativity, curiosity, imagination, flexibility, and readiness to accept new experiences. Participation in sports activities is generally believed to contribute positively to personality development; therefore, the present study attempted to identify whether sports participation creates any significant difference in openness levels among students.

For conducting the study, students were selected and categorized into two groups: sportsmen and non-sportsmen students. Relevant data were collected through standardized procedures, and the obtained scores were statistically analyzed using the independent samples t-test technique to determine the significance of difference between the two groups.

The results of the study showed that sportsmen students obtained a slightly higher mean openness score ($M = 4.13$, $SD = 0.99$) than non-sportsmen students ($M = 3.62$, $SD = 1.39$). However, the calculated t-value (1.34) at 38 degrees of freedom was lower than the required table value (± 2.02) at the 0.05 level of significance. Hence, the difference between the two groups was found to be statistically non-significant.

On the basis of the findings, it was concluded that sports participation may contribute to higher openness characteristics to some extent, but it does not produce a significant difference in openness personality traits between sportsmen and non-sportsmen students. The study highlights that personality development is influenced by several psychological, educational, social, and environmental factors in addition to sports participation.

Index Terms—Openness, Personality Traits, Sports Participation, Sportsmen, Non-Sportsmen, Students, Sports Psychology.

I. INTRODUCTION

Personality is an essential aspect of human behaviour that influences an individual's thoughts, emotions, attitudes, and actions. It plays an important role in determining how individuals interact with others, adjust to different environments, and respond to various life situations. In the field of psychology, personality traits are widely studied to understand behavioural differences among individuals. Among the various dimensions of personality, openness is considered a significant trait that reflects creativity, imagination, curiosity, flexibility, and willingness to experience new ideas and situations.

Sports and physical activities are regarded as important components of education and human development. Participation in sports not only improves physical fitness and health but also contributes to mental, emotional, and social well-being. Sports activities provide opportunities for teamwork, leadership, discipline, communication, decision-making, and social interaction. Due to these experiences, sports participation is often believed to influence the personality development of individuals positively.

The concept of openness is one of the five major dimensions of the Big Five Personality Theory. Individuals who possess high openness are generally imaginative, innovative, curious, and ready to accept challenges and new experiences. On the other hand, individuals with low openness may prefer routine

activities and traditional ways of thinking. Since sports involve continuous learning, adaptation, competition, and interaction with different people and situations, sportsmen may develop higher openness characteristics compared to non-sportsmen students. In recent years, researchers in sports psychology and physical education have shown increasing interest in studying the relationship between sports participation and personality traits. Several studies have reported that athletes often demonstrate better psychological qualities such as confidence, emotional stability, sociability, and adaptability. However, research findings regarding openness among sportsmen and non-sportsmen students remain inconsistent. Some studies have found significant differences, while others reported no significant variation between the groups. Therefore, there is a need for further investigation to understand the relationship between sports participation and openness personality traits among students.

Students represent an important population for personality research because the educational stage is a critical period for psychological and social development. The experiences gained through academics, peer interaction, and sports participation can influence students' personality characteristics. Understanding whether sports participation contributes to openness can help teachers, coaches, psychologists, and educational institutions promote holistic personality development among students.

Therefore, the present study was undertaken to compare the openness personality trait between sportsmen and non-sportsmen students. The study aimed to determine whether participation in sports activities produces any significant difference in openness levels among students. The findings of the study may contribute to the existing literature in sports psychology and may also provide useful guidance for educators and sports professionals regarding the psychological impact of sports participation.

II. OBJECTIVES OF THE STUDY

1. To assess the openness personality trait among sportsmen students.
2. To assess the openness personality trait among non-sportsmen students.

3. To compare the openness personality trait between sportsmen and non-sportsmen students.
4. To determine whether there exists any significant difference in openness personality traits between sportsmen and non-sportsmen students.
5. To examine the influence of sports participation on openness personality characteristics among students.

III. HYPOTHESIS OF THE STUDY

Null Hypothesis (H_0)

There will be no significant difference in openness personality traits between sportsmen and non-sportsmen students.

Research Hypothesis (H_1)

There will be a significant difference in openness personality traits between sportsmen and non-sportsmen students.

IV. DELIMITATIONS OF THE STUDY

1. The study was limited to sportsmen and non-sportsmen students only.
2. The study was confined to selected students of the concerned institution/area.
3. Only the openness dimension of personality was considered for the study.
4. The study was restricted to a limited sample size.
5. The findings of the study were based on the responses provided by the participants.

V. LIMITATIONS OF THE STUDY

1. The study was conducted on a limited number of students; therefore, the findings may not be generalized to all populations.
2. The study considered only one personality trait, namely openness, while other personality dimensions were not included.
3. Environmental, social, and psychological factors affecting personality were beyond the control of the researcher.
4. The accuracy of the study depended upon the honesty and understanding of the respondents.
5. Time and financial constraints limited the scope of the investigation.

VI. OPERATIONAL DEFINITIONS

Personality

Personality refers to the combination of behavioural, emotional, mental, and social characteristics that distinguish one individual from another.

Openness

Openness is a personality trait associated with imagination, creativity, curiosity, flexibility, and willingness to accept new experiences and ideas.

Sportsmen

Sportsmen refer to students who regularly participate in organized sports activities, competitions, or physical training programmes.

Non-Sportsmen

Non-sportsmen refer to students who do not regularly participate in organized sports activities or competitive physical programmes.

VII. METHODOLOGY OF THE STUDY

Selection of Subjects

For the purpose of the present study, students were selected as subjects and divided into two groups, namely sportsmen and non-sportsmen students.

Selection of Variables

The following variable was selected for the study:

Openness Personality Trait

Criterion Measure

The scores obtained from the selected personality assessment tool were considered as the criterion measure for the study.

Administration of the Test

The personality test was administered to all subjects under similar conditions and proper instructions were provided before data collection.

Statistical Technique

To compare the openness scores between sportsmen and non-sportsmen students, the independent samples t-test was applied. The level of significance was fixed at 0.05.

Analysis and Interpretation of Data

Table No. 4.1 Comparison of Openness Scores between Sportsmen and Non-Sportsmen Students

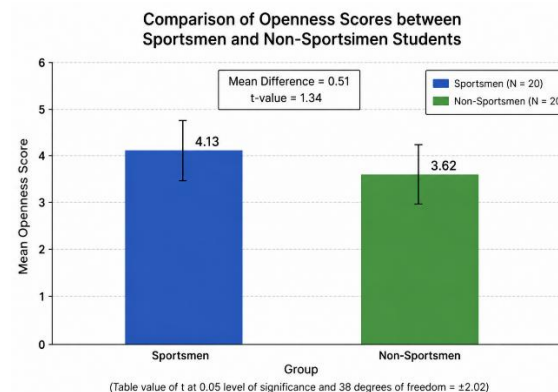
Group	N	Mean	SD	Mean Difference	t-value
Sportsmen	20	4.13	0.99	0.51	1.34
Non-Sportsmen	20	3.62	1.39		

Table value of t at 0.05 level of significance and 38 degrees of freedom = ± 2.02

Interpretation of the Table

The table shows that the mean openness score of sportsmen students was 4.13 with a standard deviation of 0.99, whereas the mean score of non-sportsmen students was 3.62 with a standard deviation of 1.39. The obtained mean difference between the groups was 0.51.

The calculated t-value was 1.34, which was lower than the tabulated value of ± 2.02 at the 0.05 level of significance with 38 degrees of freedom. Therefore, the difference between sportsmen and non-sportsmen students in openness personality traits was found to be statistically non-significant.



Hence, the null hypothesis stating that there is no significant difference in openness personality traits between sportsmen and non-sportsmen students was accepted.

Findings of the Study

1. Sportsmen students showed slightly higher openness mean scores than non-sportsmen students.
2. The calculated t-value was lower than the required table value at the 0.05 level of significance.

3. No statistically significant difference was found in openness personality traits between sportsmen and non-sportsmen students.
4. Sports participation alone did not significantly influence openness personality characteristics among students.

VIII. CONCLUSION

On the basis of the statistical analysis and interpretation of data, it was concluded that there was no significant difference in openness personality traits between sportsmen and non-sportsmen students. Although sportsmen students obtained comparatively higher openness scores, the difference was not statistically significant at the 0.05 level of significance. Therefore, sports participation alone may not be considered a major factor influencing openness personality traits among students.

Suggestions for Further Study

1. Similar studies may be conducted on larger sample sizes.
2. Future studies may include other personality dimensions such as extraversion, agreeableness, conscientiousness, and emotional stability.
3. Comparative studies may be conducted among athletes of different games and sports.
4. Similar research may be conducted on different age groups and educational levels.
5. Further studies may examine the influence of gender, socio-economic status, and cultural background on personality traits.

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