



GENDER DIFFERENCES IN PERSONALITY PROFILES OF PLAYERS

Poonam Joshi

Associate Professor, Physical Education, K. S. Saket P.G. College, Ayodhya, UP
Email – jpoonam774@gmail.com

Abstract: Present study was aimed to find out the impact of gender (male and female) upon the various dimensions of Personality as- Neuroticism, Extraversion, Openness to Experience, Agreeableness and Conscientiousness. The total sample comprised of 60 players. Out of the 60 players, 30 were female sports persons and 30 were male sports persons. The sample was selected from various Degree Colleges affiliated to Dr. Ram Manohar Lohia Avadh University, Faizabad, Uttar Pradesh, India. The data collection was done with the help of "Big Five Personality Inventory" constructed by Arun Kumar Singh and Ashok Kumar (2014). T-test has been calculated to assess the significant difference between means of different groups (male and female). In the result a significant impact of gender was found upon the various dimensions of Personality as- Neuroticism, Extraversion, Openness to Experience, Agreeableness and Conscientiousness. Female participants have shown high level of neuroticism, Agreeableness and Conscientiousness then males. On the other hand, male participants have shown high level of Extraversion and Openness to Experience then female participants.

Key Words: Personality, Gender, Neuroticism, Dimensions, Sports.

1. INTRODUCTION:

In the present Era sports and physical activity have earned a great importance in society. Enhancing sports performance is one of the main goals of sport psychology and physical education. In fact, sports can be viewed as a laboratory in which the efficiency of functioning is being investigated under high pressure and accompanying intense emotions (Jarvis. M. 2006). Creating unique conditions for exploring the role of personality and individual differences in human performance has gained attention worldwide. With this enhanced awareness, physical, technical and psychological improvements have become priority in sport teams with the intent of making the most of the player's potentiality. In this regard, the known sport sciences such as physiology, biochemistry, medicine, biomechanics, sociology, physical education and psychology have been improved, researched and applied in competitive sport (Gould and Weinberg 2008). The study of personality profiles has been focussed to enhance the performances of the sports persons. Personality traits predict a number of performance markers in competitive contexts such as work and academia (Poropat AE.2005). Different research on personality and its relationship with individual, interpersonal and social behaviors and gender are equally important regardless the period of time they have been argued. With the increasing focus on overall development and commercialization of sports numerous researches on player's personality profiles have been increased exponentially, transforming the vision over the concept and strengthening the understanding of personality. Personality is the study of individual differences and thus holds promise for a better understanding of how our gendered society shapes and reinforces differences in women's and men's attitudes, emotions, and behaviours. Over time, the relationship between personality, gender and sports performance has been investigated by researchers who have used a wide variety of research methods.

In this regard the present study aimed to explore the relationship of gender and personality profile of players. Personality profile includes various dimensions of personality as Neuroticism, Extraversion, Openness to Experience, Agreeableness and Conscientiousness. Attempts would be made to assess the gender impacts upon various dimensions as well as overall personality of male and female players.



2. LITERATURE REVIEW:

Ali and Ahmed (2024) investigate the Big Five Personality Traits and Life Satisfaction related Gender Differences in the Context of Ice Hockey Team Sports. The research result found that there was a significant difference of Extraversion, Agreeableness, Conscientiousness and Openness personality between male and female Ice Hockey Team Sports players. Female Ice Hockey Players were found high level of Conscientiousness and Neuroticism then Male Ice Hockey Players. But male Ice Hockey Players were found high level of Extraversion, Openness to Experience and Agreeableness then Female Ice Hockey Players. **Hamzah, Rahim et al. (2022)** investigate the assessing the big five personality on categories of athletes and gender among tennis players. Findings indicated that there was a significant difference in one of the components Neuroticism in female tennis players is found to be higher. **Smith J. & McCarthy P. (2022)** conduct a study Gender bias personality perception in stereotypically gendered sport. Findings indicated that there was personality traits influence the level of bias towards gender in sports. **Weisberg Y., DeYoung C. and Hirsh J. (2011)** conduct a study Gender differences in personality across the ten aspects of the Big Five. The research result found that a significant impact of gender upon personality. Women reported higher Big Five Extraversion, Agreeableness, and Neuroticism scores than men.

3. OBJECTIVES: Following Objectives had been framed for the Study -

1. First objective of the study was to find out the impact of gender (Male & Female) upon the various dimensions of Personality as- Neuroticism, Extraversion, Openness to Experience, Agreeableness and Conscientiousness.
2. Second objective of the study was to find out the impact of gender (Male & Female) upon overall personality of players.

3.1 HYPOTHESES OF THE STUDY-. Following Hypotheses had been framed for the Study -

1. It was hypothesized that there would be no significant impact of gender (Male & Female) upon the various dimensions of Personality as- Neuroticism, Extraversion, Openness to Experience, Agreeableness and Conscientiousness.
2. It was hypothesized that there would be no significant impact of gender (Male & Female) upon overall personality of players.

4. METHODOLOGY:

SAMPLE- For the purpose of the present study the total sample comprised of 60 players. Out of the 60 players, 30 were male players and 30 female players. The sample was selected from various Degree Colleges affiliated to Dr. Ram Manohar Lohia Avadh University, Faizabad, Uttar Pradesh, India. In the present research the sample was selected using randomized sampling technique.

TOOLS USED- For the collection of data "Big Five Personality Inventory" constructed by Arun Kumar Singh and Ashok Kumar (2014) was used. This scale measures a list of five broad factors of personality - Neuroticism, Extraversion, Openness to Experience, Agreeableness and Conscientiousness. The scale has total 180 items. The test-retest liability for Neuroticism, Extraversion, Openness to Experience, Agreeableness and Conscientiousness were 0.816, 0.843, 0.876, 0.907 and 0.936 respectively. The validity of the scale coefficient was 0.788 for N, .656 for E, .725 for O, .721 for A and .679 for C.

STATISTICAL TREATMENT- After collection of data Mean, SD and 't' test had been calculated to test the significance of means of the two groups (Male & Female).

5. RESULT:

Findings have been summarized in the table-1. Table shows the dimension wise Mean, SD and t scores of Personalities of both male and female players. A close perusal of the table shows that the first dimension of personality was Neuroticism. In this dimension the impact of gender was significant at 0.01 level of confidence (5.59). However, female players (62.92) have shown high level of neuroticism then male players (52.12). The second dimension of personality was Extraversion. In this dimension the impact of gender was significant at 0.01 level of confidence (5.51). However, male players (59.68) have shown high level of neuroticism then female players (50.64). The third dimension of personality was Openness to experience. In this dimension the impact of gender was significant at 0.01 level of confidence (3.70). However, male players (61.20) have shown high level of neuroticism then female players (53.12). The fourth dimension of personality was Agreeableness. In this dimension the impact of gender was significant at 0.01 level of confidence (4.12). However, female players (60.12) have shown high level of neuroticism then male players (52.00). The fifth dimension of personality was Conscientiousness. In this dimension the impact of gender was



significant at 0.01 level of confidence (4.26). However, female players (61.56) have shown high level of neuroticism then male players (51.40).

The overall scores on personality reveals that the impact of gender upon personality of players was found significant even at 0.01 level of confidence (6.05). However, female players (288.36) have shown high level of personality then male players (276.4).

Table1:-Showing the mean, S.D. and t-values of male and female players on various dimensions of Personality-

Dimensions Of Personality	Female			Male			T value	Remarks
	N	Mean	S.D.	N	Mean	S.D.		
Neuroticism	30	62.92	5.155	30	52.12	8.151	5.59**	S
Extraversion	30	50.64	5.736	30	59.68	5.865	5.51**	S
Openness to Experience	30	53.12	9.356	30	61.20	5.612	3.70**	S
Agreeableness	30	60.12	6.051	30	52.00	7.778	4.12**	S
Conscientiousness	30	61.56	5.347	30	51.40	10.630	4.26**	S
Personality (Total)	30	288.36	13.531	30	276.4	35.702	6.05**	S

Table-1

Figure 1:- Figure showing the mean values of male and female players on various dimensions of Personality-

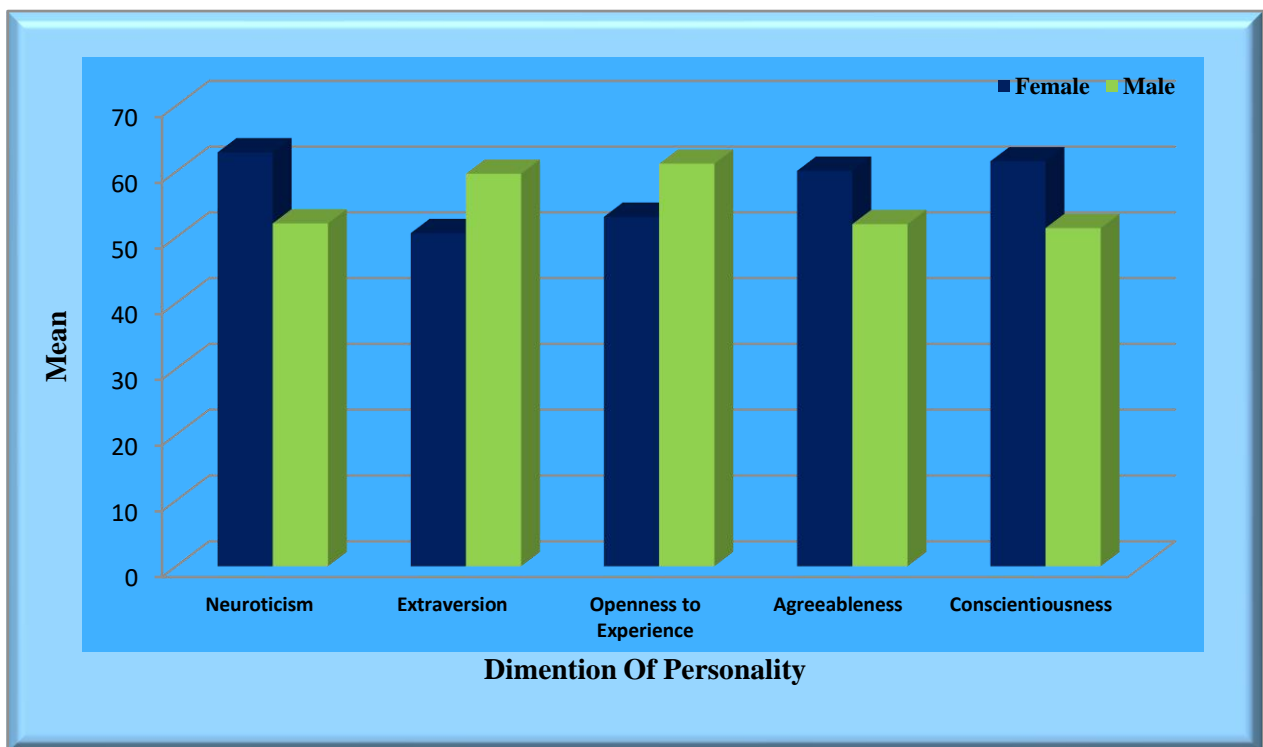


Figure-1

Figure 2:- Figure showing the mean values of male and female players Personality-

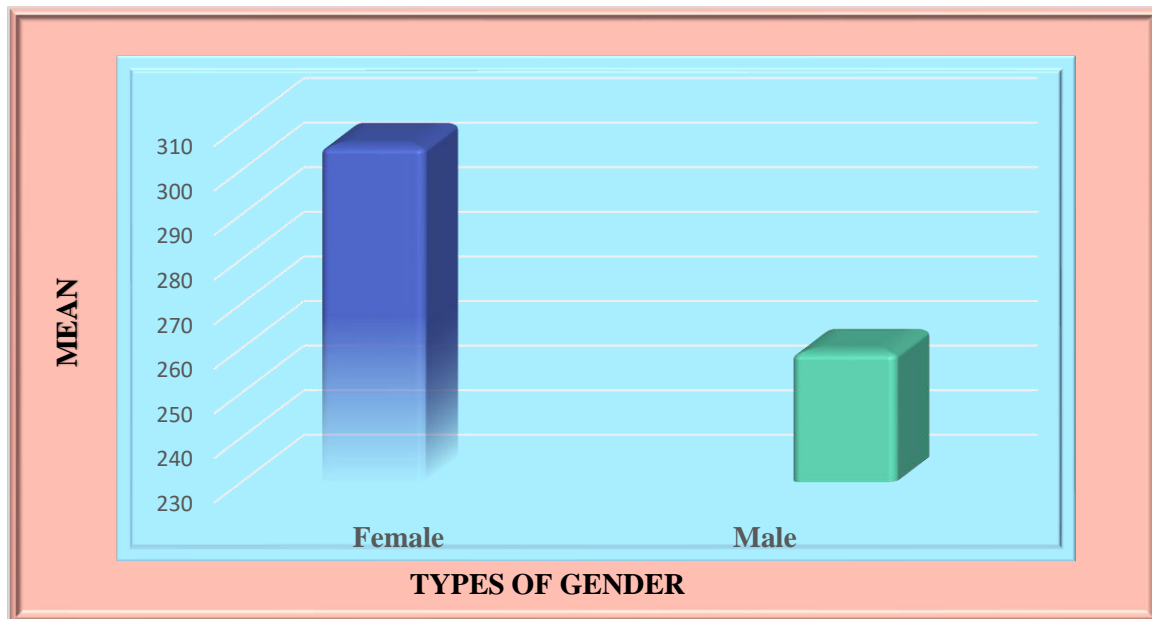


Figure-2

6. DISCUSSION:

In this study attempts had been made to assess various dimensions of personality of male and female players. Five dimensions of personality had been measured. The first dimension was Neuroticism, it represents the persons proneness to psychological distress, unrealistic ideas, maladaptive coping strategies and excessive cravings. It assesses adjustment versus emotional stability. In the research the impact of gender (male and female) upon Neuroticism was found significant. Females have shown high level of neuroticism then males. The second dimension was Extraversion, it assesses the quantity and intensity of interpersonal interaction, activity level, need for stimulation and capacity to enjoy. In the research the impact of gender (male and female) upon Extraversion was found significant. Male players have shown high level of Extraversion then. The third dimension was Openness to Experience, it assesses proactive seeking and appreciation of experience for its own sake as well as toleration for and exploration of the unfamiliar. In the research the impact of gender (male and female) upon Openness to Experience was found significant. Male players have shown high level of Openness to Experience then female players. The fourth dimension was Agreeableness, it refers to the tendency to agree with others and assesses the quality of one's interpersonal orientation along a continuum ranging from compassion to antagonism in thoughts, feelings and actions. In the research the impact of gender (male and female) upon Agreeableness was found significant. Female players have shown high level of Conscientiousness then male players. The fifth dimension was Conscientiousness, it refers to the person's degree of organization, persistence and motivation in goal-directed behaviour. In the research the impact of gender (male and female) upon Conscientiousness was found significant. Female players have shown high level of Conscientiousness then male players. In the research the impact of gender (male and female) upon overall score of personality was found significant. Female players have shown high level of personality then male players.

7. CONCLUSION:

The present study was aimed to find out the impact of gender upon personality and its five dimensions. On the basis of the results obtained in the study following conclusions can be drawn-

- There was a significant impact of gender (male and female) upon the Neuroticism dimensions of Personality. Female players have shown high level of neuroticism then male players.
- There was a significant impact of gender (male and female) upon the Extraversion dimensions of Personality. Male players have shown high level of Extraversion then female players.
- There was a significant impact of gender (male and female) upon the Openness to Experience dimensions of Personality. Male players have shown high level of Openness to Experience then female players.
- There was a significant impact of gender (male and female) upon the Agreeableness dimensions of Personality. Female players have shown high level of Agreeableness then male players.



- There was a significant impact of gender (male and female) upon the Conscientiousness dimensions of Personality. Female players have shown high level of Conscientiousness then male players.
- There was a significant impact of gender (male and female) upon personality. Female players have shown high level of personality then male players.

REFERENCES:

1. Poropat, A. E. (2009). A meta-analysis of the five-factor model of personality and academic performance. *Psychological Bulletin*, 135(2), 322–338
2. Ali and Ahmed (2024). Big Five Personality Traits and Life Satisfaction related Gender Differences in the Context of Ice Hockey Team Sports. *Pakistan Social Sciences Review*, 8 (2), 215-225.
3. Hamzah, Rahim et al. (2022). Assessing the big five personality on categories of athletes and gender among tennis players. *Journal of Physical Education and Sport*, 22 (10), 2413 – 2419.
4. Smith J. & McCarthy P. (2022). Gender bias personality perception in stereotypically gendered sport. *Sport & Exercise Psychology Review*, 17 (2), 76-87.
5. Weisberg Y., DeYoung C. and Hirsh J. (2011). Gender differences in personality across the ten aspects of the Big Five. *Frontiers in Psychology*, 2, 1-11.

Books:

1. Jarvis. M. Jarvis (2006). Sport psychology: A student's handbook. *Routledge; 1st edition (pp. 210) London.*