



ELSEVIER

SciVerse ScienceDirect

Procedia - Social and Behavioral Sciences 30 (2011) 2312 – 2315

Procedia

Social and Behavioral Sciences

WCPCG-2011

Comparison of personality characteristics athlete and non-athlete student, Islamic Azad University of Ahvaz

Marina Shariati ^a*, Sabah Bakhtiari ^b^a Islamic Azad University Ahvaz branch, Asia, Ahvaz^b Shahid Chamran University, Faculty of sports and exercise science, Asia, Ahvaz

Abstract

In this study, researchers compared the personality characteristics (neuroticism, extraversion, openness to experience, agreeableness and conscientiousness) non-athlete students and student athletes, Islamic Azad University of Ahvaz deals. The study population included all students (boys and girls), Islamic Azad University of Ahvaz in the school year to 1389- 90 jobs were studied. The study sample included 200 students from the community (100 athletes and 100 non-athletes) that for their selection of multistage cluster sampling was used. Data collection tool was demographic data and Personality Characteristics (NEO). Statistical analysis was performed using descriptive statistics (central tendency and dispersion indexes) and Multivariate analysis of variance. The result showed that between athletes and non athlete students in terms of personality characteristics [neuroticism ($p= 0.032$, $F= 4.68$), extraversion ($p= 0.0001$, $F= 12.59$), openness to experience ($p= 0.287$, $F= 1.14$), agreeableness ($p= 0.580$, $F= 0.307$) and conscientiousness ($p= 0.038$, $F= 4.36$)] significantly was difference. Results showed that participation in sports has a positive effect on the personality characteristics of people. Also athletes are more positive personality characteristics than non-athletes.

© 2011 Published by Elsevier Ltd. Open access under [CC BY-NC-ND license](https://creativecommons.org/licenses/by-nc-nd/4.0/).

Selection and/or peer review under responsibility of the 2nd World Conference on Psychology, Counselling and Guidance.

Keywords: Personality Characteristics, Students Athletes, Students Non-Athletes

1. Introduction

The study of personality has intrigued psychologists for well over a century, and sport psychologists have been no exception (Unes, 2008). Analysis of personality traits of athletes and non-athletes, with the aim of verifying the theory about the connection of personality and sports activities, is one of the common topics in sports psychology (Smojver, 2001). Although many definitions of personality have been advanced, virtually all share the core assumption that personality exhibits continuity, stability, and coherence i.e., that it is organized in some fashion and serves as a major internal determinant of behavior (Smith, 2008). Passer and Smith define personality as the distinctive and relatively enduring ways of thinking, feeling, and acting that characterize a person's responses to life situations. Essentially what passer and smith are referring to is the existence of a psychological core that is more or less the real you. In other words, there are core components of personality by which we know ourselves and are known by others and these are generally quite stable or enduring (Unes, 2008). Most people do not know what they

* Marina Shariati. Tel.: +989166174528; fax: +98 611 33 48 318

E-mail address: marinashariati@iauhavaz.ac.ir

are capable of achieving. The reason is that they do not know themselves well enough. To know who we are and what we are able to do is especially important in sports. If a person knows more of his or her potentials and what they are able to accomplish, there will be a much greater chance for that person to find success (Dobersek and Bartling, 2008). The search for a possible personality profile for high-level athletes has always been one of the main objectives for researchers, and this fact led this population to be studied and compared with non-athlete samples. In this context, Auweele et al assure that the definition, identification and measurement of the predictable behavior functionality of athletes are extremely important in the sports psychology, justifying studies that attempt to distinguish athletes from other populations (Filho, 2005). Since Sport and physical activity programs can provide an effective vehicle for youth to develop at a personal, social and emotional level (Tiano, 2007), therefore, more research should be done in this area in order to be able to help athletes and people in general to decide which sport would be best for them (Dobersek and Bartling, 2008).

To understand the psychology of athletes, researchers have asked whether they differ in personality from non-athletes and whether athletes vary among different sports (McKelvie, 2003). Athletes differ from non athletes on many personality traits. It is often a matter of conjecture whether these differences favor the athletes or the non athletes (Cox, 1998). One of the few consistent findings is that athletes are more extraverted and less neurotic than non-athletes. However, there is less agreement on how personality varies from sport to sport (McKelvie, 2003). Ashley and Joy clearly showed that athletes who participate in team and individual sports are more independent, more objective, and less anxious than non athletes (Cox, 1998). According to previous studies and the importance of effect physical activity on personality characteristics, the aim of present study was to compare the personality characteristics of athletes and non athlete students in Islamic Azad University of Ahvaz. Here questions are raised whether are there different between personality characteristics athlete and non-athlete student?

2. Method

2.1. Participants

This study was conducted in Ahvaz, Iran during 2009-2010. The study took place in, Islamic Azad University of Ahvaz. Method of research was Ex post facto research and statistical population was composed of all e students (boys and girls), Islamic Azad University of Ahvaz in the school year to 1389- 90 jobs was studied. Statistical sample in this study included 200 students from the community (100 athletes and 100 non-athletes) that for their selection of multistage cluster sampling was used.

2.1.1. Instrumentation

Data collection tool was demographic data and Personality Characteristics (NEO). Personality Characteristics questionnaires (NEO) includes five dimensions of personality. They are neuroticism, extraversion, openness to experience, agreeableness and conscientiousness. These dimensions of personality are associated with different aspects of an individual's personality traits such as being assertive, emotional stability, and a person's tendency to experience distress. For Reliability of Personality Characteristics Questionnaire (NEO) short form was used Cronbach's alpha method. For the whole questionnaire, respectively 0.71 is an acceptable reliability coefficient, indicating that the questionnaire is mentioned.

2.1.1.1. Procedures

This study has been confirmed by research council of Islamic Azad University of Ahvaz. This research has been carried out a questionnaire method.

2.1.1.1.1. Statistical methods

In order to analysis the data, used Version 17 SPSS both descriptive statistics and inference statistics. To organize, summarize, classification of raw scores and to describe sample characteristics, used descriptive statistics (frequency, mean, standard deviation, drawing diagrams and tables) and to analyze data used Multivariate analysis of variance. Significant level in this study was $p < 0.05$.

3. Intervention program

After obtaining necessary permits and determined sample members and coordination with relevant authorities, as planned, the researcher of the members present in the sample and the appropriate place to communicate and reduce the questions about sensitive subjects and their reasons for choosing the sample description required by the investigator about how to complete the questionnaires presented to students and acting have completed questionnaires. The subjects were asked to complete questionnaires if faced with the ambiguity of the researcher wish to give further explanation. Finally, appreciation and thanked the cooperation of the students were taken.

4. Results

To understand the differences, the results of analysis variance of a variable on text Manova, show in Table 1.

Table 1: results of Variance of a variable on text Manova on personality characteristics of athlete and non athlete students

Variables	SS	df	MS	F	P
Neuroticism	280.84	1	280.84	4.68	0.032
Extraversion	564.48	1	564.48	12.59	0.0001
Openness to Experience	30.42	1	30.42	1.14	0.287
Agreeableness	10.12	1	10.12	0.307	0.580
Conscientiousness	198.00	1	198.00	4.36	0.038

So that the same can be seen in Table 4, there are significantly different between athletes and non athlete students in terms of neuroticism characteristics ($F= 4.68$, $P= 0.032$). In the other words, according to the mean of the two groups, athlete students than non-athlete students have less features of neuroticism. Also there are significantly different between athletes and non athlete students in terms of extraversion characteristics ($F=12.59$, $P= 0.0001$). In the other words, according to the mean of the two groups, athlete students than non-athlete students have higher features of extraversion. There is no significant difference between athletes and non athlete students in terms of openness to experience characteristic ($F=1.14$, $P= 0.287$).

In the other words, according to the mean of the two groups, athlete students and non athlete students are almost identical in terms of characteristic openness to experience. There is no significant difference between athletes and non athlete students in terms of the agreement ($F=0.307$, $P= 0.580$). In the other words, according to the mean of the two groups, athlete students and non athlete students have almost the same ability agreement features. There is significant difference between athlete and non athlete students in terms of conscientiousness ($F=4.36$, $P= 0.038$). In the other words, according to the mean of two groups of students, athlete students than non-athletes have the features of higher conscientiousness.

5. Discussion & Conclusion

The main finding of this research is the fact that there was significantly different between athletes and non athlete students in neuroticism, extraversion and conscientiousness and here was no significantly different between athletes and non athlete students in openness to experience and agreeableness. Considering the importance of personality characteristics athlete and non-athlete and the role on character development, several studies was conducted by researchers in this area. Dobersek and Bartling (2008). In a study titled connection between personality type and sport on athletes from four different sports (three individual and one team sport) and non-athletes found that this research indicates that sports may stimulate mental acuity. Athletes surveyed had a higher GPA than non-athletes. The higher GPAs might be the result of the athletes having developed a higher level of organization and time management skills. Discipline learned from sports, combined with innate competitiveness, would easily carry over from playing the sport to the classroom. Filho et al (2005) in a research on the to compare the personality profiles

between Brazilian high-level athletes and non-athletes, showed between high levels athletes (108 men and 101 women) and non-athletes (169 men and 45 women) has significant difference in terms of characteristics personality. Toni M. Ward (2005) differences in personality between non-athletes and athletes and between athletes participating in selected sports on average the athletes scored 9.25% higher than the non-athletes on the personality test as a whole.

McKelvie et al (2003) in a research as the extraversion and neuroticism in contact athletes, no contact athletes and non-athletes found that between two groups (n = 86) of university athletes (contact, no contact) and two matched groups (n = 86) of non-athletes, extraversion did not vary significantly between athletes and non-athletes or between contact and no contact athletes, but it was higher for athletes compared to American college norms. For neuroticism, athletes scored significantly lower than non-athletes.

Smojver et al (2001) in a research on the personality traits and coping with stress among adolescent athletes and non-athletes that shown the athletes will differ from non-athletes in some personality traits was partially confirmed in this research study. Research results of Dwyer and et al (2001) suggests that exercise and physical activity influences on mental health, academic performance, self-efficacy, quality of life, reduced anxiety and depression, self esteem development, progress and prosperity, welfare, and reduce their perception disorders Psychological.

Therefore, the results of this study based on Comparison of personality characteristics athlete and non-athlete student match with the findings of studies of McKelvie in neuroticism and Toni M. Ward and Smojver in total personality characteristics. Also the results of this study based on Comparison of personality characteristics athlete and non-athlete student no match with the findings of studies of Bartling in neuroticism, McKelvie, Bartling and Filho in extraversion. Therefore, the results of this study based on Comparison of personality characteristics athlete and non-athlete student match with the findings of studies of McKelvie in neuroticism and Toni M. Ward and Smojver in total personality characteristics.

Also the results of this study based on Comparison of personality characteristics athlete and non-athlete student no match with the findings of studies of Bartling in neuroticism, McKelvie, Bartling and Filho in extraversion. This different is possible reason variations environment, type of sport and tool module. It is very important to evaluate the personality of an athlete. The five-factor model of personality can be used to assess the different dimensions of personality athletic and non athletic. Different models of personality can have more success in athletics than others; depending on the things the individual believes is important. For example, the model of conscientiousness has been linked to successful athletic performance since individuals high in conscientiousness are more careful and thorough in all they do. Individuals who are higher in dimensions of personality such as conscientiousness are more likely to be successful at athletics as well as other areas of their life. Research shows that different are within personality athletes and non athletes. Therefore it is necessary that teachers and coaches knowledge in various surfaces than personality characteristics athletes and understand importance and impart in term different practice and match.

References

- Cox, Richard., (1998). *Sport Psychology Concepts and Applications*. American: Champaign, IL: McGraw-Hill. (Ch: 2. Pp: 30).
- Dobersek, Urska; Bartling, Carl., (2008). Connection between personality type and sport. *American Journal of Psychological Research*; 4; 1: 21-28.
- Dwyer, t. J. Sallis; Blizzard, F; Lazarus, L. R; Deam, K. S., (2001). Relation of academic performance to physical activity and fitness in children. *Pediatric Exercise Science*; 13, 225-138.
- Filho, Mauricio. Gattás. Bara., Ribeiro, Luiz. Carlos. Scipião., Garcia, Félix. Guillén., (2005). Compare the personality profiles between Brazilian high-level athletes and non-athletes. *Rev Bras Med Esporte*; 11 (2), 114-118.
- McKelvie, J. Stuart. (2003). Extraversion and neuroticism in contact athletes, no contact athletes and non-athletes. *Journal of Sport Psychology*; 5; 3: 19-27.
- Smith, E. Ronald. (2008). Advances in cognitive-social personality theory: applications to sport psychology. *Revista de Psicología Del Deporte*; 17; 2: 253-276.
- Smojver, Sanja. (2001). Personality traits and coping with stress among adolescent athletes and non-athletes. Faculty of Philosophy, Rijeka, Croatia.
- Tiano, Matt. (2007). *Youth Sports and Personality: An Overview*. St. Olaf College. Pp: 1-11.
- Unes, Le, Arnold. *Sport psychology*. (2008). American: Champaign, IL: New York. (Ch: 4. Pp: 271-272).
- Ward, M. Toni. (2005). Differences in personality between non-athletes and athletes and between athletes participating in selected sports. California State Science Fair.